



# Adult Fitness Schedule

# Spring 2024

Prince George Family YMCA • 250-562-9341 • nbc.ymca.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	TRX 6:00am	Muscle Fit 6:00am	Yoga 6:00am	Cycle Fit 5:45am	Cycle Fit 5:45am		
		Healthy Hips & Knees 8:00am-10:00am		Healthy Hips & Knees 8:00am-10:00am			Cycle Fit 8:30am
	Muscle Fit 9:00am	Step 9:00am	Muscle Fit 9:00am	Step 9:00am	Muscle Fit 9:00am	Muscle Fit 9:00am	
	Cardiac & Pulmonary 9:30am		Aerobics 9:00am			Cycle Fit 9:00am	Pickle Ball 9:30am-11:00am
	Stretch & Relax 10:00am		Stretch & Relax 10:00am	Yoga 10:00am	Yoga 10:00am	Fitness Yoga 10:00am	Strong Nation™ 10:00am
	Child Care programming 10:00am-12:00pm	Rejuvenate 10:30am	Child Care programming 10:00am-12:00pm	Rejuvenate 10:30am		Choose to Move 10:30am-12:30pm	
Afternoon	Drop-in Basketball 12:00pm-1:30pm		Drop-in Basketball 12:00pm-1:30pm		Drop-in Basketball 12:00pm-1:30pm	Zumba® 11:00am	
		Fusion 12:10pm	Muscle Fit Express 12:10pm		HIIT 12:10pm		
	Super Circuit 12:10pm	Bootcamp 12:10pm		Interval Cycle and Core 12:10pm			
			TRX 12:10pm				
		Pickle Ball 1:30pm-3:30pm	Cardiac & Pulmonary 12:00pm	Gentle Fit 1:30pm	Peer Support 1:00pm		
	Senior Fit 1:30pm		Senior Fit 1:30pm	Senior Fit 1:30pm		Drop-in Basketball 2:00pm-3:30pm	
	Step 4:30pm <i>Last day April 30</i>	Muscle Fit 4:30pm	Bosu Balance & Core 4:30pm	Muscle Fit 4:30pm			
	Muscle Fit 5:30pm	Strong® 30 5:30pm	Muscle Fit 5:30pm	Strong Nation® 5:30pm	Special Olympics Club Fit 4:00pm-5:00pm <i>Last day April 12</i>		
	Wheelin' Warriors 5:30pm	Cycle Fit 5:30pm	Wheelin' Warriors 5:30pm	Cycle Fit 5:30pm			
	Zumba® 6:30pm	CIRCL Mobility™ 6:00pm	Zumba® 6:30pm		Bolly X® 6:00pm <i>Last day April 5</i>		
Evening	Evening Flow Yoga 7:30pm		Evening Flow Yoga 7:30pm				
			Dodgeball 6:00pm-9:00pm <i>Last day April 17</i>	Pickleball 6:00pm-8:00pm			
	Gymnasium		Fitness Studio		Last updated April 2nd, 2024 This schedule is subject to change. For the most up to date schedule information, please visit our website: nbc.ymca.ca		
	Gym   Pre-Registered Program		Studio   Pre-Registered Program				
	All Purpose Room		TRX / Circuit / Cycle Areas				
APR   Pre-Registered Program		Specialized Areas   Pre-Registered Program					

### Facility Hours

Monday – Friday • 5:30a.m.-9:00p.m.  
 Saturday & Sunday • 7:00a.m.-7:00p.m.  
 Stat Holidays • 8:00a.m.-6:00p.m.

### Child Minding & Rec Room Hours

- **Monday-Friday:** 8:30a.m.-1:00p.m. (Child Minding)  
 2:45p.m.-7:00p.m. (Rec Room)
- Weekday services must be pre-booked by phone, up to one week in advance at 250-640-2161
- **Saturday:** 9:00a.m.-1:00p.m. - Drop-ins



# Group Fitness Class Descriptions

## CARDIO CLASSES

### Aerobics

Aerobics is a form of exercise that combines rhythmic aerobic movement with stretching and strength training routines, with the goal of improving all elements of fitness.

