

Y Drop-in Fitness

Drop-in schedules vary between locations.

DOWNLOAD THE YMCA APP

The YMCA 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.



Always a class for when you want to kick it up!

MORE THAN 115 FREE DROP-IN FITNESS CLASSES EACH WEEK

FREE WITH ADMISSION/ MEMBERSHIP

<p>AQUATICS</p> <p>Deep Water Fitness Improve your mobility, stability and endurance with a great cardiovascular water workout. Using a buoyancy belt in deep water, you'll keep your head above the surface during various cardio and resistance exercises. There is no impact on joints making it a perfect class for those with injuries, limitations or those wanting to cross train. Confidence in deep water is required.</p>	<p>Shallow Water Fitness Utilizing the resistance of the water, this class will challenge your muscular and cardiovascular endurance while improving balance, stability and flexibility. This class takes place in the shallow end of the pool where your feet can always touch the pool floor. The ability to swim is not required for participation.</p>	<p>Gentle Water Fitness Improve your endurance, mobility and range of motion with basic cardio and resistance movements and stretches. This gentle shallow water class is designed for older adults and anyone wanting to take things a little easier. The ability to swim is not required for participation.</p>
<p>CHOREO-GRAPHED CARDIO</p> <p>Zumba Join the party! Improve your fitness level in a fun, encouraging environment. ZUMBA® cardio dance will mix high and low intensity moves using the rhythms of Latin and World music. No dance experience is required!</p> <p>Step Circuit Improve your muscle conditioning and cardiovascular fitness in this high intensity class. The class will combine simple step choreography with resistance training for a full body workout. A final stretching component will leave you feeling refreshed and invigorated.</p>	<p>High/Low If you love to grapevine, mambo and step touch, then this choreographed class is for you! Improve your cardiovascular fitness, as well as your balance, agility and coordination as you learn a variety of fun high and low impact movements.</p> <p>Cardio Kickboxing Work on your cardiovascular fitness, muscle tone and motor skills through a variety of kickboxing moves. You'll learn proper technique while you are led through various kicking and punching movements that are choreographed to music.</p>	<p>Step Work on your cardiovascular fitness with the use of the Step in this high energy class. Participants will be taken through a variety of choreographed stepping movements, followed by a full-body stretching component at the end.</p> <p>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.</p>
<p>CYCLE</p> <p>Group Cycle 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 using the indoor cycling bikes.</p>	<p>Cycle Strength This full body workout combines cardiovascular training on the indoor cycling bikes and muscle conditioning exercises, using a variety of equipment (off the bike). The class is completed with a variety of stretching exercises for the major muscle groups of the body.</p>	<p>Cycle Core 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.</p>
<p>MIND & BODY</p> <p>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.</p>	<p>Gentle Yoga Lengthen and release your muscles and reduce stress in a peaceful environment. This class focuses on the healing aspects of yoga with stretching, relaxation and mind-calming techniques. Gentle modifications and restorative poses will help beginners and those needing exercise alternatives due to injuries.</p>	<p>Stretch & Relaxation Reap the benefits of stretching, relaxation and mindfulness. Safe for everyone, this class will incorporate a variety of lengthening movements, followed by a soothing relaxation segment.</p>
<p>STRENGTH</p> <p>Muscle Works Develop your muscular strength and endurance using a variety of equipment and techniques. This dedicated resistance class has strong emphasis on the proper execution of movements, making it a perfect class for beginners or those wanting to refine their technique.</p> <p>HIIT (High Intensity Interval Training) 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.</p> <p>Barre Focusing on core strength, you will improve posture and strengthen stability muscles in this low-impact ballet, yoga and Pilates-inspired workout. You will perform various core exercises while standing and on the mat.</p>	<p>Barbell Blast This weight-training workout utilizes barbells and plates for a total body workout. This class has a periodized approach, meaning the instructor leads you through the same resistance program each week for an extended period to maximize adaptations and proper technique.</p> <p>Cross Training Challenge and improve your agility, core and fitness level. This high-intensity class combines minimally-choreographed cardiovascular intervals with resistance training techniques. Your instructor lead you through plyometrics (quick movements) and sport drills, as well as other intensity exercises throughout the class.</p> <p>Gentle Fitness Improve your endurance, mobility and stability without undue stress on your joints. Our Gentle fitness classes will provide a total body, low impact workout that incorporates cardiovascular, resistance and balance exercises. This class is suitable for beginners and anyone requiring a modified program.</p>	<p>Group Power - NEW Group Power® will 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! <i>POWER UP!</i></p> <p>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.</p> <p>Core Strength Challenge your core in this dedicated core class. You will gain core strength through a variety of exercises that work your abdominals, back muscles, glutes and more!</p> <p>Family Fitness & Fun Work out as a family! Youth ages 6+ and their family members will engage in body-weight exercises and activities that will develop physical literacy and challenge strength, cardio, balance, coordination and agility. Participation of both parent and child is required.</p>