



July 2010 – Studio Schedule of Group Fitness Classes/Programs

Effective July 2, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				July 1st Happy Canada Day! YMCA Open 9 am- 3 pm No Classes		
	New Class Zumba Hi-lo 9:30-10:30 pm Lori	Core Zone & Tone 9:30-10:30 am Brenda	Cycle fit * 9:30-10:30 am Alicia Stretch & Relax 10:30-10:45 am Alicia		Pump n' Pedal * 9:30-10:30 am Yvonne	Yoga 9:15-10:45 am Susan Beavan Gymnasium
	Nice n' Easy 12:00-12:45 pm Alicia	Boot camp 12:15-1:00 pm Johnathan	Nice n' Easy 12:00-12:45 pm Alicia			
	Cycle fit * 1:15-2:00 pm Yvonne		Body Flex * 1:15-2:00 pm Yvonne	New Class Yoga 1:15-2:15 pm Amanda		
	New class Boot Camp 5:00-5:50 pm Alicia					
	Cycle Fit* 6:00-6:45pm Christina	New class Kardio Kickboxing 6:00-7:00 pm Christina	Boot Camp 6:00-7:00 pm Lori		YMCA Youth Zone 6:00-10:00 pm <i>No program July 2nd or 30th</i>	
	Zumba Hi-lo 7:00-8:00 pm Jennifer	Body Flex* 7:30-8:15 pm Lyndsey	Core Zone & Tone 7:15-8:00 pm Jennifer			
	Rental 8:00-9:00 pm		Rental 8:15-9:45 pm			

* - Sign-up required at membership desk – In person or call in a maximum half-hour before class

Happy Canada Day!



YMCA Open 9 am – 3 pm. No Fitness Classes.

YMCA Lunenburg County

75 High Street, Bridgewater, N.S. B4V 1V8 Tel. (902) 543-9622 Fax. (902) 543-6545 www.ymcapunenburgcounty.org

Hours of Operations: Monday to Friday 6 am – 10 pm, Saturday and Sunday 8 am – 6 pm

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Class Descriptions

Arabic Dance

A traditional form of dance from the Middle East, characterized by movements of the abdominal muscles.

All Fitness Levels.

Belly Fit

Belly Fit is a fitness class, which is devoted to exercises specifically geared towards increasing flexibility, stomach toning and strengthening core muscles. Learn better posture, attack those saggy biceps, and tone that booty!! This fitness class is perfect for everyone and all levels

All Fitness Levels.

Body Flex

Uses a variable weight barbell and selected weight plates to work each major muscle group. A great way to incorporate weight training in a supervised setting.

All Fitness Levels.

Boot Camp

Challenge yourself in a fun new way by alternating cardio, athletic and strengthening drills.

All Fitness Levels.

Core Zone & Tone

Challenge and define your abs, back and legs, improve balance with the use of a stability ball, own body's resistance, and other equipment.

All Fitness Levels.

Cycle Fit

From beginner to elite, cycle fit allows exercisers to work out together, while choosing their own resistance and peddling rate.

All Fitness Levels.

Kardio Kickboxing

A high-energy combination class that includes step, hi/low and cardio kickboxing techniques.

All Fitness Levels.

Yoga **NEW**

Join us for a gentle hatha yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life.

All Fitness Levels

Pump n' Pedal

A cycle fit class followed by muscle conditioning using a variety of equipment.

All Fitness Levels

Nice n' Easy

Join the Fun! Nice n' Easy is the perfect class for new exercisers, seniors and persons with limited mobility who are looking to improve strength, endurance, prevent muscle and bone loss, and help you retain your independence. Utilizing bands, hand weights and body bars you'll improve muscle tone with effective strength training techniques.

From New Exercise to Moderate Exerciser.

Stretch and Relax

15 minutes focusing on yoga inspired stretching for the whole body. Please arrive warmed up.

All Fitness Levels.

Zumba Hi-lo **NEW**

Ditch the workout, join the party! This aerobic style class boasts moves and routines which feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

YMCA Youth Zone

Participants between the ages of 5-12 and 12-17 will spend their Friday evenings at the YMCA engaging in physical activities, challenging their minds with various games and enjoying the camaraderie of their peers. Join in the friendship, the leadership and most of all, the fun!

Fridays 6-8 pm, 5-12 year old 8-10 pm, 12-17 year old.

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