

Drop-In Fitness Classes

YMCA of Lethbridge

10x10

German volume training is 10 sets of 10 reps which is the style of 10x10. This class is designed to fatigue the muscle with endurance training. **All Levels**

Abs, Core and More Abs Core and More

This is a low impact class, that tightens and tones the abs, hips, back and lower body, by using body weight exercises like crunches and planks. In this class we will focus on posture, core stability, strength and so much more.

Aqua Zumba

Love to dance.... love water? This is the perfect class for you. Come dance in the water. **All levels**

Aquafit

A full body workout that is easy on the joints. These water-based aerobics classes combine cardio and strength training by incorporating force of motion with water resistance. **All levels**

Baby and Me

Come join us for a pre- and post-natal full body fitness class for all parents pre- and post-delivery. This class will focus on improving your cardiovascular fitness and building/restoring your strength before and after birth. Not only will this class focus on elevating your overall fitness level, but it will also improve your mood, relieve stress, build healthy, long-lasting relationships with other mothers. Baby's and toddler's welcome! **All levels**

Barre-

This class was developed from combining ballet and Pilates. Classes are low impact and incorporate a ballet barre, banding, and small balls to build long, lean, toned muscles through activation of muscles, pulsing, and movement. Suitable for **All levels**

Cardio – Instructors choice

Looking for a heart pumping workout? Do you get tired of doing the same class every week? Then let your instructor pick for you. Classes may include Bosu balls, steps, and other equipment. **All levels**

Cycle

This indoor cycling class is designed for all levels. You control the intensity as the instructor has you crushing to the beat of music, pushing up hills and sprinting flats. **All levels**

EMOM

EMOM is a high intense interval workout, incorporating both strength and cardio exercises. Exercises done for short burst of exercise, into short rest times. Working through the rep range at the start of the minute and allowing yourself to recover for the remaining time. This class is designed to get your heart rate up, make you sweat and increase your endurance. **All Levels**

Functional Mobility

This class focuses on function movements training your muscles to work together and preparing them for daily tasks such as bending, twisting, lifting, loading, pushing, pulling, sitting, standing.

Gentle Fit Mix

Experience fitness and functional movements in our Golden Fit class. Designed for seniors, each class has a unique focus of either, functional fitness, strength, balance, and flexibility. Weights, Swiss balls, mats and more will be used in this existing, dynamic, and engaging class. **All Levels**

Get Peachy

Glute training using weights and bands to build that booty. **All Levels**

Golden Fit

Mondays we will focus on movements using the big Swiss ball. Wednesdays will be strength and core focused using weights and mats. On Friday, we focus on balance/flexibility/ stretch/ strength. **Senior class**

Gutz & Glutes

This is the class to get those guts and glutes into shape!! The workout is in two segments: GUTS and GLUTES. Each one is about 16 minutes long with a 1–2-minute break in between segments. The whole class is about 40 minutes long with a warmup at the start and stretch at the end. Come out and enjoy a great new class!

High Fitness

High Fitness is a full body exercise class that has carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

HIIT

HIIT stands for High Intensity Interval Training. It consists of working for a length of time and then having a set length of recovery time. Example: 20 seconds of work 10 seconds recovery. This is a total body workout focusing on muscle and cardio. **All Levels**

Instructors Choice

Looking for a heart pumping workout? Do you get tired of doing the same class every week? Then let your instructor pick for you. Classes may include Bosu Balls, steps, and other equipment. **All Levels**

Jungle Fitness

Youth learn new exercises that help build you into a stronger and faster athlete. This class is designed to help introduce circuit style training to the younger athletes while also helping them engage in new exercises. By using the synergy system in the main weight room, they will be exposed to various forms of exercises to help work on their overall fitness. This is a full body workout mainly consisting of 3 exercises of each Upper body, Lower body, Cardio and Abs. For any kid wanting to get some good exercise over the summer and learn new ways to get active this class is perfect.

Kid Fit

An exercise class for Kids. Run, jump, kick, throw. Getting active through movement.

Mobility Mondays

This class teaches the basics of mobility training and stretching. Mobility Mondays is a lower intensity class that works on joint health and allows the body to work on improving strength and stability and range of motion. The exercises and stretches selected are to help improve performance by targeting muscles and areas of the body that need more stability or flexibility. In the long run the goal is for this class to help with overall better health, performance, and injury prevention. **Youth**

Off-Season Training Program

This class is designed for athletes to work on enhancing their overall fitness performance. It allows young athletes to engage with high intensity workouts that involve strength, flexibility, speed, control and plyometric training. The goal is to help develop their overall fitness and improve performance.

Pre/Post Natal Yoga

This class is for all moms or moms to be. Children are welcome. This yoga is gentle.

