



# DROP-IN FITNESS CLASSES\*

YMCA Calgary  
Fitness

\* PLEASE CONSULT YOUR PHYSICIAN BEFORE EXERCISING

Please refer to current branch fitness schedule for times and days of classes.  
Schedule is subject to change without notice based on attendance.  
A minimum of three participants is required for class to run. Must be 12 years or older to attend.

Revised April/12 jr

Crowfoot  
Eau Claire  
Saddletowne  
Shawnessy

			Crowfoot	Eau Claire	Saddletowne	Shawnessy
AQUATICS	<b>Deep H<sub>2</sub>O Workout</b> (Suitable for beginners)	Multilevel aquatic workout for all major muscle groups using buoyancy belts and properties of water	✓	✓		✓
	<b>Gentle H<sub>2</sub>O Workout</b> (Suitable for beginners)	Gentle aquatic training in a shallow water environment		✓		✓
	<b>Shallow H<sub>2</sub>O Workout</b> (Suitable for beginners)	Multi-level, shallow water fitness class using physical properties of water—such as resistance and buoyancy for an intense, low impact workout	✓	✓	✓	✓
CHOREOGRAPHY	<b>Cardio Dance Mix</b>	Basic Latin dance steps with a fitness flare	✓			
	<b>Cardio &amp; Core</b>	High-intensity class combining a choreographed cardiovascular format—such as Step, High/Low or YBO—with core strengthening and stabilization exercises		✓		
	<b>High/Low Impact</b>	Choreographed cardiovascular format combining high and low intensity movements, followed by muscular endurance component and full-body stretching		✓	✓	✓
	<b>Step Fit</b>	Choreographed cardiovascular format on the Step followed by muscular endurance component and full-body stretching	✓	✓		✓
	<b>Y-Bo</b>	This non-contact, choreographed class uses a mix of punching and kick-boxing movements	✓	✓		✓
CORE STRENGTH & STRETCH	<b>Core Strength</b> (Suitable for beginners)	Strengthening and stabilization exercises are the focus of this core-specific class with emphasis on proper alignment and mechanics		✓		
	<b>Karma</b> (Suitable for beginners)	A gentle, yoga-based class, Karma revitalizes body & spirit by blending practices of breathing techniques, stress reduction, flexibility and muscular strength (taught by certified yoga instructors)				✓
	<b>Reflection</b> (Suitable for beginners)	Discover inner silence and calm through this introduction to meditation. Participants will experience a variety of meditative experiences designed to relax and recalibrate the mind.				
	<b>Y-Stretch</b> (Suitable for beginners)	Relax and release stress while improving flexibility of all major muscle groups	✓	✓	✓	
CYCLE	<b>Group Cycle</b>	An exciting, indoor cycling class that strengthens leg muscles, increases cardiovascular capacity and builds stamina	✓	✓		✓
	<b>Performance Cycle</b>	A mix of athletic drills that will challenge your cardiovascular system and take indoor cycling to the next level!	✓	✓	✓	✓
	<b>Super Cycle</b>	Get ready for 60 minutes of challenging, athletic indoor cycling drills followed by 20 minutes of core work and 10 minutes of full body stretching		✓		
RESISTANCE TRAINING	<b>Barbell Blast</b>	A total body class using a specially-designed group exercise barbell system, Barbell Blast is pure strength training with no cardiovascular component	✓	✓	✓	
	<b>BOSU®</b>	This dynamic, high-energy workout challenges balance, core strength and endurance with non-choreographed intervals incorporating the BOSU® Balance Trainer	✓	✓		
	<b>Cross Training</b>	This high-intensity class combines minimally-choreographed cardiovascular intervals with resistance training techniques such as pure strength, agility, plyometrics, isometrics, core and sport-related drills			✓	✓
	<b>Gentle Fitness</b> (Suitable for beginners)	Combines a long warm-up, power walking for cardio, muscular endurance and full-body stretching May help improve flexibility, maintain bone density and reduce pain associated with arthritis	✓			
	<b>H.E.A.T.</b>	H.E.A.T. (High Energy Athletic Training) is a dynamic, high-energy workout that challenges balance, core strength and muscular endurance with non-choreographed intervals		✓	✓	✓
	<b>Muscle Works</b>	This non-cardio class uses a variety of equipment to develop muscular strength and endurance with emphasis is on proper execution of movements	✓	✓	✓	✓
	<b>O<sub>2</sub> Max</b>	Extreme interval training that challenges your cardiovascular system			✓	
	<b>On-the-Ball</b>	Uses the stability ball in performing basic core strength and stability drills	✓	✓	✓	
	<b>Stroller Fit</b> (Suitable for beginners)	Post-natal, strength-based workout incorporating non-choreographed cardiovascular components with basic strength and core training	✓			
CROSSOVER/ HYBRID	<b>Step Circuit</b> (Choreography + Resistance Training)	High-intensity class blending Step aerobics with resistance training	✓	✓		
	<b>The Worx</b> (Little-Bit-of-Everything)	Total body conditioning class combining circuit training, cardio & strength intervals, and agility drills; this class also focuses on core stabilization and balance	✓	✓		✓
	<b>Turn &amp; Burn</b> (Cycle + Resistance Training)	Alternates energetic cycling drills with resistance training intervals on a variety of equipment		✓	✓	✓
	<b>Variety Fitness</b> (Instructor's Choice)	Variety Fitness changes week-to-week according to instructor; check the weekly updated boards or blog at ymccalgary.org for details	✓			✓