

WINTER 2024 FITNESS PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Effective January 2nd
MORNING			8:00AM-8:45AM STRENGTH, CORE & MORE SAM (YMCA STUDIO)		8:00AM-8:45AM STRENGTH, CORE & MORE SAM (YMCA STUDIO)			
	9:00AM-12:00PM CHILD MIND			9:00AM-12:00PM CHILD MIND		9:00AM-12:00PM CHILD MIND		
	9:00AM-9:45AM STRENGTH, CORE & MORE COURTNEY (YMCA STUDIO)	9:00AM-10:00AM YOGA PAM (YMCA STUDIO)		9:00AM-9:45AM STRENGTH, CORE & MORE KAREN (YMCA STUDIO)		9:00AM-10:00AM YOGA JASON (NSCC GYMNASIUM)		
	10:15AM-11:15AM NICE & EASY SUE (YMCA STUDIO)	10:15AM-11:15AM LIVE WELL* DENISE (YMCA STUDIO)	10:15AM-11:15AM NICE & EASY SUE (YMCA STUDIO)	10:15AM-11:15AM LIVE WELL* DENISE (YMCA STUDIO)	10:30AM-11:30AM NICE & EASY NANCY (YMCA STUDIO)		10:30AM-12:30PM YOUTH ZONE *FREE* (NSCC GYMNASIUM/ YMCA STUDIO)	
AFTERNOON	12:15PM-1:00PM PEDAL & PUMP* SAM (YMCA STUDIO) *PRE BOOKING SUGGESTED		12:15PM-1:00PM PEDAL & PUMP* SAM (YMCA STUDIO) *PRE BOOKING SUGGESTED		12:15PM-1:00PM BOSU STRENGTH DEANNE (YMCA STUDIO)		1:30PM-4:00PM JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)	
	2:30PM-3:30PM LIVE WELL* DENISE (YMCA STUDIO)		2:30PM-3:30PM LIVE WELL* DENISE (YMCA STUDIO)	5:30PM-6:15PM JUST LIFT ANNA (YMCA STUDIO)				
EVENING		6:00PM-8:00PM CHILD MIND		6:00PM-8:00PM CHILD MIND	6:00PM-8:00PM CHILD MIND		4:00PM-6:00PM CHILD MIND	
	5:00PM-9:30PM NHL STREET* (NSCC GYMNASIUM) *MUST ALREADY BE REGISTERED	6:00PM-8:00PM JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)		6:30PM-7:30PM YOGA TERESA (YMCA STUDIO)				
	5:30PM-6:30PM PUMP MOBILITY DENISE (YMCA STUDIO)	6:00PM-6:45PM YRIDE* ALICIA (YMCA STUDIO) *PRE BOOKING SUGGESTED	5:30PM-6:30PM POUND DENISE (YMCA STUDIO)	6:00PM-7:00PM YOUTH CONDITIONING *FREE* (WELLNESS CENTRE)				
				7:00PM-9:00PM YOUTH BASKETBALL *FREE* (NSCC GYMNASIUM)				

YMCA STUDIO CLASSES

Drop ins welcome!
Classes mark with * pre-booking is suggested by phoning 902-543-9622 in advance.

CHILD/YOUTH PROGRAMS

Pre-registration required for child mind. Please call 902-543-9622 up to 72 hours in advanced.
Drop-ins welcome for Youth Programs.

LIVEWELL PROGRAMS

*Pre-registration is required.
Email cep.afl@halifax.ymca.ca for more information.

RECREATION

Drop-ins welcomes
* NHL STREET & Junior Badminton required pre-registration



Members:
All programs and classes included in membership!

Non-Members:
Youth Day Pass (11-18) \$6.00
Adult Day Pass (19+) \$9.00
Recreation Day Pass (5+) \$3.00

HOURS OF OPERATION

Mon - Fri, 6am - 10pm
Sat & Sun, 8am - 8pm

Stay up to date by checking out our social media

 LunenburgCountyYMCA
 @ymcalunenburg



LIVWELL PROGRAMS

Live Well

This program assists individuals with stable medical conditions to progressively improve their physical and mental health through closely monitored group exercise.

***Pre-registration is required.**

Email cep.afl@halifax.ymca.ca for more information.

CHILD/YOUTH PROGRAMS

Child Mind

Well-trained staff and volunteers will care for your child(ren) while you take some time to work on your health and fitness. Ages 6 months - 10 years

Pre-registration is required by calling 902-543-9622

Fee: \$3.00 per hour per child or included with a Family Membership.

Youth Basketball

This provides opportunities for youth to be active, have fun and enhance their skills in a supervised setting.

All basketballs provided. **Ages 11-18**

Youth Conditioning

Youth Conditioning is designed to help youths learn how to move their body and develop their skill level with fitness. A dedicated team of coaches are on-site to support you! **Ages 11-18**

Youth Zone

This program offers youth an opportunity to access unstructured physical activity in a cooperative setting, and engage in recreational activities in a non-competitive, healthy, fun, interactive manner in a safe environment. **Ages 5-11.**

RECREATION PROGRAMS

Junior Badminton Club

This competitive youth badminton club holds two weekly practices and competes in local, regional and provincial tournaments. **Registration required.**

NHL Street

Having fun, staying active, making friends and creating great memories. Designed for Youth ages 6 to 16, NHL STREET athletes will feel like the pros when they suit up in authentic uniforms to play in high-energy, team-first leagues. **Registration required.**

YMCA FITNESS CLASSES

BOSU Strength

All muscle groups will be targeted in this 45 minute workout! You'll perform exercises with weights while incorporating the BOSU. Open for participants at all levels.

Just Lift

Learn big strength exercises such as deadlifts, chest presses and more. Each exercise is taught and modified to suit each individual's needs and abilities.

Nice & Easy

Safe, effective, light, low-impact cardio and strength exercises using a variety of equipment.

Pedal & Pump

A cycle fit class combined with the strength exercises for optimal interval training. For all levels!

POUND

This class provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out. Drumming and exercise all release feel-good endorphins; Combine them and you've got a powerful and fun experience for all fitness levels.

Strength, Core & More

This class is about improving your strength and stamina through a mix of cardio and strength exercises using a variety of equipment and interval styles. For all levels!

Yoga

Flow through a series of postures that work to stretch, strengthen and tone your muscles while calming and connecting the mind, body and spirit.

YRIDE

This class is designed to be fun, while building cardiovascular strength. This is a **dynamic group-cycling class**. Suitable for all levels, this class will challenge your stamina and push your limits.



Lunenburg County YMCA
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