

Effective September 6th, 2022

2022 FALL FITNESS PROGRAMS

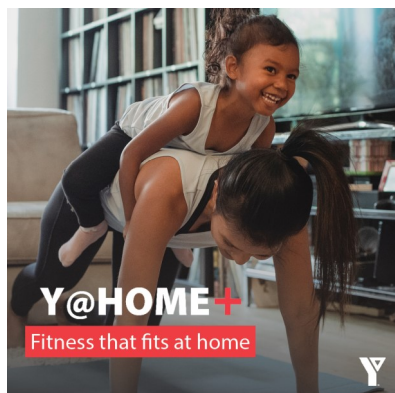
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	7:00AM-7:45AM CYCLE FIT* DEANNE (YMCA STUDIO) *PRE BOOKING SUGGESTED	8:00AM-8:45AM PEDAL & PUMP* KIM (YMCA STUDIO) *PRE BOOKING SUGGESTED	8:00AM-8:45AM JUST LIFT SAM (YMCA STUDIO)	8:00AM - 8:45AM PEDAL & PUMP* KIM (YMCA STUDIO) *PRE BOOKING SUGGESTED	8:00AM-8:45AM JUST LIFT SAM (YMCA STUDIO)		
	9:00AM-11:00AM CHILD MIND			9:00AM-11:00AM CHILD MIND		9:00AM-11:00AM CHILD MIND	
	9:00AM-9:45AM STRENGTH, CORE & MORE COURTNEY (YMCA STUDIO)	9:00AM-10:00AM YOGA PAM NEW TIME! (YMCA STUDIO)	9:00AM-9:45AM CYCLE FIT* ANDREA (YMCA STUDIO) *PRE BOOKING SUGGESTED	9:00AM-9:45AM STRENGTH, CORE & MORE KAREN C. (YMCA STUDIO)	9:00AM-10:00AM PLAY PALS (YMCA STUDIO) PARENT PARTICIPATION REQUIRED	9:00AM-10:00AM YOGA JASON (NSCC GYMNASIUM)	
	10:30AM-11:30AM NICE & EASY SUE (YMCA STUDIO)	10:00AM-11:00AM ACTIVE FOR LIFE* JOY (YMCA STUDIO) *REGISTRATION REQUIRED	10:30AM-11:30AM NICE & EASY SUE (YMCA STUDIO)	10:00AM-11:00AM ACTIVE FOR LIFE* JOY (YMCA STUDIO) *REGISTRATION REQUIRED	10:00AM-10:45AM DANCERCISE KAREN W. (YMCA STUDIO)		10:30AM-11:30AM PLAY PALS (YMCA STUDIO) PARENT PARTICIPATION REQUIRED
		11:15AM-12:15PM EXCEL* JOY (YMCA STUDIO) *REGISTRATION REQUIRED		11:15AM-12:15PM EXCEL* JOY (YMCA STUDIO) *REGISTRATION REQUIRED			
AFTERNOON	12:00PM-12:45PM PICKLEBALL BOOTCAMP CHRISTA (YMCA STUDIO)	12:00PM-12:45PM AQUA FIT SAL (LCLC POOL) OPEN TO YMCA MEMBERS	1:00PM-2:00PM PLAY PALS (YMCA STUDIO) PARENT PARTICIPATION REQUIRED	12:00PM-12:45PM AQUA FIT SAL (LCLC POOL) OPEN TO YMCA MEMBERS	12:00PM-12:45PM PICKLEBALL BOOTCAMP SAM (YMCA STUDIO)	1:30PM-4:30PM PICKLEBALL (NSCC GYMNASIUM)	1:00PM-4:00PM JUNIOR BADMINTON CLUB STARTS SEPT 18TH (NSCC GYMNASIUM)
		3:00PM-4:30PM YTHRIVE GROW SKYLER (WELLNESS CENTRE)			3:00PM-4:30PM YTHRIVE GROW SKYLER (WELLNESS CENTRE)		1:00PM-4:00PM CHILD MIND
EVENING		5:00PM-8:00PM CHILD MIND	5:00PM-8:00PM CHILD MIND	5:30PM-6:15PM JUST LIFT SAM (YMCA STUDIO)	5:00PM-8:00PM CHILD MIND		
	5:30PM-6:15PM CYCLE FIT* ALICIA (YMCA STUDIO) *PRE BOOKING SUGGESTED	5:30PM-6:15PM JUST LIFT SAM (YMCA STUDIO)	6:30PM-7:30PM YOGA TERESA (YMCA STUDIO)	6:00PM-7:00PM YOUTH CONDITIONING *FREE* (WELLNESS CENTRE)	5:15PM-6:00PM CYCLE FIT* TAMMY (YMCA STUDIO) *PRE BOOKING SUGGESTED		
	7:15PM-8:30PM HATHA FLOW YOGA JOANNE (LCLC STUDIO) OPEN TO YMCA MEMBERS	6:00PM-8:00PM JUNIOR BADMINTON CLUB STARTS SEPT 20TH (NSCC GYMNASIUM)	7:00PM-7:45PM AQUA FIT ROTATING INSTRUCTOR (LCLC POOL) OPEN TO YMCA MEMBERS	7:00PM-9:00PM YOUTH BASKETBALL *FREE* (NSCC GYMNASIUM)			

