

DROP-IN FITNESS CLASS DESCRIPTIONS

Drop-in schedules vary between locations.

DOWNLOAD THE
YMCA APP

The YMCA Calgary APP is a quick and easy way to check drop-in class schedules and descriptions before you arrive. Get it free! Search 'YMCA Calgary' on Google Play or the App Store.

AQUATICS

Deep Water Fitness

Join this highly effective low-impact water workout! Using a buoyancy belt in deep water, your head will stay above the surface during various cardio and resistance exercises designed to improve your stability, mobility and endurance. This low joint impact makes this class perfect for those with injuries, limitations, or just wanting to cross-train. Confidence in deep water is required

Zumba™

Join this energetic dance class! Zumba cardio dance mixes high- and low-intensity moves using the rhythms of Latin and world music. You will raise your fitness level in a fun, encouraging atmosphere. No dance experience is required

Step Circuit

Step up your level of fitness! Improve your muscle and cardio conditioning in this high-intensity class. A combination of simple step choreography and resistance training will give you a full body workout. A final stretching session will leave you feeling refreshed and invigorated.

Shallow Water Fitness

Use the water's resistance to your advantage. This class will challenge your muscular and cardiovascular endurance while improving balance, stability and flexibility. Sessions take place in the shallow end of the pool, where your feet always touch the floor. Swimming ability is not required.

High/Low

If you love to grapevine, mambo and step touch, then this choreographed class is for you. You will improve your cardiovascular fitness, as well as your balance, agility and coordination, through a variety of fun high and low-impact movements.

Cardio Kickboxing

Fight to get fit! You will work to hone your cardiovascular fitness, muscles and motor skills using a variety of kickboxing moves. You'll learn proper technique as you are led through kicking and punching exercises that are choreographed to music.

Gentle Water Fitness

Ease into fitness with this gentle water class. Improve your endurance, mobility and range of motion with basic cardio and resistance movements and stretches. This program is designed for older adults and anyone wanting to take things a little easier. Swimming ability is not required.

Group Blast™

Get 60 minutes of cardio training using the STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

Step

Start on the right foot in this high-energy class. You will increase your cardiovascular fitness using the step and a variety of movements choreographed to great tunes. Cool down with a full-body stretching session at the end of the class.

Instructor's Choice

Mix things up with your routine and try one of our Instructor's Choice classes. The class format will change from week to week, but will still offer all the fitness benefits of our regular classes. It's a fun way to learn different skills, and to experience the varying expertise of our YMCA instructors.

CHOREO- GRAPHED CARDIO

CYCLE

Group Cycle

Spin up your cycling skills! Come prepared for a cardiovascular workout that emphasizes proper form, technique and safety. You will challenge your endurance and stamina with hills, climbs, sprints and more on an indoor cycling bike.

Cycle Strength

Go the distance with this full-body workout. This class combines cardiovascular training on the indoor cycling bikes and muscle conditioning exercises off the bike. Finish the class with a satisfying stretch session targeting your major muscle groups.

Cycle Core

A strong core makes for a smoother ride! This high-energy class combines cardiovascular training and core work. You will get a great cardio work out on the bike, then hop off the bike for core work and stretching exercises.

MIND & BODY

Yoga

Find your strength as you de-stress in this calming class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and poses. You will finish the class feeling centered and rejuvenated.

Gentle Yoga

Find a sense of peace as you gently work your body. This class focuses on the healing aspects of yoga with stretching, relaxation and mind-calming techniques. Gentle modifications and restorative poses will help guide beginners and those needing exercise alternatives due to injuries.

Stretch & Relaxation

Lengthen your muscles and calm your mind in this serene class. You will work on stretching, relaxation and mindfulness, incorporating a variety of lengthening movements and calming techniques. This class is for all levels.

STRENGTH

Muscle Works

Get strong! In this class, you will develop muscular strength and endurance using a variety of equipment and techniques. There will be a strong emphasis on the proper execution of movements, making it a perfect choice for beginners or those wanting to refine their technique.

HIIT (High Intensity Interval Training)

Get the ultimate workout with HIIT! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of intense, non-choreographed cardio and resistance intervals throughout the class.

Barre

Step up to the barre for an effective, low-impact workout. You will focus on core strength, improving your posture and strengthening your stability muscles in a workout inspired by ballet, yoga and Pilates movements. A combination of standing and mat work is used.

Barbell Blast

Build strength and progress. In this weight-training class, you will use barbells and plates for a total body workout. The instructor uses a periodized approach, which means you are led through a structured resistance program each week to maximize strength gains and develop proper technique.

Cross Training

Cut workout boredom and get fit with the variety offered by cross training. You will challenge and improve your agility, core and fitness level through plyometrics and sports drills. This high intensity class also combines minimally choreographed cardio intervals with resistance training.

Gentle Fitness

Be gentle on your body while boosting your level of fitness! You will improve your endurance, mobility and stability without the stress on your joints. This total body, low-impact workout combines resistance and balance exercises. Suitable for beginners and anyone requiring a modified program.

Group Power™

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! *POWER UP!*

Instructor's Choice

Mix things up with your routine and try one of our Instructor's Choice classes. The class format will change from week to week, but will still offer all the fitness benefits of our regular classes. It's a fun way to learn different skills, and to experience the varying expertise of our YMCA instructors.

Core Strength

Don't ignore your core! Challenge this important set of muscles in this dedicated core class. You will gain strength through a variety of exercises that work your abdominals, back muscles, glutes and more!

Family Fitness & Fun

Make fitness a family affair. Your family will participate in fun body-weight exercises and activities to help develop physical literacy, strength, cardiovascular fitness, balance, coordination and agility. Children age six and up are welcome. Participation of both parent and child is required.