



# Drop-In Fitness Classes

YMCA of Lethbridge  
Fall 2025

## Strength and Conditioning

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

## Golden Fit | *Senior class*

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, and strength.

## Triple Threat | *Senior class*

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.

## Synergy | *All Levels*

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.

## Strength and Core | *All Levels*

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.

## Yoga | *All Levels*

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.

## Intro to Weightroom 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 focus on. In these sessions we learn proper form, gym etiquette, and 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 weaknesses are. Be prepared to work hard and get stronger.

## Y Rocks

Y Rocks is a class designed around a new fitness competition called HYROX. We challenge your fitness with 8 exercises paired with running. The 8 exercises are sled push, sled pull, rowing, skiing, kettle carry, lunges, burpee, and wall balls.

Exercises are modified according to fitness level and abilities or past injuries. Instruction and coaching are provided to help develop and attain goals. Y rocks have a team environment that works at everyone's own pace. As some of each program is spread out through the gym, participants can bring headphones.

## Dance Party

Dance party is a class with mostly contemporary dance patterns, not too complex to follow along to. We work aerobically to keep our heart rate up in the fat burning zone for the duration of the hour. The music ranges from the 50's, all the way to current hits. Music is repeated so participants learn the patterns quickly, with integration of new songs periodically. Dance party is a perfect way to start your day, getting your low impact cardio checked off, leaving you in a good mood and a tune in your head to carry you through your day.

## Express Spin

A 30-minute spin class that challenges speed and stamina with sprints, hills, and jumps. Get ready to sweat, build muscle, and torch calories.

## Step and Sweat

Using a Risor, you will perform various exercises combined with cardio elements which raise your heart rate and burn calories.

## Zumba

It is a total body cardio aerobic workout. It improves balance, coordination, cardiovascular health, and strength through fun and engaging choreography.

## Stretch and Pilates

This class is a combination of Pilates working on your full body and the last 15 minutes of the class is filled with relaxing stretches to release muscle tension.

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## Slow Flow Deep Stretch Yoga

Slow flow deep stretch yoga is a gentler practice focusing on mindful movement and sustained holds in poses, allowing for deeper stretches and improved flexibility. It emphasizes connecting breath with movement and encourages a relaxed mindset, making it suitable for all levels, especially beginners and those seeking to deepen their practice.

## Yin Yoga Class

Yin yoga is a slow-paced, passive style of yoga that focuses on holding poses for extended periods, typically 3-5 minutes, to target deeper connective tissues like fascia, ligaments, and joints. It is a meditative practice that encourages stillness and inner awareness, aiming to increase flexibility, mobility, and release tension.

## 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 between segments. The whole class is about 40 minutes long with a warmup at the start and a stretch at the end. Come out and enjoy a great new class.

## **Instructors Choice | *All Levels.***

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.

## **Intro to Kettlebells**

Curious about kettlebells? This beginner-friendly class teaches the basics—like swings, squats, and presses—in a safe, supportive environment. Build strength, improve posture, and boost your fitness with fun, functional movements. No experience is required!

## **Powerwalking | *All Levels***

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.

## **Powerwalking Conditioning**

Join us in Melcor area to push the sled, deadlift and more 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.

## **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.

## **Stretch and Release**

This class incorporates the Bender Ball with the emphasis on slowing down and opening 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

## **Baby and Me | *All levels***

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, and build healthy, long-lasting relationships with other mothers. Baby's and toddler's welcome! .

## **Barre | All Levels**

This class was developed by 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.

## **Bike and Barre**

Bike and Barre is boutique fitness style that blends high-energy spin classes with elegant barre and Pilates workouts.

## **Cycle | *All levels***

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.

## **Cycle strength**

Get the best of both worlds with Cycle Strength—a high-energy fusion of cardio and strength! This class combines powerful intervals on the bike with off-the-bike dumbbell training to build endurance, tone muscles, and boost overall fitness. Expect heart-pumping rides, strength circuits, and a fun, full-body challenge that keeps you moving and motivated.

## **Power Yoga**

Power Yoga is a vigorous, fitness-based approach to vinyasa-style yoga that emphasizes strength, flexibility, stamina, and mental focus.

## Line Dancing

Line dancing is a lively, choreographed group dance where participants perform a sequence of steps in unison while standing in rows or lines, typically all facing the same direction. What makes it unique is that dancers don't need partners—each person follows the same pattern independently, creating a synchronized and visually engaging performance.

## Bike and Barre

Bike and Barre are a dynamic fitness concept that fuses the intensity of indoor cycling with the elegance and precision of barre workouts.

## Abs, Core and More

Strengthen your center and energize your whole body in this full-body workout designed for all fitness levels. Abs Core & More focuses on tightening and toning your abs, hips, back, and lower body using bodyweight and weight exercises like crunches, planks, and posture-enhancing movements.

## TRX (Total Resistance Exercises) and Strength

TRX is a dynamic, full-body workout using adjustable straps and your own body weight to build strength, stability, and mobility.

## STRONG Nation

STRONG Nation is a high-intensity group fitness class that combines bodyweight training, cardio, and plyometric movements synced to music. Unlike dance-based workouts, every move in STRONG Nation is driven by the beat, helping participants push past their limits and reach their fitness goals. This class is designed for all fitness levels, offering modifications and progressions so everyone can participate safely and effectively. Whether you're looking to build strength, improve endurance, or simply challenge yourself in a dynamic and motivating environment, STRONG Nation delivers a full-body workout that's both empowering and fun.

## 15/15/15

Each block will feature cardio, strength, flexibility.