

# GROUP FITNESS WINTER SCHEDULE

UPDATED FEBRUARY 20, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 Group Ride Natalie P Irving Studio	6:00 Group Power Terry GYM	6:00 Group Ride Terry Irving Studio	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 <b>(30 minute class)</b> <b>Last Class May 10th</b>
8:00 Yin Yoga Targeted Flexibility Mary M&M	9:00 Group Active Terry M&M	9:00 Tabata Joan GYM	9:00 Group Blast Terry M&M	9:00 Zumba Melissa GYM	9:00 Hatha Vinyasa Yoga Mary M&M	9:00 Cycle Fit Larry Irving Studio <b>Last Class May 10th</b>
9:00 Tabata Bar Joan GYM	10:30 Yoga Basics Shirley M&M	10:30 Chair Yoga Susan M&M	10:30 Stationary Circuit Fran M&M	9:00 Group Power Sheila M&M	9:15 Group Fight Natalie R GYM	9:00 Hatha Vinyasa Yoga Mary M&M
9:15 Group Centergy Sheila M&M	10:30 Gentle Fit Maggie GYM	10:30 Morning Fit Candace GYM	10:30 Gentle Tabata Maggie GYM	10:30 Morning Fit Fran GYM	10:15 Group Blast Erin M&M	10:30 HIIT & Strength Mackenzie M&M
10:30 Morning Fit Maggie GYM	12:05 Strength & Conditioning Nadia M&M	11:00 Cycle Fit Larry Irving Studio	12:05 Strength & Conditioning Nadia M&M	12:05 Group Centergy Terry/Linda M&M	11:45 Slow Flow Yoga Jenny M&M	4:00 Zumba Toning Joanne M&M
12:05 Group Ride Erin Irving Studio	12:05 Group Power John/Mary-Ellen GYM	12:05 Fit Mix Annette GYM	12:05 Group Power John/Mary-Ellen GYM	12:05 Tabata Fran GYM		6:00 Stretch & Flow Yoga Laura Lee M&M <b>(75 minute class)</b>
12:05 Strength & Mobility Jan M&M Studio	5:15 Group Power Natalie P/Annette GYM	12:10 Vinyasa Slow Flow Yoga Wendy M&M	5:15 Group Fight Natalie R GYM	5:30 Yoga Flow Jenny M&M	<p>We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change.</p> <p>For more information about any Group Fitness Program, please contact: Joan Gillespie, Manager Wellness Centre, Group Fitness &amp; Aqua Fit 462-3000 ext. 149 <a href="mailto:joan.gillespie@ymcafredericton.org">joan.gillespie@ymcafredericton.org</a></p> <ul style="list-style-type: none"> <li>No Photography During Class</li> <li>No Spectators During Class</li> <li>Allow previous class/program to clean up and leave before entering studios</li> <li>Adults &amp; Students Grade 9 &amp; Up</li> <li>Children Are Not Permitted In Class</li> <li>Babies Are Permitted In Class while Safely Sitting In Carrier (ear protection should be considered)</li> </ul>	
12:05 SH1FT Stephanie GYM	5:15 Group Blast Erin M&M	5:15 Cardio & Strength Circuit Candace M&M	5:15 Group Blast Hannah M&M	7:00 Friday Night Dance Party Corey M&M		
5:15 Kripalu Yoga Flow Betsy M&M	6:30 Yoga For Mobility Aimee M&M	6:30 Zumba Nicole M&M	6:30 ZUMBA Corey GYM			
6:30 Cardio, Strength & Core Annette/Fran M&M <b>NEW!</b>			6:30 Cardio & Strength Circuit Candace M&M			

# GROUP FITNESS WINTER SCHEDULE

UPDATED FEBRUARY 20, 2026

**Cardio & Strength Circuit** is a series of exercises targeting both your cardiovascular system and muscular strength with minimal rest between movements, designed to boost endurance and build muscle

**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.

**Fit Mix** is a dynamic gym class blends cardio, core, and strength training for a full-body blast. Class structure may vary, week to week with Station Focus - Guided moves through stations with less core emphasis OR Own Station Challenge - Work at your own pace with more core-intensive moves. Modifications for all levels.

**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.

**Gentle Tabata** modifies the more intense, Tabata workout, using a chair for support, into a beginner-friendly, low-impact exercise format suitable for older adults, those new to fitness and those with mobility issues, focusing on joint-friendly movements to elevate the heart rate without pain.

**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** 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.

**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 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.

**SH1FT** - A class with both strength and cardio elements; strength development in a classic group fitness setting and cardio using bodyweight exercises to build speed, balance, and agility. Equipment used varies from dumbbells, plates, bars and steppers. With simple progressions and adaptable options, it's perfect for all fitness levels—leaving you sweaty, energized, and ready for more!

**Slow Flow Yoga** invites you to move with intention through gentle, deliberate poses and mindful transitions. With an emphasis on breath and awareness, this ground-based class helps you build strength, improve flexibility, and find calm. Each class weaves together elements of mobility, core engagement, longer stretches, and restorative practices to leave you feeling balanced and refreshed.

**Stationary Circuit** is designed for anyone starting a fitness program and for active older adults or those new to fitness. This class will include cardio, weights, balance, core and flexibility in a circuit done at the participant's station. Various pieces of fitness equipment will be used including a mat.

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

**Strength & Mobility** combines strength training and mobility work to help you build power, stability, and freedom of movement. The aim is to improve muscular strength while increasing joint flexibility and control.

**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 Slow Flow** is a yoga class that moves at a slower pace, allowing you to mindfully explore movement, strength and poses in all directions while focusing on your breath. This class encourages you to explore your boundaries and tap into your creativity, all while feeling relaxed and rejuvenated

**Yin Yoga** is a slow, meditative style of yoga that focuses on long, passive holds to target the body's deeper connective tissues—ligaments, joints, fascia, and tendons—rather than just the muscles. When practiced with a focus on targeted flexibility, the sequence and poses are chosen to gently open and lengthen specific areas of the body over time.

**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.

**Yoga for Mobility** is a dynamic, feel-good class designed to help you build strength and flexibility at the same time. With a focus on functional movement and controlled range of motion, this course supports joint health, builds stability, and helps you move more freely and confidently—both on and off the mat. Perfect for all levels!

**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.