



Sault Ste. Marie YMCA

Fitness Class Schedule 2017-2018




September 10 - June 16





*See back for program dates

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Programs and Schedules are subject to posted changes.

All fitness classes require a minimum of three (3) participants

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	Cycle Fit 8:45-9:30am
	Dance Fit 10:15-11:15am	Tai Chi 9:30-11:00am	Dance Fit* 10:15-11:15am	Tai Chi 9:30-11:00am	Line Dancing* 10:15am-12:00pm	Muscle Fit-Core 9:45-10:30am
Yoga 10:30-11:30am	Sit Fit 10:30-11:00am	Muscle Stretch 10:30-11:00am	Sit Fit 10:30-11:00am	Muscle Stretch 10:30-11:00am	Sit Fit 10:30-11:00am	Fam Jam Yoga 10:45-11:30am
	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	Junior Powerhouse 10:30-11:30
	Cardio Fit Core 12:10-12:50pm Power Yoga 12:10-12:50pm	Cycle Fit 12:10-12:50pm Beginner Yoga 12:10-12:50pm	Cardio Fit-Step 12:10-12:50pm Power Yoga 12:10-12:50pm	Cycle Fit 12:10-12:50pm Beginner Yoga 12:10-12:50pm	Cardio Fit Core 12:10-12:50pm Power Yoga 12:10-12:50pm	Pre/Post Natal Yoga 11:45am-12:30pm
	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	
	Youth HIIT 4:45-5:15pm		Youth HIIT 4:45-5:15pm		Back to Fitness 3:45-4:30pm	
	Muscle Fit 5:30-6:15pm		Family Latin Funk 5:15-6:00pm	HIIT 5:30-6:00pm		
	Powerhouse 5:45 - 6:45pm	Cardio Kick and Core 5:00 - 5:45pm	Cycle Fit Intense 5:30-6:00pm	Muscle Fit Core 6:15-7:00pm		
	Ballroom Dancing 6:30-7:15pm	Cycle Fit 6:00-6:30pm	Junior Bootcamp 6:15-7:00pm Bootcamp 6:15-7:00pm	 7:15-8:15pm		
	Cardio Step Fit 7:30-8:15pm	HIIT 6:45-7:15pm	Yoga 7:15-8:15pm			
	Aqua Fit 7:30-8:15pm	Dryland Sports Conditioning 7:30-8:15pm	Aqua Fit 7:30-8:15pm			

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

Ballroom Dancing	You will learn waltz, swing and merengue and if time permits a few others. For the beginner or experienced dancer. Member \$180/Non-member \$220.00 per couple. Starts Sept 11 - Nov 6.
BollyX	BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Member \$50/Non-member \$80.00 for 8-week session. Starts Oct 19 - Dec 7.
Back to Fitness	This fitness class is designed for breast cancer survivors to help them get back into a healthy, fitness routine. This is an 8-week session. Starts Sept 15 - Nov 10.

Building healthy communities

PROGRAM	DESCRIPTION	LOCATION
Aqua Fit	Aqua Fit will increase your cardiovascular endurance, muscular endurance and flexibility, while you benefit from reduced stress on your joints.	Big Pool
Aqua Stretch	Enjoy joint mobility, range of motion, light strengthening exercises and relaxation in the warm waters of the small pool.	Small Pool
Forever Fit	An active fitness class for older adults who want to move. Class involves low impact cardio, strength and flexibility training.	Studio
Cardio Fit	A cardio-based, choreographed workout, with both high and low impact alternatives.	Studio
Cardio Fit Step	Stepping up and down on an adjustable height platform to music is the basis of Step Fit. Intensity is controlled by adjusting the height of the step as well as the amount of arm movements.	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
Cycle Fit & Cycle Fit Intense	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 serve. What a ride! Don't have a lot of time? No problem! We will make you sweat in this half hour class in Cycle Fit Intense!	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
Dance Fit*	This popular mild to moderate intensity class is full of fun choreography that keeps you moving. Ends last week of May 2018.	Studio
Family Latin Funk	Inspired by Latin dance of mambo, salsa, merengue, cha-cha fusion with high-low cardio aerobic workout to fun-filled music increasing your heart rate and energy. A great workout for all ages!	Auditorium
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
Youth 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. Modified to suit children ages 11-14.	Studio
Bootcamp	Challenge yourself with interval-based exercises featuring shorter, more intense segments to get you into shape fast.	Studio
Junior Bootcamp	This fun and high-energy program consists of sports drills, light weights, jump rope, circuits, fun games and interval training for ages 6-9.	Auditorium
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.	Gym
Line Dancing*	Get moving and learn how to line dance. Several dances will be taught during this social and fun filled hour. 06-10-17 to 18-05-18.	Studio
Muscle 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
Sit Fit	Enjoy mild strengthening and stretching exercises while sitting in a chair.	Auditorium
Muscle Stretch	A mild strengthening and stretching class designed specifically for the active senior.	Studio
Tai Chi	A self-directed Tai Chi group for experienced participants.	Auditorium
Yoga	Increase flexibility, release tension and make the body/mind/spirit connection.	Studio
Fam Jam Yoga	Let us help bring your family closer! Increase flexibility, release tension and make the body/mind/spirit connection, together as a family. Located in our Studio.	Studio
Pre/Post Natal Yoga	Yoga practices for women from pre-conception through to nine months after childbirth.	Studio
Zumba	A cardio workout with Latin flavour and international zest.	Studio
Zumba Gold	A Zumba workout for the older adult.	Studio