



Bringing people together

# Chilliwack Family YMCA Hocking Centre

## *Teen & Adult Fitness Program Descriptions*

-Updated August 2011

**R\* = denotes REGISTERED program**

### **New Program Listings**

*(See Descriptions for more information; Public Schedule for dates/times, etc.)*

- After Work Aerobics
- Gentle Yoga
- Introduction to Meditation
- Nia Dance
- Singer's Yoga

## ***Aquatic Fitness Programs***

*Water provides an excellent environment for exercise - low stress on joints while acting as a great source of resistance to help you build strength and endurance, while achieving all the cardiovascular benefits of exercise. What have you got to lose?*

### **Aquafit**

Water exercise classes help participants improve health & fitness. You do not need to know how to swim. Choose a level that is best suited for you

#### ***Aquafit - Level 1***

This program is designed for participants that require slow, steady movements. Goals are to improve muscle strength and endurance range of motion, flexibility, balance, co-ordination. This class is ideal for participants with arthritis, M.S. strokes or similar conditions, pre/post natal as well as accident or post surgery recovery.

#### **Aquafit classes (Level 2 to 4) will include:**

- Warm-up (large motor movements, some stretching)
- Cardiovascular fitness (running, jumping jacks, strides)
- Muscular strength and endurance (abdominal exercises, leg & arm exercises)

Cool down (slow stretching)

Participants are encouraged to pace themselves and not over-exert at any time.

#### ***Aquafit - Level 2***

This is a moderate, low-impact aqua fitness class.

#### ***Aquafit - Level 3***

This is a moderate to intense, high/low impact aqua fitness class.

#### ***Aquafit - Level 4***

This is an intense aqua fitness class.

#### ***Water Running & More - Level 4***

This is an intense aqua fitness class. Muscle strength and endurance along with cardio and interval training are the goals; participants may wear a floatation belt attached to lane rope to provide additional resistance. This class is excellent for maintaining physical fitness, and for athletes wanting to maintain conditioning in a joint 'stress-free' environment.



# Land Fitness Programs

*\*Please NOTE: All Group Fitness Classes are open to those ages 14+ yet it is recommended that Youth attend with their parent or guardian. Final participation of youth in adult Fitness Programs is up to the discretion of the instructor for safety reasons.*

## Aerobic & Circuit Fitness Programs

*These classes may focus primarily on aerobic activity or a combination of aerobic training with muscular strength and endurance exercises in a circuit style format.*

### Better Bones & Balance – Level 1/2

Using principles from Osteofit, the design of this class seeks to promote maintenance of bone mass and increase balance in an effort to slow down the effects of aging and improve the overall quality of life. \*Consultation REQUIRED prior to participation\*

### Lifestyle Fitness - Level 2

If you enjoy walking, socializing, meeting new people and just having a good time, then this class is for you! Add a little bounce to your step with the mild choreography this class has to offer. Appropriate for any fitness level! Come and have fun!

### Briskfit – Level 2

A fitness class designed for the Mature Adult which is similar in format to Lifestyle Fitness.

*This class is held OFF-SITE at Chilliwack Arts Centre (Located at 45899 Henderson Ave – across from Central Elementary School)*

### After Work Aerobics - Level 2/3

Why mess with a good thing? This traditional 'Aerobic-style' class is guaranteed to re-energize you after a hard day's work. Feel free to break out the leg-warmers and leotards...or not. Either way you'll have fun and gain the benefits of participating in a regular exercise program. Appropriate for those new to exercise or those wanting to get back into a regular routine.

### Total Body Conditioning – Level 3

Try this interval training class of cardio combos alternating with muscular strength and endurance exercises. This class is sure to get your heart pumping and burn a few extra calories. This class is suitable for all levels provided a regular exercise program has been started.

### Total Fit – Level 3/4

This class combines your favourite principles from our Popular Total Body Conditioning & Fit & Beyond classes. Focusing on cardio, yet promoting overall body balance by incorporating balance & agility training as well as muscular strength and endurance exercises using your body weight.

### Fit & Beyond – Level 3/4

For those who really wish to challenge their fitness and take it to the next level, try this class. With a focus on cardio, this class includes running drills and intervals balanced with agility, balance, and core training.

## Athletic Conditioning Programs

*These classes focus on higher intensity, functional training for the benefits of athletes – recreationally and competitive—as well as for those who want that extra push to challenge their limits.*

### Tri-Fit – Level 4 *(See full description in “Cycle Fitness Program” section.)*

### METs (Metabolic Energy Training) – Level 4

Boost your training with this high-energy, high-intensity class. A play on words and a play on your metabolism, our METs program is guaranteed to give you a workout like you've never experienced before. Combinations of aerobic and anaerobic exercise combined with strength and balance training.

### YMCA Warriors Boot Camp - Level 4 *(AM/PM options)*

**\*R\***

Kick-start your morning or boost your evening energy with the most powerful jolt you thought possible. This total body blitz will blast through every goal you've got: strength, endurance, flexibility, body composition, athleticism. Meet friends, work hard, see results. Make the change today!

