

## DROP-IN CLASSES DESCRIPTIONS

Downtown Y

### Fitness

<b>BOOTCAMP</b>	A class that will challenge your cardio level and increase your strength, flexibility and agility. May include the BOSU ball, step intervals, agility ladder and circuit drills. All levels welcome.
<b>BOSU BOX</b>	This is a new and energetic class that incorporates the basics of a Boxercize class with cardio and strength intervals on the Bosu. Don't know what a Bosu is? Come check it out!
<b>CARDIO &amp; CORE</b>	A high/low cardio express class with a conditioning segment. (25 minutes cardio)
<b>CORE CHALLENGE</b>	Focus on the muscles that do 'the work' to strengthen your core with exercises for the entire torso. We may use some small equipment.
<b>HARDCORE ON THE FLOOR</b>	A class for individuals who are looking to challenge and improve. Abdominal and lower back strength with a combination of dynamic and core specific exercises
<b>HI/LOW CARDIO</b>	A combination of low and high impact choreography options in this great cardio class. A muscular strength/endurance component will be included to complete this class.
<b>ON THE BALL</b>	This class focuses on strength, endurance and balance training, all by working on the Ball.
<b>POWER STEP &amp; PUMP</b>	No previous stepping experience required. This high-energy interval class combines cardiovascular drills using the step with strength training using a variety of small equipment. (30 minutes cardio)
<b>REP REEBOK</b>	Reebok's pre-choreographed "free weight" class for a group setting. The class features endurance, strength, reactive and power segments. It's a strength class like no other!
<b>SENIOR STRENGTH</b>	A great class to strengthen your muscles for daily living. A combination of exercises will be provided in an easy to follow format to challenge, yet motivate you. Options will be demonstrated to suit all levels and instructors will ensure to provide hands on feedback as needed.
<b>STEP &amp; STRENGTH</b>	Get all your fitness bases covered. This class is a balance of cardiovascular training using the step and muscle conditioning exercises. (30 minutes cardio)
<b>STEP IT UP</b>	A fast-paced, high-energy workout with step choreography that will take you a step beyond.
<b>STRENGTH &amp; MOTION</b>	A group weight training class; free weights, body bars and dyna bands help you achieve your fitness goals.
<b>SUPER SWEAT</b>	This class offers a 40 minute cardio workout of high and low choreography and finishes with resistance training.
<b>SWEAT AND PUMP</b>	Spice up your fitness routine with intervals of strength and cardio training.
<b>TOTAL BODY STRENGTH</b>	Total body, non-cardio muscle conditioning designed to improve strength, endurance and flexibility. We may use a variety of fitness equipment.

### Freewheel

<b>FREEWHEEL</b>	Join us for the ultimate intensive workout combining both aerobic and anaerobic exercise through drill training and speed work. Build strength, endurance and flexibility in a fun environment that lets you modify your own intensity! Please bring a water bottle and towel.
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No classes on statutory holidays

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### Dance, Yoga, Pilates

<b>BELLY DANCE</b>	A fun way to work your core, explore movement and develop confidence and poise. Experience required for the Intermediate class.
<b>BELLYFIT</b>	A combination of belly dance, Pilates and yoga. All fitness levels.
<b>CLASSICAL DANCE CONDITIONING</b>	A class combining maintenance for experienced dancers and challenges for the beginner. Learn and perfect your technique, alignment, turnout and extension.
<b>HIP HOP</b>	Learn to move and express your body using the funkier side of dance.
<b>NIA</b>	A class combining dance movements, martial arts moves, infused with subtle therapeutic techniques to heighten body awareness and rediscover joy in movement.
<b>ZUMBA</b>	Zumba is a fun and energetic, latin-based dance fitness class, featuring salsa, flamenco, merengue, mambo, samba, afro-caribbean, and belly dance.
<b>DROP-IN YOGA</b>	Flow through a series of postures that work to stretch, strengthen and tone your muscles while calming and connecting the mind, body and spirit. Engage in a yoga practice that is right for you by modifying or intensifying postures to fit your comfort level. Easy to follow format, all levels welcome.
<b>FUSION</b>	Flow through a series of Pilates and Yoga moves along with traditional fitness conditioning exercises while you connect mind, body and spirit. All levels welcome.
<b>DROP-IN PILATES</b>	A safe, challenging and revitalizing workout for stronger, leaner, longer muscles along with increased flexibility and relaxation.

### Aquafit

<b>AQUA COMBO</b>	A choice class — deep or shallow.
<b>AQUA JOG</b>	A deep water class that mixes aquafit moves with jogging techniques.
<b>AQUA YOGA</b>	A natural in the pool: enhance your flexibility, balance, strength and body awareness.
<b>DEEP AQUAFIT</b>	ZERO impact! Raise cardio endurance while improving strength, flexibility and muscle tone.
<b>GENTLE FIT</b>	Safe, effective, light, low-impact exercises increase mobility, dexterity and fitness. <i>Space is limited</i> – please pick up a ticket from the Membership Services desk.
<b>SHALLOW AQUAFIT</b>	Cardio training, strength exercises and stretching. Go at your own pace – or be challenged by our instructors.
<b>STRETCH &amp; STRENGTH</b>	Enhance your flexibility, strength and balance in the warm pool. Ideal for those with joint problems or who are rehabilitating.
<b>50 &amp; BETTER</b>	Aquafit for the young-at-heart. One wide lane available during these classes.

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