Pound

Rock out with us using 1-pound drumsticks to music. It works the whole body with lots of fun. **All levels**

Power

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines essential lifting moves with functional integrated exercises.

Powerwalking

Join us in the gymnasium for this fun, full body, low impact, and low intensity workout! This class often includes dumbbells and other resistance training equipment to add some variety to the workouts. Always ending with a gentle stretch. **All Levels.**

Qigong

All Levels This class draws from the ancient Chinese practice of aligning breath, movement, and awareness to increase strength, flexibility, overall health, and well-being.

Rise and Grind

This is a cardio and muscle-based class utilizing equipment in and around the synergy 360 system. It will include intervals, supersets, and circuits using dumbbells, kettlebells, bikes, rowers, TRX and more.

Roll & Release

This class incorporates foam rollers, balls, and bands placing emphasis on releasing the muscles and rolling out any tight spots.

Speed & Explosion Youth

This class will help you be as fast as you can from start to stop. This is a higher intensity class where we challenge participants to work on their fast movements with control and precision. Specifically, the exercises used are to help develop a faster more controlled athlete allowing for better performance. In this class we also do performance tracking through various tests (20m run, box drill). This is so we can track progression and work on weaknesses. **Youth**

Step HIIT

This class incorporates drills and choreography on the step combined with weights and other equipment for muscle work.

Stretch and Release

This class incorporates the Bender Ball with the emphasis on slowing down and opening up the body with slow passive stretches. Stretches in this class focus on hips and shoulders which will help to increase physical performance and prevent injury. **All levels**

Strength and Cardio

This class will focus on strength through weights and incorporate cardio either on or off the track.

Strength and Conditioning

Tire flips, deadlifts, sled pushes, squats, slams, and more.

Strength and Core

It is a non-impact, floor-based class that uses weights to work the muscles. It conditions the whole body. A typical class will start with a warmup and move through each muscle group. **All levels.**

Strong Nation

STRONG Nation is a HITT class, high intensity tempo training – which combines body weight, muscle conditioning, cardio, and plyometric training – all with moves synchronized specifically to music originally designed to match the moves. A mix of squats, lunges, burpees, and martial arts inspired moves are designed to continually challenge your body in new ways. The moves and music are changed frequently to keep it fresh and exciting. **All Levels**

SYNRGY

This is a circuit style class based on a SYNRGY 360 jungle gym in which exercises like battle ropes, deadlifts, step ups, medicine ball toss, band exercises, rope pulls, etc. are performed. **All levels**

Tabata

This HIIT style class is designed with 20 seconds of work, 10 seconds of recovery 8 rounds before recovery. **All Levels**

Turn and Burn

This is a combo/interval class which incorporates cycling drills for cardio and floor work with equipment for strength. Be prepared to get on the bike to climb hills and spring flat roads to increase the heart rate, then move to the floor to maximize a full body strength workout using various timed drills. There will be challenges for all levels. **All levels**

TRX Blast

A Combination of strength, core, and cardio through a combination of TRX, steps, and weights.

TRX Strength and Stretch

A total body strength, balance, and core workout utilizing suspension training. Each class ends with a deep stretch to leave ready to take on the day and week! **All Levels**

Turn and Burn

This is a combo/interval class which incorporates cycling drills for cardio and floor work with equipment for strength. Be prepared to get on the bike to climb hills and spring flat roads to increase the heart rate, then move to the floor to maximize a full body strength workout using various timed drills. There will be challenges everyone. **All Levels**

Vertical Training youth

Learn how to train your legs too and become a more confident jumper. This is a program designed for athletes or anyone who wants to improve their ability to jump higher but also with more control. Heavily focused on lower body development and conditioning, this class implements various forms of high and low intensity exercises to build a stronger athlete. We are doing performance tracking to gauge where the participants need to improve. Specifically, we are doing distance jumping and vertical testing to track progressions. **Youth**

Weightroom Intro Training Class

These sessions are the perfect time for youth to learn more about the gym. Each day there will be a select muscle group that we will be focusing on. In these sessions we learn proper form, gym etiquette, various forms of exercise all while educating them about the human body. It will be a place to learn how your body works and where your strengths and weakness are. Be prepared to work hard and get stronger.

Yoga

A class that combines physical postures, breathing techniques, and relaxation. It promotes mental and physical well-being creating a union between the body and mind. **All levels**

Yoga For Stress

This class allows you to connect your breath with your movements to help reduce stress and anxiety. **All Levels**

Yoga/Pilates fusion

This class is blend of yoga and Pilates designed to build strength and tone your muscles while improving your flexibility and fostering mind and body harmony. **All Levels**

Yogi–Barre

This class uses the moves of Barre with the bodyweight exercises of the TRX Suspension trainer to pull, push, pulse, and plank to work on strength endurance. **All Levels**