

GROUP FITNESS SCHEDULE

JANUARY 6 – MARCH 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 Group Ride Natalie P Irving Studio	6:00 Group Power Terry GYM	6:00 Sunrise Yoga Aimee M&M	6:00 Group Power Natalie P GYM	6:00 Cycle Fit Annette Irving Studio	8:00 Group Power Natalie R GYM	8:00 Group Core Annette M&M (30 minutes) NEW!
8:00 Hatha Yin Yoga Mary M&M	9:00 Group Active Terry M&M	6:00 Group Ride Terry Irving Studio	9:00 Group Blast Terry M&M	7:00 Pranayama Yoga Yuliia M&M	9:00 Hatha Vinyasa Yoga Mary M&M	9:00 Cycle Fit Larry Irving Studio
9:15 Group Centergy Sheila/Terry M&M	10:30 Yoga Basics Shirley M&M	9:00 Rowing Terry Irving Studio	10:30 Gentle Fit Fran GYM	9:00 Zumba Melissa GYM	10:15 Group Blast Erin M&M	9:00 Hatha Vinyasa Yoga Mary M&M
9:15 Morning Circuit Joan GYM	10:30 Gentle Fit Maggie GYM	9:00 Tabata Joan GYM	12:05 Strength & Conditioning Lauren M&M	9:00 Group Power Sheila M&M		4:00 Zumba Toning Joanne M&M
10:30 Morning Fit Maggie GYM	12:05 POUND! Lisa M&M	10:30 Chair Yoga Susan M&M NEW!	12:05 Group Power John & Mary-Ellen GYM	10:30 Morning Fit Maggie GYM		6:00 Stretch & Flow Yoga Laura Lee M&M
11:55 – 12:25 Group Centergy30 Linda M&M	12:05 Group Power John & Mary-Ellen GYM	10:30 Morning Fit Candace GYM	5:15 Stability Ball Paula M&M	12:05 Group Centergy Linda M&M	<p><i>We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change.</i></p> <p><i>For more information about any Group Fitness Programs, please contact:</i></p> <p><i>Joan Gillespie, Manager</i></p> <p>North & South Wellness Centres, Group Fitness & AquaFit 462-3000 ext. 149 joan.gillespie@ymcafredericton.org www.fredericton.ymca.ca Twitter: @FrederictonYMCA Facebook: @FrederictonYMCA Instagram: ymcafredericton</p> <ul style="list-style-type: none"> • No Photography During Class • No Spectators During Class • Allow previous class/program to clean up and leave before entering studios • Adults & Students Grade 9 & Up • Children Are Not Permitted In Class • Babies Are Permitted In Class While Safely Sitting In Carrier (ear protection should be considered) <p><i>*Sign Up For Rowing Starts 24 Hours Prior To Class</i></p> <p>https://anc.ca.apm.activecommunities.com/ymcaofferedicton/reservation/search</p>	
12:05 Cycle Fit Annette Irving Studio	5:15 Strength & Conditioning Lauren M&M	12:05 HIIT Circuit Annette GYM	5:15 Group Fight Natalie GYM	12:05 Tabata Fran GYM		
12:05 SH1FT Stephanie GYM	5:15 Group Power Natalie/Annette GYM	12:10 Vinyasa Yoga Flow Wendy M&M	6:30 ZUMBA Corey GYM	12:05 Cycle Fit Larry Irving Studio (Not running Mar 28th)		
5:15 Kripalu Yoga Flow Betsy M&M	6:30 Group Centergy Katie M&M	5:15 Group Blast Erin M&M	7:30 Power Yoga Yuliia M&M	5:30 Power Yoga Laura-Lee M&M		
6:30 Cardio & Strength Candace M&M	6:45 Group Ride Natalie Irving Studio	6:30 Zumba Nicole M&M		7:00 Friday Night Dance Party Corey M&M		

UPDATED MARCH 11, 2025

GROUP FITNESS SCHEDULE

JANUARY 6 – MARCH 30

Cardio & Strength A fantastic mix of strength and cardio, using dumbbells, barbells, step, kettlebells, body weight presented in a variety of formats to challenge yourself each class.

