



YMCA DROP-IN FITNESS CLASSES*

* 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 Jan 30, 2014

			Crowfoot	Eau Claire	Saddletowne	Shawnessy	YMCA in South Health Campus
AQUATICS	Deep H₂O Workout (Suitable for beginners)	Multilevel aquatic workout for all major muscle groups using buoyancy belts and properties of water	✓	✓	✓	✓	
	Gentle H₂O Workout (Suitable for beginners)	Gentle aquatic training in a shallow water environment				✓	
	Shallow H₂O Workout (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	Cardio Dance Mix	Basic Latin dance steps with a fitness flare	✓	✓	✓		
	Cardio & Core	High-intensity class combining a choreographed cardiovascular format—such as Step, High/Low or YBO—with core strengthening and stabilization exercises		✓	✓	✓	
	High/Low Impact	Choreographed cardiovascular format combining high and low intensity movements, followed by muscular endurance component and full-body stretching		✓		✓	
	Step Fit	Choreographed cardiovascular format on the Step followed by muscular endurance component and full-body stretching	✓	✓		✓	✓
	Y-Bo	This non-contact, choreographed class uses a mix of punching and kick-boxing movements				✓	
CORE STRENGTH & STRETCH	Core Strength (Suitable for beginners)	Strengthening and stabilization exercises are the focus of this core-specific class with emphasis on proper alignment and mechanics		✓	✓		✓
	Karma (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)	✓	✓	✓	✓	✓
	Reflection (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.					
	Y-Stretch (Suitable for beginners)	Relax and release stress while improving flexibility of all major muscle groups			✓		
CYCLE	Group Cycle (Suitable for beginners)	An exciting, indoor cycling class that strengthens leg muscles, increases cardiovascular capacity and builds stamina	✓	✓		✓	✓
	Performance Cycle	A mix of athletic drills that will challenge your cardiovascular system and take indoor cycling to the next level!	✓	✓	✓	✓	✓
	Super Cycle	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	Barbell Blast	A total body class using a specially-designed group exercise barbell system, Barbell Blast is pure strength training with no cardiovascular component	✓	✓	✓		
	BOSU®	This dynamic, high-energy workout challenges balance, core strength and endurance with non-choreographed intervals incorporating the BOSU® Balance Trainer	✓				
	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			✓	✓	✓
	Gentle Fitness (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	✓		✓		
	H.E.A.T.	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		✓	✓	✓	✓
	Muscle Works	This non-cardio class uses a variety of equipment to develop muscular strength and endurance with emphasis on proper execution of movements	✓	✓	✓	✓	✓
	On-the-Ball	Uses the stability ball in performing basic core strength and stability drills	✓	✓	✓		
	Stroller Fit (Suitable for beginners)	Post-natal, strength-based workout incorporating non-choreographed cardiovascular components with basic strength and core training	✓				
CROSSOVER/ HYBRID	Step Circuit (Choreography + Resistance Training)	High-intensity class blending Step aerobics with resistance training	✓	✓		✓	
	The Worx (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	✓	✓	✓	✓	✓
	Turn & Burn (Cycle + Resistance Training)	Alternates energetic cycling drills with resistance training intervals on a variety of equipment		✓	✓	✓	
	Variety Fitness (Instructor's Choice)	Variety Fitness changes week-to-week according to instructor; check the weekly updated boards or blog at ymcocalgary.org for details	✓			✓	