

# SUMMER 2024 FITNESS PROGRAM SCHEDULE

Effective May 20th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G			8:00AM-8:45AM PUMP MOBILITY  SAM (YMCA STUDIO)		8:00AM-8:45AM PUMP MOBILITY  SAM (YMCA STUDIO)
	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)	
	10:15AM-11:15AM NICE & EASY  SUE (YMCA STUDIO)	10:15AM-11:15AM CHAIR FIT  DENISE (YMCA STUDIO)	10:15AM-11:15AM NICE & EASY  SUE (YMCA STUDIO)	10:15AM-11:15AM CHAIR FIT  DENISE (YMCA STUDIO)	10:30AM-11:30AM NICE & EASY  NANCY (YMCA STUDIO)
A F T E R N O O N	12:15PM-1:00PM BOSU STRENGTH  SAM (YMCA STUDIO)				12:15PM-1:00PM BOSU STRENGTH  DEANNE (YMCA STUDIO)
	1:30PM-2:30PM ACTIVE FOR LIFE* LIVEWELL PROGRAM  DENISE (YMCA STUDIO)		1:30PM-2:30PM ACTIVE FOR LIFE* LIVEWELL PROGRAM  DENISE (YMCA STUDIO)		
	5:30PM-6:30PM PUMP MOBILITY  DENISE (YMCA STUDIO)		5:30PM-6:30PM <b>POUND</b>  DENISE (YMCA STUDIO)	6:00PM-7:00PM YOUTH CONDITIONING  * FREE * (WELLNESS CENTRE)	
E V E N I N G				7:00PM-8:00PM YOUTH BASKETBALL  * FREE * (NSCC GYMNASIUM)	



## YOUTH PROGRAMS

Drop-ins welcome for Youth Programs.

## LIVEWELL PROGRAMS

\*Pre-registration is required.  
Email [denise.covey@ns.ymca.ca](mailto:denise.covey@ns.ymca.ca) for more information.

## RECREATION

Badminton, Pickleball & Basketball equipment can be provided.  
Drop-ins welcome.

## YMCA STUDIO CLASSES

Drop-ins welcome!

All programs and classes included in membership!

HOURS OF OPERATION: Mon - Fri, 6am - 10pm, Sat & Sun, 8am - 8pm

## 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. Call 902-543-9622**

**Fee: \$3.15 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**

## LIVEWELL PROGRAMS

### ACTIVE FOR LIFE

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 [denise.covey@ns.ymca.ca](mailto:denise.covey@ns.ymca.ca) to register and for more information.**

## RECREATION

Badminton, Pickleball & Basketball equipment can be provided. Drop-ins welcome.

### **NON-MEMBERS PRICING:**

Youth Day Pass (11-18), \$6.30

Adult Day Pass (19+), \$9.45

Recreation Day Pass (5+), \$3.15

## 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.

### Nice & Easy

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

### Chair Fit

Standing exercises with the option to sit. Class format includes cardio, walking in place, balance and agility followed by strength & stretch exercises. Designed to improve quality of life with functional exercises for daily living.

### ***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.

### Pump Mobility

Stretch, strengthen and mobilize your body! Work through all your major muscle groups with a mix of mobility, core, resistance training and cardio moves.



Lunenburg County YMCA  
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Bridgewater, NS  
T: 902 543 9622  
[ymcasouthwestns.ca](http://ymcasouthwestns.ca)