

Group Fitness Class Descriptions:

****Belly Dance** – Join this ancient women's dance which provides a fun way to exercise, improve body awareness and coordination while exploring personal expression through dance.

Belly Fusion Class – This class is a combination of Belly Dance and a Cardio fitness workout.

Boot Camp - Cardio, core, abs, strength, flexibility and very little mercy.....you get it all! Location: gym

Cardio Kickboxing - This class begins with an intense cardiovascular workout that challenges you on power, coordination and endurance. The class concludes with core training and a relaxing stretch.

****Chi Kung** - A soft form of martial art. This course will introduce basic movement and principles of Chi Kung.

Cycle Fit – A great way to get a high intensity workout that simulates riding on the flats and through the hills. Great for improving your cardio and keep your muscles toned.

Cycle Fit + - Identical to Cycle Fit but incorporates a longer cardio segment.

Cycle-Fit-TGIF– Jumpstart your weekend with this high energy-Top 40 & hot remixes party on 1 wheel!!!!

****Fusion Chi** - A Tai Chi-based class featuring 8 movements that assists in reducing stress, increasing energy, & cultivating Chi.

****Gentle Fit & Balance** – A combination of gentle body conditioning and balance exercises.

Gliding Into Yoga - Gliding gives you a smooth workout without an ounce of impact while Yoga will give you 'peace of flexibility & mind' without an ounce of stress to body nor mind.

****Gyrokinesis** – A combination of Yoga, dance, gymnasia and Tai-Chi. It will invigorate the body to move with fluidity and power.

Hatha Yoga – “Yoga for health”. This class will renew, invigorate and heal the body while stretching and strengthening muscles, joints and spine.

Hi-Lo & Sculpt – A fun class which combines high and low impact and aerobic patterns.

Interval BOSU® - Jump start your week with this pulsating workout alternating between 10 minutes of cardio and 10 minutes of strength for 55 minutes!

Interval Step—is a high energy workout that offers varying intensities of cardio on the 'Step' followed by core training & stretch.

****Introduction to Hip-Hop** – Learn to move with the music while incorporating a bit of choreography.

****Line Dancing – Beginner** – Learn basic dance steps like the cha-cha, hip-hop, waltz, and mambo. Partners are not required.

****Line Dancing – Advanced** – This class is recommended for people who have taken the beginner class and who are now ready for advanced dance steps with longer sequences.

Muscle Pump – a total body workout that combines strength training and core stability exercises.

****Osteo-fit Level 1** – A gentle workout for people who suffer from osteopenia or osteoporosis.

Pilates - is a user friendly yet powerful discipline of strengthening and flexibility.

Rise 'n Shine Cardio-We'll warm you up, heat you up, invigorate you, strengthen you, and send you on your way to an amazing Saturday!

Smooth Groove - Smooth moves to groovy music a la brisk strength & lounging stretches-The ideal energizer for the 2nd half of your day!

Seniors with Weights – This class is specifically designed for seniors concentrating on strength training and flexibility.

Step – This class combines step with cardio and muscular endurance exercise. All classes will conclude with abdominal exercises and a relaxing stretch. All fitness levels are welcome.

Step it Up – An intermediate workout with an extended step cardio component followed by core training.

Step + – Provides a longer cardio component and resistance training.

Strength & Stretch – Incorporating resistance equipment, the focus of this class is increasing lean body mass, develop core stability and muscular endurance. All fitness levels are welcome.

Stretch & Relaxation – Stretching techniques and exercises are used to increase muscular strength and improve range of motion at the joints.

Total Body Conditioning – A high energy class combining cardio intervals, plyometrics, free weights, core and body exercises.

Yoga – Yoga's mind and body movements will focus on strength, flexibility, energy level, serenity and peace of mind.

Yoga-P-lates - A blend of mind & body disciplines such as Yoga and Pilates with the principles of fitness conditioning. Fusion will introduce mindfulness, attention to form, exercise execution and breathing techniques.

****Yoga for Seniors** – A program for mature adults focusing on simple yoga postures using props to assist participants into postures.

