



Drop-In Fitness Classes

**YMCA of Lethbridge
Spring 2026**

15/15/15 | All Levels

A fast-paced class with 15 minutes each of cardio, strength, and flexibility, designed to target all major muscle groups while keeping your heart rate up. Suitable for all levels.

Abs Core & More | All Levels

Strengthen and tone your abs, hips, back, and lower body in this full-body workout. Uses bodyweight and light equipment to improve posture, stability, and overall strength.

Baby and Me | All Levels

A pre- and post-natal class for parents and their little ones. Focuses on cardiovascular fitness, restoring strength, and building lasting connections. Babies and toddlers are welcome.

Barre | All Levels

Low-impact class combining ballet, Pilates, and small props. Strengthens and tones muscles through pulsing movements, improving posture, flexibility, and endurance.

Cycle | All Levels

Indoor cycling class suitable for all fitness levels. Includes sprints, climbs, and flats with music-driven intervals to boost endurance and cardiovascular fitness.

Express Cycle | All Levels

A 30-minute cycling class with speed drills, sprints, hills, and jumps. Improves cardiovascular fitness, stamina, and leg strength in a high-energy format.

Golden Chair Yoga | Senior Class

Gentle, low-impact yoga using a chair for support. Enhances flexibility, stability, and comfort while moving through slow, controlled stretches.

Golden Fit | Senior Class

A low-impact class designed for older adults, focusing on strength, balance, flexibility, and overall mobility. Uses a variety of equipment and exercises to support daily movement and promote independence in a safe, welcoming environment.

Golden Yoga | Senior Class

A gentle yoga class designed for older adults, focusing on flexibility, balance, and relaxation. Uses slow movements and simple poses to support mobility, reduce tension, and promote overall well-being in a comfortable and supportive environment.

Gutz and Glutes | All Levels

A focused strength class targeting the core and glutes. Features two timed segments with a short break in between, along with a warm-up and stretch to complete the workout. Helps build strength, stability, and muscle tone.

Intro to Weight Room | Youth / Beginner Class

A beginner-friendly class for youth to learn the fundamentals of the gym. Each day focuses on a specific muscle group while teaching proper form, gym etiquette, and basic exercises. Helps build strength and confidence in a safe, supportive environment.

Pilates | All Levels

A low-impact class focused on core strength, stability, and flexibility. Uses controlled movements and proper breathing techniques to improve posture, balance, and overall body awareness.

Power & Flow – Qigong | All Levels

Gentle, flowing class blending breath work and traditional Qigong techniques. Improve strength, balance, and focus while promoting mental clarity.

Powerwalking | All Levels

Low-impact, full-body class using walking and light resistance exercises. Improves cardiovascular fitness, strength, and flexibility with a gentle stretch at the end.

Powerwalking Conditioning | All Levels

Focuses on low-intensity strength exercises with sled pushes, deadlifts, and dumbbell work. Combines functional training with gentle cardiovascular work.

Reformer x Mat Fusion | All Levels

A dynamic Pilates class combining Reformer and mat work. Builds strength, stability, and full-body control, using the Reformer for resistance and support while reinforcing core strength, alignment, and mobility on the mat.

Silks | Strength & Mobility Required

An aerial fitness class focused on building strength, stability, and creativity through movement. Learn beginner-friendly climbs, wraps, and flowing skills while improving full-body control in a supportive, confidence-building environment.

Slow Flow Deep Yoga | All Levels

Gentle yoga emphasizing slow movements and sustained poses. Focuses on deep stretching, breath awareness, and relaxation for all levels.

Step & Sweat | All Levels

A cardio and strength class using a riser to perform a variety of exercises. Designed to raise your heart rate, burn calories, and improve overall fitness through dynamic, full-body movement.

Stretch and Pilates | All Levels

A combination class featuring full-body Pilates followed by relaxing stretches to release muscle tension. Exercises are adapted to suit all fitness levels and abilities, with guidance provided to support individual goals in a flexible, self-paced environment.

Stretch and Release | All Levels

A full-body stretching class using slow, passive movements to open hips, shoulders, and other key muscles. These sessions incorporate the Bender Ball to enhance stretches and promote flexibility, mobility, and muscle release. Focuses on recovery, injury prevention, and overall well-being for all participants.

Strong | All Levels

High-intensity, music-driven class using bodyweight, cardio, and plyometric exercises. Builds strength, endurance, and agility with scalable modifications for all levels.

Strength and Cardio | All Levels

Full-body class combining resistance and cardiovascular training. Focuses on building strength, endurance, and overall fitness with scalable exercises.

Strength and Conditioning | All Levels

Dynamic workout featuring tire flips, sled pushes, squats, deadlifts, and slams. Builds functional strength, power, and endurance.

Strength and Core | All Levels

Floor-based class using weights to condition all major muscle groups. Includes warm-up, strength exercises, and core-focused training.

Synergy | All Levels

Circuit-style class using the SYNRGY 360 system. Combines ropes, bands, medicine balls, and functional movements for a full-body challenge.

TRX (Total Resistance Exercises) & Cardio | All Levels

Full-body workout using TRX straps and bodyweight. Builds strength, stability, and mobility through functional exercises.

Triple Threat | All Levels

Interval class combining cycling for cardio with floor-based strength exercises. Includes timed drills for a full-body, high-energy workout.

Yoga | All Levels

A class combining postures, breathing, and relaxation. Promotes physical and mental wellness and connection between body and mind.

Yin Yoga | All Levels

A slow-paced, passive yoga class that focuses on holding poses for extended periods to target deeper connective tissues like fascia, ligaments, and joints. This meditative practice encourages stillness and inner awareness while promoting flexibility, mobility, and tension release for all participants.

Zumba | All Levels

Cardio dance class combining aerobic movement with music. Improves coordination, balance, strength, and cardiovascular health in a fun environment.