

YMYWHA WIJCC		Group Fitness Schedule	<u>Fall 2009</u> <u>Sept. 8-</u> <u>Dec. 23</u>	Ben Weider Fitness Centre
MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY* MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
8:15-9:15 Body Design Sherry	8:15-9:10 Circuit City Lynn S.	8:30-9:30 Hi-Lo Cardio Kelly	NEW TIME! 7:30-8:30am Total Body Bootcamp Wendy	9:00-10:00 Cardio-Tone Interval Andrea
9:15-10:15 Cardio Kickbox David	9:15-10:15 Yoga Amanda	NEW! 11:00-12:00 Gentle Fitness Andrea	9:00-10:00 Salsa etcetera Lynn V.	
Evenings				
6:30-7:25pm Zumba Genevieve	7:00-8:00pm Pilates (2nd floor gym) Alison	NEW TIME! 7:00-8:00pm T'ai total Fit Rami	7:00-8:00 pm Yoga (2nd floor gym) TBD	
Gym rental 7:30-9:30pm	7:15-8:15pm T'ai Chi-Jerry Sept.22-Dec.8	Gym rental 8:00-9:30pm	Gym Rental 8:00-9:00pm	

CLASS DESCRIPTIONS!

Body Design: A muscular conditioning class that incorporates free weights, body bar, stability ball and tubing to provide a challenging full body workout.

Cardio Kickbox "Tai-Bo" style, high intensity, kickboxing workout - bring your energy!

Zumba Ditch the routine, join the party! Latin based dance moves fused with fitness.

Circuit City A great way to burn fat, and gain muscle: Full body muscular strengthening with minimal rests between sets keeps your heart rate high, and your workout complete

Hi-Lo Cardio A return to the original fitness class! Keep your heart rate zoned in with choreographed routines combining high and low impact aerobics.

Gentle Fitness Improve your general fitness level in a class format that can accommodate many levels of physical ability. Gentle full body movement with sitting and standing exercises for strength mobility and stability.

Tae Total Fit Based on Tae Kwon Do, but so much more! Includes high intensity cardio, toning and abs!

**Total body
Bootcamp:** Challenge your cardiovascular system, as well as strength and agility.
A full body workout with no need for more!

Salsa etcetera Cardio Salsa is back, but with a twist! Other rhythms and new ideas to challenge your fitness routine!

**Cardio-Tone
Interval** 5 minute intervals alternating between a variety of cardio moves, and compound strength, core and power exercises. The best way to lose the fat and build the muscle!

MIND-BODY DISCIPLINES!

Pilates learn how to activate and strengthen your core, improve your posture and add mindfulness to your movements. Mat class with rings, bands and balls!

Yoga De-stress and relax as you flow through the asanas (postures) . Gain flexibility, strength and inner awareness through this peaceful process!