### Cardio Box

A high-energy cardio class that incorporates various martial arts movements and athletic drills in a non-contact program. Punch, kick, and skip your way to your best fitness.

### Cycle Fit

An energetic and powerful ride on our indoor cycling bikes, filled with a combination of drills which include hills, intervals and time trials.

### HIIT

High-intensity interval training, is a training technique in which you give all-out, one hundred per cent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

### Interval Cycle and Core

A high-intensity interval training that alternates cycle and core strength using a variety of equipment, including body weight, bands, toning balls and free weights to sculpt all the muscles groups of the core.

### Step

An upbeat choreographed cardio class that uses a step for high impact to sculpt while you sweat.

## DANCE CLASSES

### Bolly X®

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

### Zumba®

Join us outdoors for Zumba®, a high-energy, Latin-inspired dance-fitness program that will have you addicted!

## STRENGTH TRAINING CLASSES

### Bosu

A low impact workout targeting core and connective tissue to increase our strength and our day-to-day functionality safely and with purpose. Be ready to challenge yourself on the Bosu Ball with exercises and poses that level up as you become more confident.

### Bootcamp

A total body interval workout with a variety of strength, interval, MET, HIIT and TRX/RIP to rev your metabolism and condition your entire body.

### Muscle Fit

A motivating combination of traditional barbell training exercises matched to top hit music to create a fun and efficient way to strength train. You've never had this much fun lifting weights!

### Muscle Fit Express

A slightly shorter version of Muscle Fit - made to fit into reduced class times like lunch time.

### Strong Nation®

High-intensity training, syncing music and strength moves, delivering an effective, total body workout. Music is the driving force to work hard and see results. Strong provides an intensity progression system; biomechanics and movement fundamentals are applied for injury prevention.

### Super Circuit

An interval-based circuit method of cardio and strength that utilizes cycle bikes, machines every muscle group for an efficient tone and sweat!

### TRX

A core engaging alternative to traditional strength training, TRX is a total-body workout that will strengthen all major muscles while giving the best core training your abs have ever seen!

## YOGA AND STRETCH CLASSES

### CIRCL Mobility™

This class helps you release stress, restore your range of motion, and renew your ability to move better, longer.

### Evening Flow Yoga

This class begins with movement to burn off energy and then the class gradually begins to hold the poses for longer periods of time to allow the body to rest. All skill levels welcome.

### Fusion

A dynamic unity of pilates and yoga designed to challenge, strengthen and stabilize your core and increase vitality.

### Stretch & Relax

Join a soothing atmosphere devoted to releasing tight muscles as well as focusing on relaxing through breathing. Together we will find relaxation of your mind and body.

### Yoga

A basic foundation and peaceful approach to improve strength and flexibility.

### Fitness Yoga

An opportunity to connect to your awareness using a combination of fitness stretching and traditional yoga moves.

## SENIOR CLASSES

### Gentle Fit

A gentle paced alternative to our Senior Fit classes for those older adults that are just starting out or coming back to fitness. It will include simple aerobic activity followed by strength, range of motion, balance work, and stretching. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis, or adapting to chronic disorders.

### Rejuvenate

A full-body strength, balance, & coordination class

for those that generally have full range of motion but cannot comfortably get to the floor. Three rounds of exercises working strength, balance, coordination, gait and cardio intervals.

### Senior Fit

Celebrate movement in a fun and supportive environment that is designed to increase strength, vitality and connection with others. This program is designed to provide a gentle progression of low-risk exercise to those with arthritis, osteoporosis or adapting to chronic disorders.

## Questions?

Email [myymca@bc.ymca.ca](mailto:myymca@bc.ymca.ca) or contact our Membership Service Ambassadors at 250-562-9341