



# SUMMER 2025 FITNESS PROGRAM SCHEDULE

Effective June 29th - Sept 6th, 2025

\*Sunday morning yoga with William is on hold until July 27th

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|---|--|--|---|--|
|   | *6:00-7:00AM<br>CYCLE FUSION<br>GRACE<br>(YMCA STUDIO)         |   | *6:00-7:00AM<br>CYCLE FUSION<br>GRACE<br>(YMCA STUDIO)         |  | *6:00-7:00AM<br>CYCLE FUSION<br>GRACE<br>(YMCA STUDIO)      |  |
|   | 8:00AM-8:45AM<br>PUMP MOBILITY<br>DENISE<br>(YMCA STUDIO)      |   | 8:00AM - 8:45AM<br>PUMP MOBILITY<br>SAM<br>(YMCA STUDIO)       |  | 8:00AM - 8:45AM<br>PUMP MOBILITY<br>SAM<br>(YMCA STUDIO)    |  |
|   | 9:00AM-9:45AM<br>BARRE FITNESS<br>KIM T<br>(YMCA STUDIO)       | 9:00-9:45 AM<br>BOOTCAMP<br>COURTNEY<br>(YMCA STUDIO)   | 9:00-9:45 AM<br>POWER UP<br>KIM T<br>(YMCA STUDIO)             | 9:00AM-9:45AM<br>BOOTCAMP<br>SAM<br>(YMCA STUDIO)  |   | 9:00AM-9:45AM<br>BOOTCAMP<br>ANNA<br>(YMCA STUDIO) |
| 10:00AM-11:00AM<br>MORNING YOGA<br>WILLIAM<br>(YMCA STUDIO) | 10:15AM-11:15AM<br>NICE & EASY<br>SUE<br>(YMCA STUDIO)         | 10:00AM-11:00AM<br>MORNING YOGA<br>PAM G<br>(YMCA STUDIO)   | 10:15AM-11:15AM<br>NICE & EASY<br>SAM/AMANDA<br>(YMCA STUDIO)  | 10:00AM- 11:00AM<br>MORNING YOGA<br>JENNIFER M<br>(YMCA STUDIO)  | 10:30AM-11:30AM<br>NICE & EASY<br>NANCY<br>(YMCA STUDIO)    |  |
|   | 12:15PM - 1:00PM<br>PEDAL & PUMP<br>SAM<br>(YMCA STUDIO)       | 11:15AM - 12:15PM<br>CHAIR FIT<br>DENISE<br>(YMCA STUDIO)   | 12:15PM - 1:00PM<br>PUMP & PEDAL<br>SAM<br>(YMCA STUDIO)       | 11:15AM - 12:15PM<br>CHAIR FIT<br>DENISE<br>(YMCA STUDIO)  | 12:15PM - 1:00PM<br>PEDAL & PUMP<br>DEANNE<br>(YMCA STUDIO) |  |
|   | 1:30PM - 2:30PM<br>*ACTIVE FOR LIFE<br>DENISE<br>(YMCA STUDIO) |   | 1:30PM - 2:30PM<br>*ACTIVE FOR LIFE<br>DENISE<br>(YMCA STUDIO) |  |   |  |
|   | 5:30PM - 6:30PM<br>BOOTCAMP<br>SAM<br>(YMCA STUDIO)            | 6:00PM - 7:00PM<br> ZUMBA<br>JENNIFER L<br>(YMCA STUDIO) |  | 6:00PM - 7:00PM<br> ZUMBA<br>JENNIFER L<br>(YMCA STUDIO) |   |  |



## CHILD MIND

M/T/TH/F 5:30-7:00PM  
Sat 8:45-11:15AM  
Sun 4:00-6:00PM

\*Pre-registration is required for Child Mind.



## LIVEWELL PROGRAMS

\*Pre-registration is required.  
See details on the back for more information.



## RECREATION

Drop-ins welcome when gymnasium is available!  
Badminton, Pickleball & Basketball equipment is available to borrow, ask our Membership Staff.



## YMCA STUDIO CLASSES

Drop-ins welcome!  
However, it is suggested to \*pre-book for some classes by phoning: 902-543-9622

## HOURS OF OPERATION:

Mon - Fri, 5:45 am - 10 pm  
Sat & Sun, 8 am - 8 pm

All programs and classes included in membership!

## NON-MEMBERS PRICING

Youth Day Pass (11-18), \$6.25  
Adult Day Pass (19+), \$9.37  
Recreation Day Pass (5+), \$3.15

## YMCA FITNESS CLASSES

### **Barre Fitness:**

This ballet-inspired low impact workout will help improve your balance, sculpt your body, and improve your overall strength. Barre Fitness focuses on strengthening and toning muscles, especially the legs, glutes, and arms through small controlled movements. Class often utilize a chair or the wall for support and balance, and may incorporate balls or bands. All fitness levels are welcome.

### **Bootcamp**

Push your limits with a high-energy mix of strength, cardio, and functional moves, followed by a recovery-focused mobility session to improve flexibility and movement. Perfect for all fitness levels!

### **Chair Fit**

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

### **Cycle Fusion**

Cardio meets weights in this high-energy ride! Pedal to the beat while using light weights to tone your upper body—all set to motivating music in the studio. Get ready to sweat, sculpt, and have fun!

### **Morning 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.

### **Nice & Easy**

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

### **Pedal & Pump** (Formally Bike & Balance):

This 45-minute class blends the best of both worlds—start with an energizing 15–20 minute ride, then shift gears into 20–25 minutes of strength training off the bike. A full-body workout that builds endurance, power, and muscle.

### **Power Up**

A 45-minute, high-repetition strength training workout that uses an adjustable barbell, hand weights, and bodyweight movements. It's set to upbeat music and focuses on hitting the major muscle groups to build strength and improve movement.

### **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.



A Zumba class is a fun, energetic cardio dance workout that blends Latin and international music with dance moves. It's designed to be accessible to all fitness levels and is often described as a dance party rather than a workout, encouraging participants to move and have fun while burning calories and improving cardiovascular health.

### **Child Mind**

Well-trained staff 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**

### **LIVEWELL PROGRAM**

#### **ACTIVE FOR LIFE**

Assisting 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.**



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