

## DROP-IN CLASS 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 an 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! <i>Space is limited</i> – please pick up a ticket from the Membership Services Desk.
<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>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>GENTLE FIT</b>	Safe, effective, light, low-impact and strength exercises increase mobility, dexterity and fitness.
<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>STRETCH IT</b>	Come learn various stretches in this 30 minute full body stretch class.
<b>SUPER SWEAT</b>	This class offers a 40 minute cardio workout of high and low choreography and finishes with resistance training.
<b>TOTAL BODY STRENGTH</b>	Total body muscle conditioning designed to improve strength, endurance and flexibility. We may use a variety of fitness equipment.
<b>TRX</b>	Training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, while preventing injuries.
<b>TURBO KICK</b>	Mix of kickboxing and simple dance moves for a high energy cardio class.

### 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. <i>Space is limited</i> – please pick up a ticket from the Membership Services Desk.
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No classes on statutory holidays

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### Dance, Yoga, Pilates

<b>AFRICAN CONTEMPORARY</b>	Learn rhythmic African dance moves to contemporary African music.
<b>BELLY DANCE</b>	A fun way to work your core, explore movement and develop confidence and poise.
<b>BELLYFIT</b>	A combination of belly dance, Pilates and Yoga. All fitness levels welcomed.
<b>CARDIO MOVE</b>	Get your dance fix with this fun cardio workout with a dance flare! It's topped off with core work plus a great stretch and relaxation component.
<b>DROP-IN PILATES</b>	A safe, challenging and revitalizing workout for stronger, leaner, longer muscles along with increased flexibility and relaxation.
<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>GENTLE YOGA</b>	Improve your posture, flexibility and strength while experiencing the joy of Yoga.
<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>HIP HOP</b>	Move and groove in this stylin' class.
<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>	Combines Latin and International music with a fun and effective workout.

### Aquafit

<b>DEEP AQUA JOG</b>	A deep water class that mixes aquafit moves with jogging techniques.
<b>AQUA FUSION</b>	A blend of Pilates and Yoga exercises that will help to improve your body awareness, strength, flexibility, endurance and coordination.
<b>DEEP WATER 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>LEISURE AQUAFIT</b>	Aquafit for the young at heart and those with physical limitations. One wide lane available for length swimming during these classes.
<b>SHALLOW WATER AQUAFIT</b>	Cardio training, strength exercises and stretching. Go at your own pace – or be challenged by our instructors.

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