

Group Fitness Schedule Winter 2021 - Orange Phase

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 Cycle Fit Jeannie M&M	6:00 Group Power Trudy Gym	6:00 Group Ride Terry M&M	6:00 Group Power Terry Gym	6:00 Group Ride Natalie M&M	8:00 Group Power Natalie Gym	8:30 Cycle Fit Evan M&M
6:30 NEW! Advanced Fitness Jamie Gym	9:10 Group Active Terry Gym	6:30 NEW! Interval Training Stephanie Gym	8:50 Group Centergy Terry M&M	6:30 NEW! Interval Training Stephanie Gym	9:00 Group Blast Trudy M&M	10:30—11:45 Hatha Yoga Mary M&M
9:10 NEW DAY! Group Power Sheila	10:30 Yoga Basics Shirley M&M	8:50 *Rowing Terry M&M	10:30 Hatha Yoga Mary M&M	9:00 ZUMBA Melissa Gym	10:15 Group Centergy Trudy M&M	
10:30 Hatha Yoga Mary M&M	10:40 Gentle Fit Maggie Gym	9:10 NEW DAY! TABATA Joan Gym	10:40 Gentle Fit Maggie Gym	8:50 NEW DAY! Group Centergy Sheila M&M	<p>We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change.</p> <p>For Group Fitness inquiries, please contact Joan Gillespie at 462-3000 Ext. 149 or joan.gillespie@ymcafredericton.org</p> <p>*sign up for Rowing</p> <p>https://anc.ca.apm.activecommunities.com/ymcaoffredericton/reservation/search</p>	
10:40 Dusty Sneakers Maggie Gym	12:00 NEW! Group Centergy Mary Ellen M&M	10:30 Slow Flow Yoga Wendy M&M	12:00 Stephanie TABATA M&M	10:30 NEW! Gentle Stretch Maggie M&M		
12:00 Group Active Trudy M&M	12:10 Group Power John Gym	10:40 Dusty Sneakers Paula Gym	12:10 Group Power John Gym	10:40 NEW! Dusty Sneakers Candace Gym		
12:10 Glutes & Core Katie Gym	5:10 NEW! Group Centergy Trudy M&M	12:00 Group Ride Trudy M&M	5:10 Strength & Conditioning Katie M&M	12:00 Group Centergy Linda M&M		
5:10 Kripalu Yoga Flow Betsy M&M		12:10 HIIT Katie GYM	6:30 NEW DAY! Strong Nation™ Melissa	12:10 Cycle Fit Larry Gym		
6:30 NEW! Group Power Natalie M&M		5:10 NEW! Vinyassa Yoga Mary M&M				
		6:30 Group Ride Natalie M&M				



Advanced Fitness A full body burn. Strength training designed to tone and isolate individual muscle groups.

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

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.

Gentle Stretch—A series of chair assisted gentle stretches.

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.

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!

Interval Training

Bodyweight and/or weighted exercises using intervals of high intensity and low intensity recovery periods (ie P90X, SH1FT, L1FT, Tabata, etc.)

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.

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.

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://anc.ca.apm.activecommunities.com/ymcaoffredericton/reservation/search>

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 — Tabata will push you through 20 second intervals of cardio, core, balance and strength with a 10-second rest between each interval. Join us for this efficient, full body, 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.