### YMCA Weekend Warriors - Level 4

**\*R\***

Getting bored of your routine? Need an extra push to see further results of your training? This athletic challenge camp is designed with the athlete or 'weekend warrior' in mind. The beginning classes will be an intense introduction to athletic training on flat ground. From there the program will begin to shift gears to challenging interval training and hill work. Expect to be pushed to the limits of your physical conditioning in a fun, challenging and motivating group environment. Inside for the winter; Outside spring, summer, early fall.

# Cycle Fitness Programs

*These indoor classes offer a great challenge to your fitness level in a low-impact environment. Great for cross-training, off-season training and over-all fitness. Reserve your bike through our Membership Service Staff ahead of time to ensure there is space for you. Arrive at least 5 minutes prior to class start to set up your bike.*

## Beginners CycleFit - Level 2

This program is for anyone who is new to cycling and the cycle fitness class concept. This is the perfect beginner class designed to introduce you to basic cycling techniques and progress your fitness levels in a low-impact environment. Planning for a long-distance or travel ride? Start here and experience the benefits to be had! Be sure to arrive early to learn how to set up your bike.

## Cycle Fit - Level 3/4

A challenging ride on the LeMond Power Cycling Bikes at a moderate to intense level. Lots of hill work and sprinting drills aimed at getting your heart pumping and legs working.

## Cycle Fit Plus - Level 4

A step up from CYCLE FIT, add core and balance training to your cycling workout! This class includes interval training on the LeMond Power Cycling Bikes. Bring lots of water!

## Tri-Fit - Level 4

The name pretty much says it all. Whether it's your first Triathlon or you're aiming to take part in your 50th, this class is guaranteed to help you focus and challenge your training. A combination of cycling, running and core strength and stretch will provide a great opportunity to boost your cycling and running fitness as well as technique. Avid cyclists are welcome to bring their own bike and wind-trainer to class.



# Dance Fitness Programs

*Using various elements of dance and choreography, these programs are guaranteed to provide you with a FUN experience, get you moving in ways that develop your agility, coordination, and creativity. Have 2 left feet? Not to worry, classes are progressive and movements are repetitive to help you get the hang of things!*

## Nia Dance (pronounced "nee-ah") - Level 2

**\*R\***

The foundation of Nia is the pleasure principle: all gain, no pain. Nia choreography is adaptable to everyone: three levels of intensity for every movement are provided, as well as a variety in range of motion, creating a very user-friendly fitness experience. Nia incorporates aspects of Martial Arts (T'ai Chi, Tae Kwon Do, Aikido), Dance Arts (Jazz Dance, Modern Dance, Duncan Dance), and Healing Arts (Yoga, Alexander Technique, The Teachings of Moshe Feldenkrais®). Everyone can do Nia! From athletes to dancers to those who are just getting back in to fitness, students of all levels and backgrounds will be challenged and energized. **This program is currently offered OFF-SITE at the Chilliwack Arts Centre (45899 Henderson Ave.)**

## Zumba Gold® - Level 2/3

**\*R\***

Zumba Gold® brings Zumba to a level appropriate for the Active Older Adult or person new to exercise. Same moves, same fun! Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## Zumba® - Level 3

**\*R\***

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba®! No experience necessary.



# Muscular Strength & Endurance-based Programs

*These classes may focus primarily on muscular strength and endurance exercises while including elements of education on proper technique, alignment and sequence to help you get the most out of your workout. Always been a Cardio-junkie? Consider balancing your workout with some strength training. Helping you perform better and avoid unnecessary injuries!*

## Smart Sculpt - Level 2/3

A great combination of traditional strength training using your own body weight with core training. Stability balls, Bosu, resistance tubing and bars may be used to challenge you further. Principles of Pilates & weight training may be included.

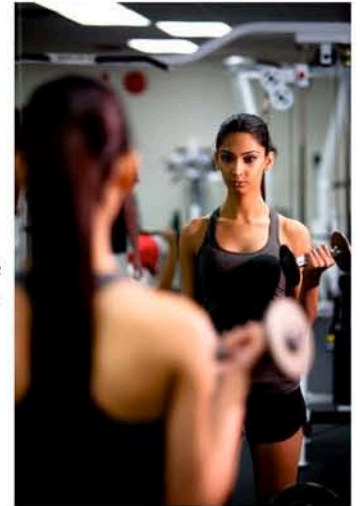
## Women & Weights - Level 2/3

**\*R\***

A guided program for women of all ages who want a weight training program designed to kick start or further your progression in your training. More than what our group fitness classes can provide, your Weight Trainer will give you the education and tools on our weight room floor to instill confidence and the ability to develop an ongoing effective program based on your needs. Small class size to ensure you get the attention you deserve.

## Fusion - Level 3

*(See full description in "Yoga, Pilates-based, Stretch Programs" section.)*



# Specialty Programs

*These programs are for those with special considerations regarding exercise, primarily for medical reasons. To see if these programs are appropriate for you, contact our Health, Fitness & Wellness office at: 604-792-3371 ext.2414*



## Cardiac Care

**\*R\***

A Phase 4 Cardiac program, delivered under medical supervision, primarily focused on individuals who have experienced a heart attack or stroke, or those who have undergone angioplasty or coronary bypass procedures.

