

# SPRING 2026 FITNESS PROGRAM SCHEDULE

Effective March 1 - May 30 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00AM CYCLE FUSION <b>GRACE</b>		6:00-7:00AM CYCLE FUSION <b>GRACE</b>		6:00-7:00AM CYCLE FUSION <b>GRACE</b>	
	8:00-8:50AM PUMP MOBILITY <b>SAM</b>	8:15-8:50AM CYCLE & CORE <b>SAM</b> <small>NEW CLASS!</small>	8:00-8:50AM PUMP MOBILITY <b>SAM</b>	8:15-8:50AM CYCLE & CORE <b>SAM</b> <small>NEW CLASS!</small>	8:00-8:50AM PUMP MOBILITY <b>SAM</b>	
	9:00-9:45AM BARRE FITNESS <b>KIM</b>	9:00-9:45 AM BOOTCAMP <b>SAM</b>	9:00-9:50 AM POWER UP <b>KIM</b>	9:00-9:45AM BOOTCAMP <b>SAM</b>	9:00-10:00AM POWER+ <b>ANDREA</b>	9:00-9:45AM BOOTCAMP <b>ANNA</b>
10:00-11:00AM MORNING YOGA <b>WILLIAM</b>	10:15-11:15AM NICE & EASY <b>ANDREA</b>	10:00-11:00AM MORNING YOGA <b>PAM</b>	10:15-11:15AM NICE & EASY <b>AMANDA</b>	10:00- 11:00AM MORNING YOGA <b>JENNIFER M</b>	10:30-11:30AM NICE & EASY <b>NANCY</b>	10:00-11:00AM CYCLE FUSION <b>GRACE</b>
11:00AM-1:00PM VICTORY BADMINTON CLUB	12:15-1:00PM PEDAL & PUMP <b>ANDREA</b>	11:30AM-12:30PM CHAIR FIT <b>DENISE</b>	12:15-1:00PM PEDAL & PUMP <b>SAM</b>	11:30AM-12:30PM CHAIR FIT <b>DENISE</b>	12:15-1:00PM PEDAL & PUMP <b>SAM</b>	
1:00-4:00PM BRIDGEWATER JUNIOR BADMINTON CLUB	1:30-2:30PM ACTIVE FOR LIFE* <b>DENISE</b>	12:30-2:00PM EXCEL* <b>DENISE</b>	1:30-2:30PM ACTIVE FOR LIFE* <b>DENISE</b>	12:30-2:00PM EXCEL* <b>DENISE</b>		
		5:15-5:50PM RHYTHM RIDE <b>DOUG</b>		5:15-5:50PM BIKE BASICS <b>DOUG</b> <small>LAST THURSDAY OF THE MONTH</small>		
	5:30-6:30PM CARDIO & CORE <b>DENISE</b>	6:00-7:00PM  <b>ZUMBA</b> <b>JENNIFER L</b>	5:30-6:30PM TOTAL BODY MOBILITY <b>DENISE</b> <small>NEW CLASS!</small>	6:00-7:00PM  <b>ZUMBA</b> <b>JENNIFER L</b>		
	5:00-8:00PM NHL STREET PROGRAM (March 30 - May 9)	6:00-8:00PM BRIDGEWATER JUNIOR BADMINTON CLUB	5:30-9:30PM AMERICAN CORNHOLE LEAGUE	7:00-9:00PM YOUTH BASKETBALL		5:30-7:30PM YOUTH ZONE (ends May 9) <small>(YMCA STUDIO/NSCC GYM)</small>



## 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.**



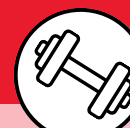
## LIVEWELL & SPECIALITY PROGRAMS

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



## RECREATION

- Drop-ins welcome when gymnasium is available!
- Youth Zone: Ages 5-11
- Registration required for Badminton Clubs, NHL Street & Cornhole League



## YMCA STUDIO CLASSES

**Drop ins welcome!**

### Please note:

Mon-Fri from 2:30-4PM the Aerobic Studio is reserved for Child Care.

## 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 improves balance, strength, and muscle tone using small, controlled movements. Class may use a chair, wall, balls, or bands. All fitness levels welcome.

## **Bike Basics**

A beginner-friendly cycle class offered on the last Thursday of every month, focusing on proper bike setup, riding technique, and understanding cycling cues. Perfect for new riders or anyone wanting a refresher in a supportive, no-pressure environment.

## **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 & Core**

A fast-paced 35-minute morning class featuring sprints, climbs, and high-intensity cycling intervals paired with focused core work off the bike. This efficient, no-frills workout builds power, endurance, stability, and strength to kickstart your day.

## **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**

A 45-minute hybrid class combining a 15–20 minute ride with 20–25 minutes of off-bike strength training for a full body workout that builds endurance and power.

## **Power+**

A 60-minute, high-energy strength class using heavier weights, compound movements, and supersets for a challenging full-body workout. Not cardio-based, but guaranteed to raise your heart rate and unleash your inner beast.

## **Power Up**

A 50-minute, high-rep strength workout using barbells, hand weights, and bodyweight, set to upbeat music and targeting all major muscle groups.

## **Pump Mobility**

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

## **Rhythm Ride**

This energizing ride is all about cycling to the rhythm of the music, pushing together, and inspiring each other to be the best version of ourselves.

## **Total Body Mobility**

A 60-minute, slow-paced class focused on flexibility, joint health, and controlled movement. Through guided mobility, stretching, and stability work, you'll improve range of motion, reduce stiffness, and build supportive strength; perfect for recovery days and everyday movement.



Zumba is a fun, high-energy dance cardio class set to Latin and international music—more like a dance party than a workout. All fitness levels welcome.

## **Child Mind**

Supervised care for children **9 months – 10 years** while you focus on your work out. Max four children, with one child aged **9 – 18 months**.

## **\*Pre-registration required: 902-543-9622.**

Registration opens three days in advance and closes one hour before the program starts.

**\$3.15/hr per child or included with a Family Membership.**

## **ACTIVE FOR LIFE + EXCEL**

### **\*Registration is required.**

**Email [Denise.Daury@ns.ymca.ca](mailto:Denise.Daury@ns.ymca.ca) for more information on how to register.**



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[ymcasouthwestns.ca](http://ymcasouthwestns.ca)