

FALL 2025 FITNESS PROGRAM SCHEDULE

Effective Sept 7th - Nov 29th 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM CYCLE FUSION GRACE (YMCA STUDIO)		6:00-7:00AM CYCLE FUSION GRACE (YMCA STUDIO)		6:00-7:00AM CYCLE FUSION GRACE (YMCA STUDIO)	
	8:00-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)		8:00-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)	8:00-8:45AM PEDAL & PUMP KIM R (YMCA STUDIO)	8:00-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)	
	9:00-9:45AM BARRE FITNESS KIM T (YMCA STUDIO)	9:00-9:45 AM BOOTCAMP COURTNEY (YMCA STUDIO)	9:00-9:50 AM POWER UP KIM T (YMCA STUDIO)	9:00-9:45AM BOOTCAMP SAM (YMCA STUDIO)		9:00-9:45AM BOOTCAMP ANNA (YMCA STUDIO)
10:00-11:00AM MORNING YOGA WILLIAM (YMCA STUDIO)	10:15-11:15AM NICE & EASY SUE (YMCA STUDIO)	10:00-11:00AM MORNING YOGA PAM (YMCA STUDIO)	10:15-11:15AM NICE & EASY AMANDA (YMCA STUDIO)	10:00- 11:00AM MORNING YOGA JENNIFER M (YMCA STUDIO)	10:30-11:30AM NICE & EASY NANCY (YMCA STUDIO)	10:00-11:00AM CYCLE FUSION GRACE (YMCA STUDIO)
11:00AM-1:00PM VICTORY BADMINTON CLUB STARTS NOVEMBER 1ST (NSCC GYMNASIUM)	12:15-1:00PM PEDAL & PUMP SAM (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15-1:00PM PEDAL & PUMP SAM (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15-1:00PM PEDAL & PUMP DEANNE (YMCA STUDIO)	
1:00-4:00PM BRIDGEWATER JUNIOR BADMINTON CLUB STARTS SEPTEMBER 22ND (NSCC GYMNASIUM)	1:30-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)	12:30-1:30PM EXCEL* DENISE (YMCA STUDIO)	1:30-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)	12:30-1:30PM EXCEL* DENISE (YMCA STUDIO)		
		1:00-4:30PM CARDIAC REHAB* NSHA (CONDITIONING AREA)		1:00-4:30PM CARDIAC REHAB* NSHA (CONDITIONING AREA)		
			6:00-8:00PM BRIDGEWATER JUNIOR BADMINTON CLUB STARTS SEPTEMBER 22ND (NSCC GYMNASIUM)	7:00-9:00PM YOUTH BASKETBALL (NSCC GYMNASIUM)		
	5:30-6:30PM BOOTCAMP DENISE (YMCA STUDIO)	6:00-7:00PM  ZUMBA JENNIFER L (YMCA STUDIO)	5:30-6:30PM POUND DENISE (YMCA STUDIO)	6:00-7:00PM  ZUMBA JENNIFER L (YMCA STUDIO)		5:30-7:30PM YOUTH ZONE STARTS SEPTEMBER 20TH (YMCA STUDIO/NSCC GYM)



CHILD MIND

T/TH/SAT 8:45-11:15AM
M/T/W/TH 5:30-7:00PM
SUN 4:00-6:00PM

*Pre-registration is required for Child Mind by calling 902-543-9622.



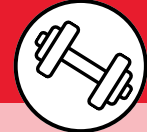
LIVEWELL & SPECIALITY PROGRAMS

*Registration is required. See details on the back for more information.



RECREATION

Drop-ins welcome when gymnasium is available! equipment is available to borrow; ask our Membership Staff.
*Registration required for Badminton Clubs.



YMCA STUDIO CLASSES

Drop-ins welcome!

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

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.

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.

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.

ZUMBA

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

ACTIVE FOR LIFE

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

***Registration is required.**

Email Denise.Daury@ns.ymca.ca to register or for more information.

CARDIAC REHAB

Cardiac Rehabilitation is a program to support your heart health and management of cardiovascular risk factors to decrease your risk for cardiac events. There are many benefits to attending cardiac rehab such as, decreased symptoms of angina, improved energy and fitness and much more.

***You need a physician referral to access this program.**

EXCEL PROGRAM

The EXercise for Cancer to Enhance Living Well 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.

***Registration is required.**

Email EXCancer@nshealth.ca to register and for more information.



Lunenburg County YMCA
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Bridgewater, NS
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ymcasouthwestns.ca