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

Cycle Fit is fifty minutes of spinning through every type of terrain, improving your cardio and lower body strength.

Friday Night Dance Party! No need for a nightclub to get out and dance. Come to the Y for some great music, energy inspired by Corey and dance your cares away!

Gentle Fit will have you exercising in and out of a chair to help increase your strength, flexibility and balance. This class is for those who need a gentle approach to exercise.

Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and a step.

Group Blast® is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Group Fight® is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

Group Power® will blast all your muscles with a high-rep weight-training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

Group Ride® is a huge calorie burner that builds great-looking legs! It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

Hatha Vinyasa Yoga combines two different disciplines. Vinyasa and Hatha. Here, you will be guided through a combination of vinyasas (a series of connected movements through breath), asanas (poses), pranayamas (conscious breathing), meditation and relaxation, moving steadily and often pausing to hold poses for various lengths of time. Hatha Vinyasa therefore builds strength and flexibility through movement, while the conscious rhythmic flow of the breath helps boost energy and health. Stillness (holding the poses) promotes focused mind and mental calm. This class is accessible to all levels.

Hatha Yin Yoga is a perfectly balanced practice, this class combines two disciplines. Hatha includes active strengthening and standing poses, seamlessly transitioning to the Yin discipline of yoga, focusing on getting into your connective tissue and helping you relax - both mentally and physically. This class is accessible to all levels.

HIIT Circuit is a high-intensity interval training class that uses various training modalities. This format allows you to give one hundred percent effort through quick, intense bursts of exercise, followed by short recovery periods.

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.

Morning Circuit is a great, full body workout, but not as intense as our HIIT Circuit class (no burpees!). Participants are given the opportunity to try out new equipment and exercises, not typically found in a non-circuit class.

Morning Fit is designed for anyone starting a fitness program and for active older adults or those new to fitness. Class includes cardio, weights, balance, core and flexibility.

Pound combines cardio, Pilates, isometric movements and plyometrics with constant simulated drumming – all to loud, kick-butt music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement.

Power Yoga is typically focused on increasing heart rate and burning calories through a full-body workout. Power yoga emphasizes the flow from one pose to the next, exhaling as you change positions.

Pranayama Yoga is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. In Sanskrit, "prana" means life energy and "yama" means control.

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).

SH1FT - uses your bodyweight as the tool to develop speed, balance and agility. You'll build athletic fitness as you sweat through simple progressions that work for all fitness levels. It also delivers true strength development in a classic group fitness setting. Taking the learnings and principles from the weight room, SH1FT is a strength development format that delivers real results using basic studio equipment.

Stability Ball & Bands Using stability balls, Pilates balls and resistance bands, this class will improve your posture, flexibility, balance and strength.

Strength & Conditioning will challenge your fitness level with a combination of cardio, body weight exercises & dumbbell work.

Sunrise Yoga starts your day with intention by opening up your body and engaging with your breath in a yoga class that combines the lengthening of hatha practice and the strength-building of vinyasa practice.

Tabata will push you through twenty-second intervals of cardio, core, balance and strength with a ten-second rest between each interval. Join us for this efficient, full body, calorie-burning class where you choose your intensity level.

Vinyasa Yoga Flow creatively strings together a variety of traditional postures so you move seamlessly from one to another, linking movement with breath. Re-energize your body, mind and soul.

Yoga Basics focuses on core yoga poses presented in a gentle format. Participants receive ongoing cues as well as options to enhance their practice. Focus is on the breath, safe alignment, balance and strength, to enhance overall wellness.

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

Zumba Toning uses Zumba Toning Sticks to help you focus on specific muscle groups, so you (and your muscles) stay engaged! These lightweight maraca-like sticks will enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.