



# Sault Ste. Marie YMCA





## Fitness Class Schedule 2016-2017

### September 12 - June 17

\*See back for program dates

235 McNabb Street  
 Sault Ste. Marie, ON P6B 1Y3  
 T.705.949.3133  
 info@ssmymca.ca  
 www.sault.ymca.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Cycle Fit 6:00-6:45am			
		Muscle Stretch 8:30-9:00am		Stretch 8:30-9:00am		Cycle Fit 8:45-9:30am
	Cardio Fit 9:15-10:00am	Muscle Fit 9:15-10:15am Aqua Fit 9:15-10:15am	Cardio Fit 9:15-10:00am Aqua Fit 9:15-10:15am	Muscle Fit 9:15-10:15am Aqua Fit 9:15-10:15am	 9:15-10:00am	Muscle Fit-Core 9:45-10:30am
	Dance Fit 10:15-11:15am	Tai Chi 9:30-10:45am	Dance Fit 10:15-11:15am	Tai Chi 9:30-11:00am	Line Dancing* 10:15-12:00am	
Yoga 10:30-11:30am	Sit Fit 10:30-11:00am	Beginner Yoga 11:00-12:00	Sit Fit 10:30-11:00am	Beginner Yoga 11:00-12:00pm	Sit Fit 10:30-11:00am	
	Aqua Stretch 11:30-12:15pm	Aqua Stretch 11:30-12:15pm	Aqua Stretch 11:30-12:15pm	Aqua Stretch 11:30-12:15pm	Aqua Stretch 11:30-12:15pm	
	Cardio Core 12:10-12:50pm	Cycle Fit 12:10-12:50pm	Cardio Fit-Step 12:10-12:50pm	Cycle Fit 12:10-12:50pm	Cardio Core 12:10-12:50pm	
	Basic Body Fit 1:30-2:15pm					
	Forever Fit* 1:30-2:15pm		 1:30-2:15pm		Forever Fit* 1:30-2:15pm	
	Aqua Fit 2:30-3:15pm		Aqua Fit 2:30-3:15pm		Aqua Fit 2:30-3:15pm	
	Cycle Fit Intense 5:30-6:00pm	Cardio Kick and Core 5:00 - 5:45pm	Cycle Fit Intense 5:30-6:00pm	Booty Burn 5:00 - 5:30pm		
	Powerhouse 6:00-7:00pm					
	Muscle Fit 6:15-7:00pm	Cycle Fit 6:00-6:45pm	Bootcamp 6:15-7:00pm	Muscle Fit Core 6:15-7:00pm		
	Yoga 7:15-8:15pm	HIIT 7:00 - 7:30	Yoga 7:15-8:15pm	 7:15-8:00pm		
	Aqua Fit 8:00-9:00pm	Dryland Sports Conditioning 7:45 - 8:30pm	Aqua Fit 8:00-9:00pm			

-  Class taking place in the auditorium
-  Class taking place in the gymnasium
-  Class taking place in the studio
-  Aquatic Class taking place in the pool area

All fitness classes require a minimum of three (3) participants  
 Programs and Schedules are subject to posted changes.

Building healthy communities

AGE	PROGRAM	DESCRIPTION	LOCATION
14+ yr Aqua Fit	Aqua Fit	Aqua Fit will increase your cardiovascular endurance, muscular endurance and flexibility, while you benefit from reduced stress on your joints.	Big Pool
	Stretch	Enjoy joint mobility, range of motion, light strengthening exercises and relaxation in the warm waters of the small pool.	Small Pool
	Basic Body Fit	An active fitness class for older adults who want to move or beginners just learning. Class involves low impact cardio, strength and flexibility training.	Auditorium
	*Forever Fit	This class has the benefit of improving your posture, balance, coordination, range of motion, and flexibility. It involves low impact cardio and the use of light weights to increase strength. For ages 65 and older.	Studio
14+yr *18+yr Body Fit	Bootcamp	Challenge yourself with interval-based exercises featuring shorter, more intense segments to get you into shape fast.	Studio
	Powerhouse	This class is guaranteed to push you to your limits. Stations of timed, intense exercises will give you an hour of a hard core workout. Kettle bells, weights, body bars are just some of the equipment used. This class is in the gymnasium. <b>Starts 01/16/2017</b>	Gymnasium
	HIIT	High Intensity Interval Training is low to moderate intensity intervals that are alternated with high intensity intervals. This class is guaranteed to blast you through your workout.	Studio
	Dryland Sports Conditioning	This class will focus on your speed and conditioning for the sport minded person. You will improve your muscular recruitment, motor patterns energy systems and intensities utilized the most during the game.	Studio
14+yr Cardio Fit	Cardio Fit	A cardio-based, choreographed workout, with both high and low impact alternatives.	Studio
	Cardio Kick and Core	This high impact cardio class incorporates kickboxing techniques of punching and kicking that will push your cardiovascular system and build your endurance while toning your whole body.	Studio
	Cardio Core	A high energy class which involves cardiovascular exercises and movements based around core strength.	Studio
	Cycle Fit	Climb hills and do sprints, surges and more, in this group stationary biking class. A ticket from Membership Service and Sales desk is required. 20 bikes available. First come, first served. What a ride!	Studio
	Cycle Fit Intense	Don't have a lot of time? No problem! We will make you sweat in this half hour class.	Studio
	Dance Fit	This popular mild to moderate intensity class is full of fun choreography that keeps you moving. <b>Ends in May 2017</b>	Studio
	Line Dancing	Get moving and learn how to line dance. Several dances will be taught during this social and fun filled hour. <b>07-10-16 to 19-05-17</b>	Studio
14+yr *18+yr Muscle Fit	Core	This class includes pilates inspired moves used to develop stabilizer muscles, improve core strength and flexibility.	Studio
	Muscle Fit	Resistance training exercises using hand weights, body bars, stability balls and more. Perfect for all levels of fitness.	Studio
	Booty Burn	This 30 minute low-weight resistance training, lower body and bodyweight class make for an intense, yet low-impact, toning workout combining principles of ballet-inspired techniques. Moves are done on the mat and using a body bar.	Studio
	*Sit Fit	Enjoy mild strengthening and stretching exercises while sitting in a chair. A class for the older adult.	Auditorium
	* Stretch	A mild strengthening and stretching class designed specifically for the active senior.	Studio
14+yr *18yr Spirit & Body	Tai Chi Session	A self-directed Tai Chi group for experienced participants.	Auditorium
	Beginner Yoga	An introduction to yoga.	Studio
	Yoga	Increase flexibility, release tension and make the body/mind/spirit connection.	Studio
	Zumba	A cardio workout with Latin flavour and international zest.	Studio
	* Zumba Gold	A Zumba workout for the older adult.	Studio