

**ADULT DROP-IN FITNESS**
**Downtown Y**

Included in Y membership

Non-members: Day Pass fee

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-7:15am		◆Freewheeling		◆Freewheeling	TRI Bike Training		
6:30-7:15am			◆Freewheeling				
6:45-7:40am		◆Rep Reebok		◆Rep Reebok			
7:00-8:00am				Drop-in Yoga			
8:15-9:00am	Gentle Aqua Fit		Gentle Aqua Fit				
8:30-9:30am						◆Freewheeling	◆Freewheeling
9:00-9:45am							★Intro to Step
9:00-9:55am	Step & Strength	Body&Mind Bootcamp	Hi/Lo Cardio	Bellyfit	Rep Reebok		
9:00-10:00am	◆Freewheeling	Drop-in Yoga		◆Freewheeling			
9:00-10:15am						Super Sweat	
9:30-10:30am		Shallow Water		Shallow Water			
10:00-10:55am	■Senior Strength		■Senior Strength		■Senior Strength		Step & Strength
10:00-11:00am	Shallow Water		Shallow/Deep Water		Shallow Water		Deep Water
10:30-11:30am		Bellyfit					
11:00-11:45am	Water Works		Water Works		Water Works		
11:00-11:55am	■Healthy Heart		■Healthy Heart		■Healthy Heart Drop-in Pilates		
11:30-11:55am	Core Challenge						
11:45am-12:30pm	Aqua Chi						
12:00-12:55pm	Fusion			Fit Flow Yoga			
12:10-12:45pm	◆Freewheeling	◆Freewheeling	◆Freewheeling	◆Freewheeling	◆Freewheeling		
12:10-12:50pm	Strength & Motion	Step it Up!	Sweat & Pump Rhythm 'n' Core	Cardio & Core	Strength & Motion		
1:00-1:30pm	Senior Agility Stretch				Senior Agility Stretch		
1:30-2:30pm	50+ Shallow Aquafit	Strollerfit	50+ Deep Aquafit	50+ Shallow Aquafit	50+ Deep Aquafit		
2:00-2:55pm						On the Ball	
5:00-5:55pm		Power Step & Pump	Hi/Lo Cardio	Total Body Strength	Bosu Box		
5:15-6:00pm		Water Works		Water Works			
5:30-6:15pm		Freewheeling					
5:30-6:25pm	Hi/Lo Cardio						Freewheel
5:30-6:30pm	◆Freewheeling		◆Freewheeling				Fitness
5:30-6:45pm				◆Freewheeling			Aquatics
5:45-6:30pm		Quick Aqua Fit		Quick Aqua Fit			
6:00-6:55pm	◆Rep Reebok	On the Ball	◆Rep Reebok	On the Ball		<b>Schedule subject to change</b>  <b>Three person minimum for drop-in classes</b>	
7:15-8:10pm			■Fusion				
7:30-8:25pm	Pilates		Hip Hop				
7:30-8:30pm	Deep Water Fit	Shallow Water Mix	Deep Aqua Jog	Shallow Water Box			
8:30-9:15pm		Aqua Yoga		Aqua Yoga			

■ Registration required—see Registered Fitness Schedule.

◆ Space is limited for Rep Reebok &amp; Freewheeling classes—please pick up a ticket from the Membership Services Desk.

★ January and March only.

No classes on statutory holidays

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y

851 Broughton Street, Victoria BC V8W 1E5

Phone: 250.386.7511 Fax: 250.380.1933

Vic West Y

521 Craigflower Road, Victoria BC V9A 6Z5

Phone: 250.388.6120 Fax: 250.388.6455

**FITNESS CLASS DESCRIPTIONS**
**Downtown Y**
**Drop-in Fitness**

<b>BELLYFIT</b>	A combination of belly dance, Pilates and yoga. All fitness levels.
<b>BODY &amp; MIND BOOTCAMP</b>	The millennium workout! Get back to basic training emphasizing athletic drills, Yoga and Pilates that will train both the body and the mind. (35 minutes cardio)
<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>FIT FLOW YOGA</b>	Great for all fitness levels—engage in a yoga practice that's right for you. Connect body, mind and spirit as we demonstrate each move in an easy to follow format.
<b>FUSION</b>	A fusion of yoga, Pilates with traditional fitness conditioning exercises. All fitness levels.
<b>HIGH/LOW CARDIO</b>	A combination of low and high intensity choreography with muscular endurance exercise for those who exercise regularly. (30 minutes cardio)
<b>INTRODUCTION TO STEP</b>	New 'steppers' learn basic terminology as they work through proper positioning and technique. January and March only
<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 the Body Bar. (30 minutes cardio)
<b>REP REEBOK</b>	A great new class that uses free weights in a group setting. The class features endurance, strength, reactive and power segments. It's a strength class like no other!
<b>RHYTHM 'N' CORE</b>	Drumsticks, exercise balls and great music come together for a high-energy work out. This exciting class involves cardio drumming and an abdominal conditioning segment.
<b>SENIORS' AGILITY &amp; STRETCH</b>	This class features a variety of exercises that focus on improving flexibility and motion range.
<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>STROLLERFIT</b>	Bring your baby and stroller and meet new moms! As you progress through this motivating, cardio class (that includes strength & flexibility), you will have the opportunity to choose the options that are right for you.
<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! <b>Please bring a water bottle and towel.</b>
<b>TRI BIKE TRAINING</b>	Hills, drills, intervals and visualization techniques help the cyclist, runner, triathlete or fitness enthusiast achieve their goals.

Please see POOL SCHEDULE sheet for Aquatics drop-in descriptions.

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