





July Schedule 2018

Drop In & Registration Classes						
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM-7:30 AM		Work-it-Circuit Andrea		Work-it-Circuit Andrea		
9:30 AM-10:30 AM		Stroller Fit Meet at Henderson Andrea				
10:00AM-11:00 AM						
12:05PM-12:50PM	Cardio Sculpt Miki	Kettlebell+ Dustin	TRX Andrea	Spin Bev (Gym)	Glide Dustin	
1:00 PM- 2:00 PM						
2:00 pm-3:00 pm						
3:00pm-4:30pm						
5:00PM-6:00PM	WOW Studio Natalie	Total Body Mash-Up Andrea	Step Combo Studio Natalie	Yoga Ekida		
6:00PM-7:00PM	Vinyasa Flow Laura			 Michele		
7:00PM-8:00PM		Gentle Yoga Jan		 Melinda		

****Classes subject to change without notice****

Green: Specialty Class - Registration fee applies
Blue: Registration Class - Non-member fee applies
Black: Drop In Class - Included in membership or by drop in rate/punch passes
 See back page for dates of registration classes
 For more information visit our website
<http://www.ywcahealthandfitness.org/schedule.html/>

Hours	
Mon – Thurs	6:30am-9:00pm
Friday	6:30am-8:00pm
Sat – Sun	9:00am- 4:00pm
*****Closed on Holidays*****	



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Class Descriptions



Dates of Registration Classes are in Red

Cardio Sculpt – Get your heart going and tone your muscles with cardio sculpt. This class has a strong focus of functional movements that improve core and stability while burning calories.

Gentle Yoga - This class is a form of yoga which gets the body moving in an easy, peaceful way. We will be doing some active poses as well as implementing various props in passive poses to allow for Myofascial releases to occur. The end goal is to feel relaxed providing a sense of well-being.

Glide- An exercise class designed to let your body move the way it was meant to so that you can glide through activities of daily living. Expect to move up and down, side to side, over and under and everything in between. Class type: Strength and aerobics combo.

Kettlebell + – This class introduces some basic kettlebell drills used to increase power, endurance, and core control PLUS incorporating a variety of equipment to effectively target your muscles from multiple angles and keep things interesting.

P.A.L – Program for Active Living. The YWCA and non-profit organizations throughout the city are teaming up to provide men and women with a fun and safe way to get physically active. Come out, meet new people, and find your way to energize your life! (April 17- June12)

PIYO - This class combines muscle sculpting and core firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

Spin – great classic indoor cycling made to get your heart pumping.

Step Combo – warm up with step and go on to train the body’s musculature.

Stroller Fit- This class is designed to help mom get active after baby. Includes: Strength, cardio, core training. (July3-August 21)

Total Body Mash-Up – come prepared for whatever may be in store for you with this weekly class.

TRX – Born in the U.S. Navy SEALs and developed by Fitness Anywhere®, Suspension Training® is a revolutionary method of leveraged bodyweight exercise. It is training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries

Vinyasa Flow- uses an arrangement of purposeful poses with the breath to achieve a continuous flow.

Work-it-Circuit- You can expect to do a variety of circuits that include strength, cardio, and core exercises that will have you working up a sweat.(July 10- Aug.16)

WOW (women on weights) – build strength, power and endurance with this great muscle workout just for women!

Yoga – Incorporates elements of strength, balance and flexibility. Individuals wishing to participate do not require a previous background in yoga. Modified postures and props (chairs, mats, bolsters) are available to meet the needs of all physical abilities.

ZUMBA - Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.

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