

# SPRING 2024 FITNESS PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>			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 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)		10:30AM-12:30PM YOUTH ZONE *FREE* (NSCC GYMNASIUM/ YMCA STUDIO)
<b>AFTERNOON</b>	12:15PM-1:00PM PEDAL & PUMP* SAM (YMCA STUDIO) *PRE BOOKING SUGGESTED	12:15PM-1:15PM EXCEL* SAM (YMCA STUDIO)	12:15PM-1:00PM PEDAL & PUMP* SAM (YMCA STUDIO) *PRE BOOKING SUGGESTED	12:15PM-1:15PM EXCEL* SAM (YMCA STUDIO)	12:15PM-1:00PM BOSU STRENGTH* DEANNE (YMCA STUDIO) *PRE BOOKING SUGGESTED		1:30PM-4:00PM JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)
	1:30PM-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)		1:30PM-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)				
<b>EVENING</b>		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-7:00PM NHL STREET* (NSCC GYMNASIUM) *MUST ALREADY BE REGISTERED			5:30PM-6:15PM JUST LIFT ANNA (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 <b>POUNCE</b> DENISE (YMCA STUDIO)	6:00PM-7:00PM YOUTH CONDITIONING *FREE* (WELLNESS CENTRE)			
		6:00PM-8:00PM JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)	6:00PM-8:00PM DROP-IN PICKLEBALL (NSCC GYMNASIUM)	6:30PM-7:30PM YOGA PAM (YMCA STUDIO)			
		8:00PM - 9:45PM CRICKET (NSCC GYMNASIUM)		7:00PM-9:00PM YOUTH BASKETBALL *FREE* (NSCC GYMNASIUM)			

Effective April 1st

## CHILD/YOUTH PROGRAMS

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

## LIVEWELL PROGRAMS

\*Pre-registration is required. Email [cep.afl@halifax.ymca.ca](mailto:cep.afl@halifax.ymca.ca) for more information.

## RECREATION

Drop-ins welcome. \*NHL STREET & Jr. Badminton required pre-registration

## YMCA STUDIO CLASSES

Drop-ins welcome! Classes with \* pre-booking is suggested, phone 902-543-9622 in advance.

### Members:

All programs and classes included in membership!

### Non-Members:

Youth Day Pass (11-18), \$6.30  
Adult Day Pass (19+), \$9.45  
Recreation Day Pass (5+), \$3.15

### 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 by calling 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**

### 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.**

## 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 [cep.afl@halifax.ymca.ca](mailto:cep.afl@halifax.ymca.ca) for more information.**

### EXCEL\*

Exercise for Cancer to Enhance Living Well Program. This program is designed to lessen the impact of a cancer diagnosis and its treatment. The 12-week program is an on-ramp for progressive exercise opportunities.

**\*Pre-registration is required.**

**Email [cep.afl@halifax.ymca.ca](mailto:cep.afl@halifax.ymca.ca) for more information.**

## RECREATION PROGRAMS

### Cricket

Drop-in for spontaneous games and friendly competition! With all equipment provided, just bring your enthusiasm and enjoy cricket indoors, regardless of the weather. Whether you're a seasoned player or new to the game, our inclusive environment welcomes all. Come join the fun!

### 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.**

### Pickleball

Drop-in for a self-led, no-pressure experience! Enjoy open play sessions, and a welcoming atmosphere for players of all levels. We provide equipment; you bring your energy and enthusiasm. Get active, make friends, and have a blast on the court with us!

## 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.

### 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.

### 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.

### 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**  
**75 High Street,**  
**Bridgewater, NS**  
**T: 902 543 9622**  
**[ymcasouthwestns.ca](http://ymcasouthwestns.ca)**