## Move to Improve / Get Up & Go

**\*R\***

The primary goals of this program are to assist participants with mobility impairments as a result of a stroke, accident or injury, to improve their recovery time and facilitate a return to mobility to the extent that is possible. Programming may use a combination of land and water exercises as is appropriate for the individual's needs.

## OsteoFit

**\*R\***

Adapted programs for those with osteoporosis, osteopenia and those at risk for falling.

**\* Consultations are REQUIRED prior to participation in these programs. Medical permission and/or referral may be requested prior to consultation.**

# Wellness Programs

*Health is more than just about physical fitness. It's about mental, emotional, social, spiritual and so many other aspects of well-being. These classes seek to blend a variety of aspects of wellness, encouraging you to bring healthy balance to your busy life.*

## Introduction to Meditation

**\*R\***

A community-based program intended to build connections to begin to work together on improving our lives. This course is designed to help you learn to tap into breathing techniques, thought comprehension and skills that will help manage stress and bring balance to everyday life. Use of music, conversation, readings and yoga poses will be incorporated. Engage your spirit, mind and body on your personal path to wellness. All levels welcome.

## Singer's Yoga - Level 2

*(See full description in "Yoga, Pilates-based, Stretch Programs" section.)*

## Swedish Massage

**\*R\***

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles, improving circulation while promoting health and well-being.

## ***Yoga, Pilates-based, Stretch Programs***

*The following programs incorporate principles of yoga, pilates, and fitness to promote functional balance, strength and flexibility in a friendly and welcoming environment.*

### **Gentle Yoga – Level 1/2**

*(formerly Seniors Yoga)*

**\*R\***

It is becoming increasingly evident that Yoga can enhance cardiovascular health, improve sleep, strengthen bones, aid in the grieving process, improve mood, improve balance, help prevent falls and so much more. This class takes a more gentle approach emphasizing modifications of the traditional yoga postures and stretches. Relationships are fostered in a welcoming, non-judgmental atmosphere that is open to all. No experience necessary.

### **Stretch Class – Level 1/2**

A gentle style class that uses stretching techniques to improve range of motion, flexibility and promote relaxation. Suitable for beginners and all fitness levels. Aspects of balance and core muscle training may be included for your optimum benefit.

### **Yoga for Life - Level 2**

**\*R\***

This gentle class will incorporate movement through basic postures. You will learn alignment, form, breath awareness and mindful meditation while increasing your muscle tone and improving flexibility. The goal is to bring your body into balance and alignment, making everyday activities more functional and efficient. Perfect for post-natal women, post-injury recovery and everyone in between! Whether you're new to the discipline or a longtime yogi, regular yoga practice can give you balance and calm in body, mind and soul.

### **Singer's Yoga – Level 2**

**\*R\***

*Delivered in collaboration with the Chilliwack Academy of Music*

Learn to access more of your lung capacity, free tight muscles, find 'your voice', overcome stage fright and gain confidence for public speaking in this unique program. For the cardio junkie: learning how to expand your lung capacity will result in huge gains in your performance capacity. For the musician (or wanna-be musician) in all of us, explore and improve your voice in a safe and welcoming group.

### **Vinyasa (Flow) Yoga – Level 2/3**

**\*R\***

Vinyasa is a term that covers a broad range of yoga classes. The word Vinyasa means "breath-synchronized movement." In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale. This technique is sometimes also called Flow because of the smooth way that the poses run together and become like a dance. Engage your spirit, mind and body on your personal path to wellness. All levels welcome.

### **Fusion – Level 3**

Fusion combines techniques of Fitness, Pilates, and Yoga to develop muscular strength, endurance, balance, and flexibility through your body and CORE. Additional focus may be on proper breathing and relaxation techniques. All levels welcome!



## ***Youth/Teen Programs***

*Good habits start young...and you're more likely to stick with something that you enjoy!*

### **Yoga for Youngsters**

**\*R\***

Not too much to explain, but this is yoga for youth. See our Public Schedule for Date/Times/Fees

### **Teen Weight Trainer**

**\*R\***

**\*FREE For Members**

12 years and up

Learn the basic components of fitness and gain knowledge on how to safely use strength training equipment as taught by our knowledgeable fitness staff. Successful participants will receive their Teen Weight Training Certification and receive the privilege of using all strength and conditioning areas.

### **YMCA Jr. Warriors**

**\*R\***

**\*FREE FAMILY OPTION**

11 years and up

This is a NEW program geared toward making fitness and healthy lifestyles fun, this program will introduce youth to new styles of exercise, from cycling to MMA (mixed martial arts) to athletic and stability training and dance. A variety of styles are included to keep things FUN, interesting and challenging! Work with friendly YMCA Instructors as you make new friends! No experience needed! All are welcome from beginners to athletes.

***Please NOTE: Youth 14 years & up have the opportunity to participate in our Adult Group Fitness Classes. Participation is recommended with an adult until they are 16 years of age. Final participation is up to the discretion of the instructor which is a decision made based on safety of the youth.***