**** must register for these classes @ Front Desk**



YMCA

We build strong kids,
strong families, strong communities.

Langara Family YMCA

Group Fitness Schedule June/ July/ August 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am		Bootcamp July 8-Aug. 26 6:45-7:35 Martina		Rise n' shine Cyclefit July 3-Aug. 28 6:30-7:15 Sophie	Boot Camp June 27-Aug. 1 7:30-8:30 Jenny	Rise'n Shine Cardio 7:30-8:15 Julie	
8:00 am		**Gyrokinesis -til June 17 8:00-9:00 am Philip		Yoga 8:00-9:00 am Philip	Boot Camp Aug. 8-Sept. 5 9:15-10:15 Jenny	**Qi Gong -May 31-June 28 8:20-9:15 am Ron	
9:00 am	Interval BOSU® 9:15-10:10 am Lee-Anne	Hi-Lo & Sculpt 9:15-10:10 am Shary	Muscle Pump 9:15-10:10 am Debbie	Total Body Conditioning 9:15-10:10 am Shannon	Belly Fusion -until Aug.1 9:15-10:15 am Leona (Bootcamp starting Aug. -see above)	Step + 9:20-10:25 am Kashi	Step It Up! 9:00-10:30 am Liz/ Lela
10:00 am		Stretch & Relaxation 10:15-10:40 am Shary	Gliding into Yoga -until June 25 10:30-11:30 am Rocio		**Line Dancing Beginner -April 4-June 20 -July 4-Aug. 29 10:20-11:55 a.m. Racquel	Cycle Fit + 10:30-11:40 am Tom	Hatha Yoga 10:45-11:45 am Gary
11:00 am	**TBC for Seniors -May 26-June 25 -July 3-Aug. 14 11:00-11:55 Teresa	**Gentle Fit & Balance -Apr. 29-June 19 -July 3-Aug.14 11:00-11:55 Teresa		**Gentle Fit & Balance -Apr. 29-June 19 -July 3-Aug.14 11:00-11:55 Teresa	Boot Camp -until June 13 10:45-12:00 pm Jenny	Yoga 11:50-12:50 pm Boxiao	Hatha Yoga 11:55-12:50 Gary
12:00 pm		**Osteo-Fit * Level 1 -Apr. 29-June 19 12:00-1:00 pm Teresa	**TBC for Seniors -May 26-June 25 -July 3-Aug.14 12:00-1:00 pm Teresa	**Osteo-Fit Level 1 -Apr. 29-June 19 12:00-1:00 pm Teresa	**Fusion-Chi -until June 13 12:00-1:00 pm Mei		**Intro to Hip Hop -April 6-June 8 -June 22-July 27 1:30-2:30 pm Gary
4:30 pm	Strength & Stretch 4:30-5:25 pm Tommy	Smooth Groove -until June 10 4:30-5:25 pm Daniel	Strength & Stretch 4:30-5:25 pm Andree	Cycle Fit 4:30-5:25 pm Stephen	Strength & Stretch 4:30-5:25 pm Sandra		
5:30 pm	Yoga-P-lates 5:30-6:25 pm Anita	Cycle Fit 5:30-6:25 pm Stephen	Step 5:30-6:25 pm Mary	(Yoga -til 6/26 (Step starting July 3) 5:30-6:25 pm Liz			-New classes for summer
6:30 pm	Interval Step 6:30-7:25 pm Liz/Kashi	Pilates/Yoga 6:30-7:25 pm Lela/Clare	Cardio Kickboxing 6:30-7:25 pm Ruby	Yoga 6:30-7:25 Liz (starting July 3)			-Class changes for summer
7:30 pm	(Yoga til June 30) 7:30-8:25 pm Liz/Kashi **Line Dancing 7:30-9:00 July 7-Aug. 25 Racquel	Total Body Conditioning 7:30-8:25 pm John	**Belly Dance -until July 30 7:30-8:25 pm Leona -Practice 8:25 - 9:15 p.m.	**Line Dancing Beg. & Adv. -til June 19 6:30-8:25 pm Racquel /Zeny		** must register at the downstairs Member Services Desk.	*Schedule sub- ject to change without notice