

Chair Yoga is for those who want to practice yoga and find it difficult to get up and down off the floor.

Cycle Fit You will experience 50 minutes of spinning through every type of terrain, improving your cardio and lower body strength.

Deep Stretch—Deep stretch is a restorative yoga practice where poses are held for 2-5 minutes. Deep stretch goes beyond muscles and into the fascia, the deep connective tissues beneath the skin that attaches, stabilizes, and encloses muscles and organs.

Dusty Sneakers- Designed for anyone starting a fitness program and for active older (50+) adults. Class includes cardio, weights and flexibility.

Gentle Fit—Exercises in and out of a chair to help increase your strength, flexibility and balance. This class is for those who need a gentler approach to exercise.

Glutes & Core—Exercises designed to isolate and activate all areas of the glutes. This class will also keep your heart rate up, combined with strengthening of the Core with the use of varying equipment including Stability Balls and loop bands.

Group Active © Incorporating all elements of fitness - increase your cardio fitness, build your strength and improve your balance and flexibility.

Group Blast © Discover new heights with Group Blast! Utilizing the step in many positions and heights, this cardio program strengthens and shapes the lower body one-step at a time.

Group Centergy© Grow longer and stronger as you explore both Yoga and Pilates movements. Center your energy, reduce stress and smile.

Group Power © A barbell based program that will help strengthening all your major muscles in an inspiring, motivating group environment.

Group Ride © (Beg-Adv) A Roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body in an inspiring group environment where everyone finishes first.

Hatha Yoga practice is all about the basics. A slower moving class, you will be asked to hold each pose for several breaths. The sequence of 40 postures and breathing exercises will open, strengthen and relax the entire body and is adaptable to meet individual needs.

HIIT— Try this high-intensity interval training class with different training techniques in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Get your body burning fat by completing 6 to 8 repetitions of each type of exercise, using plyometric steps and just your body weight!

Kripalu Yoga is a gentle hatha yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life.

POUND—Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.

P90X LIVE! - is a group-focused, strength training and cardio class. You will power through full body strength exercises, cardio drills and core work. Lots of variety in this class!

Rowing—Challenge yourself to this upper and lower body workout with various movement patterns to create a dynamic, low impact, cardiovascular workout. Sign up required at <https://fredericton.ymca.ca/Schedules/Book-Online>

SH1FT & L1FT is the first high intensity training format to harness the power of the 6 Degrees of Freedom - a concept from engineering and robotics that describes how a body moves through space. Every SH1FT workout will move you up and down, side to side, forward and back, with dynamic folds, bends and twists.

Stability Ball will give you a full body workout using Stability Balls, Pilates Balls, resistance bands & weights.

Strong Nation™ —combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music.

Tabata—With Tabata you will be put through 20 seconds intervals of cardio, core, balance and strength with a 10-second rest between each interval. Join us for this efficient, calorie burning class where you choose your intensity level.

Vinyasa Yoga/Yoga Flow is a style of yoga characterized by stringing a variety of postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga.

Yoga Basics - An initial warm, followed by a series of individual or flow connected poses. Classes end with a focus on relaxation to integrate body, mind and spirit.

Zumba © This upbeat dance style class combines saucy Latin rhythms with easy to follow moves, giving you a fun way to get your heart beating faster.