

# WINTER 2025 FITNESS PROGRAM SCHEDULE

Effective Nov 30<sup>th</sup> - Feb 28<sup>th</sup> 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM CYCLE FUSION <b>GRACE</b> (YMCA STUDIO)		6:00-7:00AM CYCLE FUSION <b>GRACE</b> (YMCA STUDIO)		6:00-7:00AM CYCLE FUSION <b>GRACE</b> (YMCA STUDIO)	
	8:00-8:45AM PUMP MOBILITY <b>SAM</b> (YMCA STUDIO)		8:00-8:45AM PUMP MOBILITY <b>SAM</b> (YMCA STUDIO)	8:00-8:45AM PEDAL & PUMP <b>KIM R</b> (YMCA STUDIO)	8:00-8:45AM PUMP MOBILITY <b>SAM</b> (YMCA STUDIO)	
	9:00-9:45AM BARRE FITNESS <b>KIM T</b> (YMCA STUDIO)	9:00-9:45 AM BOOTCAMP <b>COURTNEY</b> (YMCA STUDIO)	9:00-9:50 AM POWER UP <b>KIM T</b> (YMCA STUDIO)	9:00-9:45AM BOOTCAMP <b>SAM</b> (YMCA STUDIO)	9:00-9:45AM POWER+ <b>ANDREA</b> (YMCA STUDIO)	9:00-9:45AM BOOTCAMP <b>ANNA</b> (YMCA STUDIO)
10:00-11:00AM MORNING YOGA <b>WILLIAM</b> (YMCA STUDIO)	10:15-11:15AM NICE & EASY <b>ANDREA</b> (YMCA STUDIO)	10:00-11:00AM MORNING YOGA <b>PAM</b> (YMCA STUDIO)	10:15-11:15AM NICE & EASY <b>AMANDA</b> (YMCA STUDIO)	10:00-11:00AM MORNING YOGA <b>JENNIFER M</b> (YMCA STUDIO)	10:30-11:30AM NICE & EASY <b>NANCY</b> (YMCA STUDIO)	10:00-11:00AM CYCLE FUSION <b>GRACE</b> (YMCA STUDIO)
11:00AM-1:00PM VICTORY BADMINTON CLUB (NSCC GYMNASIUM)	12:15-1:00PM PEDAL & PUMP <b>ANDREA</b> (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT <b>DENISE</b> (YMCA STUDIO)	12:15-1:00PM PEDAL & PUMP <b>SAM</b> (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT <b>DENISE</b> (YMCA STUDIO)	12:15-1:00PM PEDAL & PUMP <b>SAM</b> (YMCA STUDIO)	
1:00-4:00PM BRIDGEWATER JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)	1:30-2:30PM ACTIVE FOR LIFE* <b>DENISE</b> (YMCA STUDIO)	12:30-1:30PM EXCEL* <b>DENISE</b> (YMCA STUDIO)	1:30-2:30PM ACTIVE FOR LIFE* <b>DENISE</b> (YMCA STUDIO)	12:30-1:30PM EXCEL* <b>DENISE</b> (YMCA STUDIO)		
		5:15-5:50PM PEDAL & PUMP <b>DOUG</b> (YMCA STUDIO)		6:00-7:00PM YOUTH CONDITIONING (WELLNESS CENTRE)		
		6:00-8:00PM BRIDGEWATER JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)		7:00-9:00PM YOUTH BASKETBALL (NSCC GYMNASIUM)		
	5:30-6:30PM CARDIO & CORE <b>DENISE</b> (YMCA STUDIO)	6:00-7:00PM  <b>ZUMBA</b> <b>JENNIFER L</b> (YMCA STUDIO)	5:30-6:30PM  <b>POUND</b> <b>DENISE</b> (YMCA STUDIO)	6:00-7:00PM  <b>ZUMBA</b> <b>JENNIFER L</b> (YMCA STUDIO)		5:30-7:30PM YOUTH ZONE (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!

All programs and classes included in membership!

### HOURS OF OPERATION:

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

### 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!

## Cardio & Core

Combine intervals of cardio with core exercises to improve endurance and strength to help your body move better in all you do!

## 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+

A 45min high energy class utilizing heavier weights, fewer reps, compound movements and supersets for a functional, full body strength class. Although not cardio-based, this class will elevate heart rate and challenge muscles in unique ways. Tap into your inner beast and have fun doing it!

## 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 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](mailto:Denise.Daury@ns.ymca.ca) to register or for more information.**



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