



LIVE FITNESS SCHEDULE: August

Y@HOME+ is included in your YMCA membership! Book live classes by signing up for Y@HOME+ and visiting ymcahome.ca/live-schedule

Time (EDT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM		Cycling			Core & Stretch		
8:00 AM	Chair Fit			Yoga (Chair) *Only Aug. 4th		Yoga	
9:15 AM	Move Together Full Body	Low Impact Cardio	ESSETRICS or HIIT	Move Together Strength	HIIT		
9:30 AM						ESSETRICS	
10:00 AM	Bootcamp					Bootcamp	
10:30 AM				Total Body Conditioning			
12:00 PM	Dance Fit	Total Body Conditioning			Barre		
1:00 PM		Posture, Balance & Strength		Posture, Balance & Strength			
1:30 PM			Chair Yoga				
3:10 PM			Bootcamp				
5:30 PM		Cycling	Bootcamp				
6:00 PM	Bootcamp						

* No Classes August 1st
 * No Low Impact Cardio
 August 23rd

Y@HOME+ LIVE FITNESS CLASS DESCRIPTIONS

Arriba	This fusion of Latin, Soca, Bollywood, and belly dance moves helps you build cardiovascular endurance, but feels like a big, fun dance party.
Balance	Get up and move with a series of exercises designed to challenge your balance and stability. The instructor will give you plenty of options so you can find the level that works for you. Gain confidence and improve your skills with each class you take.
Barre	Train like a dancer in this ballet-inspired fusion class that mixes Pilates, ballet, and muscle conditioning. You can use a chair or a wall for a little additional balance support as you move through moves designed to work the body from head to pointed toe.
Body Fit	This full-body workout is designed for participants of all levels. You'll combine segments designed to strengthen your muscles, improve your agility, and bump up your heart rate with either easy to follow movements.
Body Fit (Gentle)	This gentler take on our BodyFit exercise class is ideal for those easing back into fitness or looking for an approachable starting point. You'll work on strengthening your muscles and building a little stamina gently!
Body Fit (Chair)	This low-impact exercise class will help you build strength and stability from your living room (or kitchen, or bedroom (you get the idea). The chair is there to help if you want to hold onto something for balance, or if you'd rather do the whole class sitting down.
Bootcamp	In this interval based workout you will challenge your body through high intensity movements to improve conditioning. Classes can use light weights, accessories and body weight to create variety in every class.
Cardio and Strength	This class features an even mix of cardiovascular work and strength training. Strength elements will prioritize body weight movements, lighter weights and accessories that are commonly used in home settings. Options will be offered to make this accessible to most able bodied participants.
Core	This class will focus on developing your core muscles. This includes the muscles of your abdominals, low back, hips and spine. The class will help improve core activation, endurance and stability.
Cycle & Core	This class is a combination of our traditional cycling class and our core class combined into one. You will have a section of cycling work performed on your indoor bike and then have a core focused session to wrap up the class.
Cycling	With motivating playlists to help you push through, you'll spend this class simulating hill climbs, sprints, and endurance rides on a stationary bike or trainer. Your certified instructor will coach you on adjusting your bike's tension throughout the class to make sure you're always challenging yourself.
Essentrics	ESSETRICS® is a 60 minute class for all fitness levels. Drawing from the techniques of ballet, physiotherapy, and tai chi, ESSETRICS® works every muscle in the body, resulting in greater joint mobility, better posture, balance, and leaner longer muscles. Impact: Low impact movements only.
Functional Movement	Using a chair for support, we will help you challenge your balance, strengthen your muscles and improve your overall mobility. Whether you are new to fitness or have some experience, we are here to provide a variety of options so you can customize your workout to suit your level and ability.
HIIT	In this class, we use high-intensity interval training to build muscle and cardiovascular endurance in a quick 30-minute workout. Your coaches will theme the workout around popular workout styles such as TABATA, where intervals are 20 seconds of work with 10s of rest, AMRAP where we complete as many rounds as possible in a set time and EMOM where we complete a specific amount of work before the next minute starts.
Low Impact Cardio	Low impact cardio is a 45 minute class to get your heart pumping with a high on fun and low on impact! Great for beginners and those that want to keep one foot on the floor at all times. Cardio fitness is the focus, however functional balance components are included throughout the class. Impact: Low impact movement.
Move Together Full Body	Move together full body is a 45 minute class that will get you energized with 10-minutes of cardio, 25 minutes of strength training and 10 minutes of stretching and relaxation. Perfect for the beginner. Impact: Low impact movements only. Equipment: resistance band if available.
Move Together Strength	Move together strength is a 45-minute class that will increase your overall strength and balance using minimal equipment and all at a manageable pace. Feel stronger as you move through your day. Impact: Low impact movements only. Equipment: resistance band if available.

Muscle Fit	Using body weight, dumbbells and accessories, your certified instructor will guide you through moves designed to condition all your major muscle groups.
Posture Balance & Strength (Gentle)	This class is a strength and stretch class designed for our beginner audience or those looking for a more gentle pace and lower impact. We will open with a strength segment to help develop your entire body and then complete the class with an excellent stretching session. This class incorporates the use of dumbbells.
Step	A cardio class using a step bench. This class features step class choreography that will provide a good workout for new to experienced steppers. The class can be done without a step bench using the same movements on the floor.
Total Body Conditioning	Using dumbbells, accessories and body weight exercise your instructor will deliver an incredible strength based workout for your entire body.
Total Fit	A fitness class that combines 15 minutes of cardio, 15 minutes of total body strength and 15 minutes of floor-based exercises to strengthen the thighs, glutes and core.
Weights for Bone Health (Older Adult)	Regular weight bearing exercise is an important step towards protecting your bones. Grab soup cans, filled water bottles or light weights and spend 30 minutes telling your bones how important they are. The class will focus on resistance training for major muscle groups. All exercises can be done standing or sitting.
Workout of the Week	Try our Workout of the Week! This fast-paced, intense workout will challenge your strength and endurance in just 30 minutes. Come prepared to sweat!
Yoga	By flowing through classic yoga poses, relaxation exercises, and basic breathing techniques, your instructor will help you unplug, stretch out, and feel at home in your body.
Yoga (Chair)	In this gentle yoga class participants practice poses seated in a chair or standing with the assistance of a chair. Great for active older adults and for those who are unable to get up and down from the floor.
Yoga (Gentle)	Gentle movements at a slower pace that is what you will find in this relaxing yoga class. The majority of the class is in supported positions either seated or laying down. Chair options are provided. This class is suitable for all levels and great for beginners.
Yoga (Power)	In this yoga class, you will move from posture to posture at a more vigorous pace. The class includes poses requiring strength and endurance including sequences with push-ups, planks, balance poses and more. The class welcomes all levels, but some yoga experience is recommended.