



# YMCA Calgary Drop-in Programs

AQUATICS	Deep Water Fitness	Improve your mobility, stability and endurance with a great cardiovascular workout using a buoyancy belt in the deep water. There is no impact on the joints making it a perfect environment for those with injuries or limitations or those wanting to cross train. Confidence in deep water is required.
	Shallow Water Fitness	This class takes place in the shallow end of the pool where your feet can always touch the floor. Utilizing the resistance of the water, this class will challenge your muscular and cardiovascular endurance while improving balance, stability and flexibility. Swimming ability is not required for participation.
	Gentle Water Fitness	This gentle shallow water class is designed for older adults and anyone wanting to take things a little easier. Improve your endurance, mobility and range of motion in a welcoming environment with basic movements and stretches. Swimming ability is not required for participation.
CARDIO	Cardio Dance	Basic Latin dance steps with a fitness flare.
	Step Circuit	High-intensity class which may blend step aerobics with resistance training.
	High/Low	Choreographed cardiovascular format combining high and low intensity movements, followed by muscular endurance component and full-body stretching.
	Step	Choreographed cardiovascular format on the Step followed by muscular endurance component and full-body stretching.
	Step Circuit	High-intensity class which may blend step aerobics with resistance training.
CYCLE	Group Cycle	Come prepared for a full body workout that emphasizes proper form and technique. Off the bike, you will participate in muscle conditioning exercises, using a variety of equipment. On the bike, get ready to challenge your endurance and stamina with hills, climbs, sprints and more.
	Cycle Strength	Come prepared for a full body workout that emphasizes proper form and technique. This class combines muscle conditioning exercises, using a variety of equipment (off the bike), with cardiovascular training on the indoor cycling bike.
MIND & BODY	Yoga	This class will improve your flexibility, strength, balance and body awareness. Through a series of breathing exercises and poses you will release stress and leave feeling stronger and more centered.
	Gentle Yoga	This class focuses on the healing aspects of Yoga utilizing stretching, relaxation and mind calming techniques. Gentle modifications and restorative poses will help beginners, high stress individuals and those needing exercise alternatives due to injuries.
	Stretch & Relaxation	Round out your fitness program with safe stretching techniques and relaxation exercises. Lengthen and release your muscles in a peaceful environment.
STRENGTH	Muscle Works	This non-cardio class uses a variety of equipment to develop muscular strength and endurance with emphasis on proper execution of movements.
	Barbell Blast	This weight-training workout utilizes barbells and plates for a total body workout. This class has a periodized approach- the instructor in every YMCA Calgary branch will lead you through the same resistance program for a 6-8 week period to maximize adaptations and proper technique.
	HIIT (High Intensity Interval Training)	This class is a dynamic, high-energy workout that challenges balance, core strength and muscular endurance with non-choreographed intervals.
	Cross Training	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.
	Instructors Choice	Instructor's Choice changes week to week according to the instructor teaching the class. Check the weekly updated boards for details.
	Gentle Fitness	Gentle fitness will provide a total body, low impact workout that incorporates cardiovascular, resistance and balance exercises. Improve your endurance, mobility and stability without undue stress on your joints. This class is suitable for beginners and anyone requiring a modified program.
	Stroller Fit	Post-natal, strength-based workout incorporating non-choreographed cardiovascular components with basic strength and core training