GROUP FITNESS FALL SCHEDULE

UPDATED OCTOBER 27, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 Group Ride Natalie P -Irving	6:00 Group Power Terry - GYM	6:00 Movement & Meditation Aimee – M&M	6:00 Group Power Natalie P -GYM	6:00 Cycle Fit Annette- Irving	8:00 Group Power Natalie R -GYM	9:00 Hatha Vinyasa Yoga Mary - M&M
8:00 Yin Yoga Mary - M&M	9:00 Group Active Terry - M&M	6:00 Group Ride Terry - Irving	9:00 Group Blast Terry - M&M	9 :00 Zumba Melissa - GYM	9:15 Group Fight Natalie R - GYM	9:00 Cycle Fit Larry – Irving
9:00 Tabata Bar Joan - GYM	10:30 Yoga Basics Shirley - M&M	9:00 Tabata Joan - GYM	10:30 Stationary Circuit Fran - M&M	9:00 Group Power Sheila – M&M	**9:15** Group Blast Erin - M&M **Time Change Effective Oct 31st**	4:00 Zumba Toning Joanne - M&M
9:15 Group Centergy Sheila - M&M	10:30 Gentle Fit Maggie - GYM	10:30 Chair Yoga Susan - M&M **Starts November 4th**	10:30 Gentle Tabata Maggie –GYM	10:30 Morning Fit Fran - GYM	**10:45** Slow Flow Yoga Jenny - M&M **Time Change Effective Oct 31st**	6:00 – 7:15 Stretch & Flow Yoga Laura Lee - M&M
10:30 Morning Fit Maggie - GYM	12:05 Functional Strength & Conditioning Nadia - M&M	10:30 Morning Fit Candace - GYM	12:05 Functional Strength & Conditioning Jan – M&M	12:05 Tabata Fran - GYM	We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change. For more information about any Group Fitness Program, please contact: Joan Gillespie, Manager, Wellness Centre, Group Fitness & Aqua Fit 506-462-3000 ext. 149 joan.gillespie@ymcafredericton.org	
12:05 Group Ride Erin - Irving	12:05 Group Power John - GYM	11:00 Cycle Fit Larry - Irving	12:05 Group Power John - GYM	12:05 Yoga Flow Jenny – M&M		
12:05 Full Body Bootcamp Jan-GYM	5:15 Group Blast Erin - M&M	12:05 Group Core & Strength Annette – GYM	3:15 Steady Steps Mackenzie & Danielle - M&M	7:00 Friday Night Dance Party Corey - M&M		
3:15 Steady Steps Mackenzie & Danielle - M&M	5:15 Group Power Natalie & Annette- GYM	12:10 Vinyasa Slow Flow Yoga Wendy - M&M	5:15 Yoga Flow Jenny - M&M			
5:15 Kripalu Yoga Flow Betsy - M&M	6:30 Power Yoga Kris – M&M **Starts Oct 27th**	5:15 Group Active Erin - M&M	6:15 Zumba Nicole – GYM **Starts Nov 12th**			
6:30 Cardio Strength Fusion Candace - M&M		6:30 Zumba Nicole - M&M **Last Class Nov 4th**				

- 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)

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Cardio Strength Fusion blends strength training and heart-pumping cardio to give you a complete, full body sweat session. All levels of fitness are welcome and will be challenged.

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!

Full Body Bootcamp is a high-intensity interval and strength routine that targets every major muscle group to burn calories and build endurance.

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 Core®. Build a strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises. This 60 minute class with finish off with full body strength training and a stretch.

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 is a welcoming blend of steady Hatha postures and flowing Vinyasa movement, suitable for all levels, including beginners. Build strength, mobility, balance, and body awareness while gently connecting movement with breath. Expect a grounding yet energizing practice that leaves you feeling strong, centered, and refreshed.

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.

Movement & Meditation will involve waking up our bodies with 45 minutes of connected focused movement designed to increase range and strength, followed by a 15-minute meditation to start your day of with clarity and an open heart. Beginner friendly!

Power Yoga is a high-energy, dynamic flow designed to build physical strength, endurance, and mental resilience. Building on the foundation of intentional movement, this class pairs continuous, breath-driven movement with functional strength to help you push your limits, fire up your core, and reset your mind.

While the pace is vibrant and empowering, the focus remains firmly on safe alignment, mindful breath, and inner calm amidst the challenge. You'll leave feeling energized, rooted, and completely refreshed.

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.

Steady Steps is a great class for adults or older adults looking to improve balance & strength to aid in fall prevention. This program is led by our Y Personal Trainers and will help give you confidence with your daily activities.

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.

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.