

DROP-IN CLASSES ARE FREE WITH ADMISSION/MEMBERSHIP AND PRE-REGISTRATION ISN'T REQUIRED

PROGRAMS INCLUDES A VARIETY OF STRENGTH, CARDIO, AQUATIC AND MIND/BODY CLASSES

INSTRUCTORS PROVIDE MODIFICATIONS AND PROGRESSIONS TO ENSURE PARTICIPANTS ARE SAFE AND PROGRESSING EVENLY

CLASSES ARE MOSTLY ATTENDED BY ADULTS, BUT YOUTH AGES 12+ ARE WELCOME TOO

FOR SCHEDULES: DOWNLOAD THE YMCA APP

WHEN YOU ARRIVE, CHECK OUT THE LCD SCREENS AT EACH YMCA LOCATION



Drop-in Fitness

Do you have a passion for fitness and leadership? Become a certified Fitness Leader.

It's a great way to keep up your fitness level, learn more about health and fitness and help others.

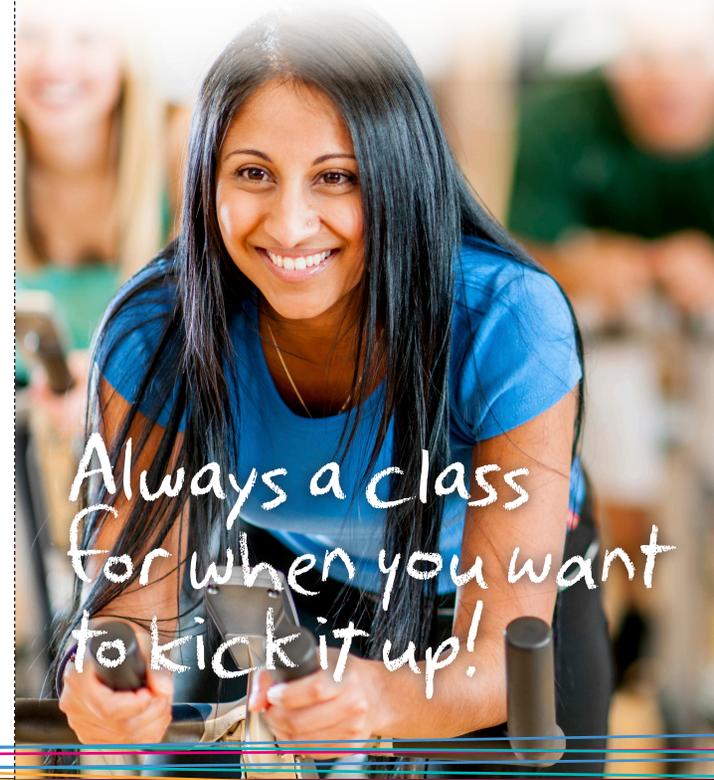
YMCA Calgary's certified leadership courses include all the technical fitness requirements you need to become a Certified Fitness Leader. We offer group fitness, cardio, aquatic fitness, personal training, cycle and yoga certification.

Need more motivation to become a fitness leader?

All of our volunteer instructors receive a FREE YMCA membership!

Visit ymcacalgary.org/fitnessleadership for details.

FOR DETAILS ON DROP-IN FITNESS, VISIT YMCAALGARY.ORG GET YOUR PASS OR MEMBERSHIP TODAY!



YMCAALGARY.ORG

Melcor YMCA at Crowfoot
8100 John Laurie Blvd NW
(403) 547-6576

Gray Family Eau Claire YMCA
101 3 St SW
(403) 269-6701

Remington YMCA
108 Quarry Park Rd SE
(403) 351-6678

Saddletowne YMCA
7555 Falconridge Blvd NE
(403) 237-2393

Shawnessy YMCA
333 Shawville Blvd SE
(403) 256-5533

South Health Campus YMCA
4448 Front St SE
(403) 956-3900

MORE THAN 115 WEEKLY DROP-IN FITNESS CLASSES CITY-WIDE

DROP-IN FITNESS CLASSES

Drop-in schedules vary between facilities

AQUATICS

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.

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.

Gentle Water Fitness

Improve your endurance, mobility and range of motion in 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.

CHOREO-GRAPHED CARDIO

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!

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.

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.

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.

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

CYCLE

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.

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.

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

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.

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.

STRENGTH

Muscle Works

Develop your muscular strength and endurance using a variety of equipment and techniques. This hour-long 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.

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.

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.

Barbell Blast

This weight-training workout utilizes barbells and plates for a total body workout. This class has a periodized approach, meaning the instructor lead you through the same resistance program each week for a 6-8 week period to maximize adaptations and proper technique.

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 and sport drills, as well as other intensity exercises throughout the class.

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. .

Stroller Fit

Improve strength and fitness in this post-natal, strength-based workout. This class will incorporate non-choreographed cardiovascular components with basic strength and core training. Please bring your baby and stroller to this class!

DOWNLOAD THE YMCA APP

Our App is a quick and easy way to get drop-in class schedules, program descriptions and more. Get it free! Search 'YMCA Calgary' on Google Play or the App Store. Visit ymcacalgary.org for details.

ONLINE YMCACALGARY.ORG/DROPIN