

	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		
	Cycle Fit 9:00am	Cardiac & Pulmonary 8:30am				Cycle Fit 9:00am	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	
	Aerobics 9:00am		Aerobics 9:00am			Special Olympics Fit Club 9:00am-10:00am	Pickle Ball 9:30am-11:00am
	Stretch & Relax 10:00am		Stretch & Relax 10:00am	Yoga 10:00am	Yoga 10:00am	Yoga Fit 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		Zumba® 11:00am	
Afternoon			Cardiac & Pulmonary 12:00pm				
	Metabolic Conditioning 12:10pm	Fusion 12:10pm	Muscle Fit Express 12:10pm		Interval Training 12:10pm		
		Bootcamp 12:10pm	TRX 12:10pm	Interval Cycle and Core 12:10pm			
		Pickle Ball 1:30pm-3:30pm	Gentle Fit 1:30pm		Peer Support 1:00pm		Flow Yoga 1:00pm
	Senior Fit 1:30pm		Senior Fit 1:30pm	Senior Fit 1:30pm		Drop-in Basketball 2:00pm-3:30pm	
			Youth Pickleball 3:00pm-4:30pm <i>Starting May 14th</i>				
Evening		Muscle Fit 4:30pm	Bosu Balance and Core 4:30pm	Muscle Fit 4:30pm			
	Muscle Fit 5:30pm	Strong® 30 Circ Mobility 12 5:30pm <i>Last class May 13</i>	Muscle Fit 5:30pm	Strong Nation® 5:30pm			
	Cycle Fit 5:30pm <i>Last class April 28</i>	Cycle Fit 5:30pm	Cycle Fit 5:30pm <i>Last class April 30</i>	Cycle Fit 5:30pm			
	Zumba® 6:30pm		Zumba® 6:30pm	Pound® 6:30pm	Bolly X 6:00pm		
			Evening Flow Yoga 7:30pm <i>Last class April 30</i>	Evening Flow Yoga 7:30pm <i>First class May 8</i>	Yin Yoga 7:00pm		
			Dodgeball 6:00pm-9:00pm	Pickleball 6:00pm-8:00pm			

Gymnasium	Fitness Studio
Gym   Pre-Registered Program	Studio   Pre-Registered Program
All Purpose Room	TRX / Circuit Areas
APR   Pre-Registered Program	Specialized Areas   Pre-Registered Program

Last updated April 24th, 2024  
 This schedule is subject to change.  
 For the most up to date schedule information,  
 please visit our website: nbc.ymca.ca

### 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.

### 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.

### Interval Training

This high energy workout alternates between bursts of high intensity exercises and periods of low intensity recovery, maximizing calorie burn while building strength and endurance. Perfect for all fitness levels this class helps improve cardiovascular health, tone muscle, and boost metabolism.

### 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.

### Metabolic Conditioning

A moderate to high-intensity strength and cardio class designed to increase lean muscle mass and aerobic capacity. Workouts will incorporate free weight, band, and body-weight exercises with quick cardio intervals.

### 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

### 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.

### 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.

### Yoga Fit

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