


HEALTH & FITNESS SCHEDULE

JANUARY - FEBRUARY 2012

DROP IN CLASSES

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BODY BLITZ				5:00PM-6:00PM Bridget	
CARDIO BOOT CAMP		12:05PM-12:50PM Bev			
KICKBOXING					12:05PM-12:50PM Jesse
POWER SCULPT					5:00PM-6:00PM Wayne
PUMP	12:05PM-12:50PM Kelly				
SPIN				12:05PM-12:50PM Bev	
STEP COMBO			5:00PM-6:00PM Natalie		
 TRX			12:05PM- 12:50PM Amber		
WOW	5:00PM-6:00PM Natalie				
YOGA			6:30PM-7:30PM Brian Starting Jan. 11		
 ZUMBA	6:00PM-7:00PM Bridget			6:00PM-7:00PM Bridget	

REGISTRATION CLASSES

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK OF DAWN BOOT CAMP	6:30AM – 7:30AM Wayne Jan 16 – Feb 24		6:30AM – 7:30AM Wayne Jan 16 – Feb 24		6:30AM – 7:30AM Wayne Jan 16 – Feb 24
TOTAL BODY BOOT CAMP		6:00PM-7:00PM Amber Jan 17 – Feb 21			
MOMMY IN MOTION		8:30AM -9:30AM Amber/Bridget Jan 17 – Feb 21			
MONKEY BUSINESS	10:00AM -11:00AM Nicole/Ann-Elise Jan 16 – Feb 20				
P.A.L.		10:00AM-10:45AM Amber/Bridget Jan 17 – Feb 21			
STROLLER BOOT CAMP				8:30AM -9:30AM Amber/Bridget Jan 19 – Feb 23	
SPIN				6:00PM-7:00PM Helen Jan 19 – Feb 23	
 TRX	7:00AM – 8:00AM Amber Jan 16 – Feb 22	6:30AM – 7:30AM Amber Jan 17 – Feb 24	7:00AM – 8:00AM Amber Jan 16 – Feb 22	6:30AM – 7:30AM Amber Jan 17 – Feb 24	

Green: Specialty Class –Registration fee applies

Blue: Non-member Registration Fee applies

****CLASSES SUBJECT TO CHANGE WITHOUT NOTICE****

CLASS DESCRIPTIONS

BODY BLITZ– Challenge yourself in this intense muscle and cardio conditioning class!

BREAK OF DAWN BOOT CAMP – For you early morning risers! Women and men, of average or better conditioning, who wish to advance their fitness levels in the company of similarly motivated individuals.

KICKBOXING – Challenge yourself for intense kickboxing based cardiovascular workout.

MOMMY IN MOTION - Join us for a one hour work-out using a variety of aerobic and strength training techniques. Little ones will be with our child development specialists for the hour to play games and have fun, while moms have their time to get back in shape.

MONKEY BUSINESS - For all those monkey’s that enjoy their play time and for all those parents who enjoy their Quiet time! Parents are welcome to stay and play or are welcome to use the Health & Fitness Centre for the hour!

PAL - Program for Active Living. The YWCA and non-profit organizations throughout the city are teaming up to provide men and women with a fun and safe way to get physically active. Come out, meet new people, and find your way to energize your life!

PUMP - A great way to get all your muscles to their peak.

POWER SCULPT – Challenge yourself in this intense muscle class

SPIN – great classic indoor cycling made to get your heart pumping

STEP COMBO – warm up with step and go on to train the body’s musculature

STROLLER BOOT CAMP – Get your strollers out and be prepared to sweat. This class will provide you with a great workout and what better way to get out with your baby. Will meet at the Park Place Shopping Center – Winners entrance.

TOTAL BODY BOOT CAMP– A moderate to intense workout that will improve your overall health & fitness.

TRX – Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. It is training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries

WOW (WOMEN ON WEIGHTS) – build strength, power and endurance with this great muscle workout just for women!

YOGA - Individuals wishing to participate do not require a previous background in yoga. This yoga program is suited to individuals who have an interest in yoga. A variety of props (chairs, mats, bolsters) and postures modified to meet the needs of individuals will be provided.

ZUMBA - Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.

604-8th Street South
Lethbridge Alberta, T1J 2K1
403.329.0088
akubos@ywcalethbridge.org
bdyck@ywcalethbridge.org

Hours:	
Mon – Thurs	6:30am-9:00pm
Friday	6:30am-8:00pm
Sat – Sun	9:00am- 4:00pm