INCLUDED IN YOUR MEMBERSHIP!

SAVE THE DATE

YMCA Trick or Treat Trot 5K
Fun Run/Walk
Saturday, October 29th

Visit Membership Services to Register



Live and pre-recorded online fitness platform & more!

See Staff for Discount Code

YMCA STUDIO CLASSES

*Pre-booking suggested by phoning 902-543-9622 the day of class.
Drop ins welcome!

LCLC STUDIO CLASSES

LCLC AQUA-FIT CLASSES

Drop ins welcome!

LIVEWELL PROGRAMS

*Pre-registration is required.
Email cep.afl@halifax.ymca.ca for more information.

CHILD/YOUTH PROGRAMS

Drop ins welcome!

RECREATION

Badminton players must be registered with Bridgewater Junior Badminton Club.
Pickleball players are welcome to drop in.



LunenburgCountyYMCA



@ymcalunenburg

LIVEWELL PROGRAMS

Active for Life

This program assists individuals with stable medical conditions to progressively improve their physical and mental health through closely monitored exercise.

EXCEL

EXercise for **C**ancer Enhance **L**iving Well Program. This program is designed to lessen the impact of a cancer diagnosis and its treatment. The 12-week program is an on-ramp for progressive exercise opportunities.

LCLC PROGRAMS

Aqua Fit

This low-impact aerobic class uses the water to improve your cardio level and build endurance in the water.

Ages 11+

Hatha Yoga

Come work on breathing techniques, warming the body and building postures from the ground up.

Ages 11+

CHILD/YOUTH PROGRAMS

Play Pals

Balls, hoops and ride-on-toys are just some of the fun activities. Program for children from birth to age 3. Parent participation required.

Child Mind

Well-trained staff and volunteers will care for your children at your local YMCA while you take some time to work on your health and fitness. **Fee: \$3.00 per hour per child or YMCA Youth Membership.**

Youth Conditioning / YThrive GROW

The YThrive GROW stream is designed to help youths learn how to move their body and develop their skill level with fitness. A dedicated team of YThrive Coaches are on-site to support you! Ages 11—18

Youth Basketball

Provides opportunities for youth to be active, have fun and enhance their skills in a supervised setting. All basketballs provided. Ages 11—18

Members: All programs included in your membership

Non-Member Day Pass: Youth (11-18) \$6.00 Adults (19+) \$9.00

FITNESS CLASSES

Cycle Fit

From beginner to elite, Cycle Fit allow participants to work out together, while choosing individual resistance and pedal rate.

Ages 11+

Dancercise

Combines the exercise of aerobics and rhythm of dance for a great workout. Ages 11+

Just Lift

Learn big strength exercises such as deadlifts, chest presses and more. Each exercise is taught and modified to suit each individual's needs and abilities. Ages 11+

Nice & Easy

Safe, effective, light, low-impact cardio and strength exercises using a variety of equipment. Ages 11+

Pedal & Pump

A cycle fit class combined with the strength exercises for optimal interval training. For all levels! Ages 11+

Strength, Core & More

This class is about improving your strength and stamina through a mix of cardio and strength exercises using a variety of equipment and interval styles. For all levels! Ages 11+

Yoga

Flow through a series of postures that work to stretch, strengthen and tone your muscles while calming and connecting the mind, body and spirit. Ages 11+

Pickleball Bootcamp

An interval training class that mixes movements that will improve your strength and agility as well as focus on those muscles that are used during Pickleball and other similar activities! Ages 11+

RECREATION

Junior Badminton Club

This competitive youth badminton club holds two weekly practices and competes in local, regional and provincial tournaments. Registration required. Ages 12—18

Pickleball

Pickleball is a fun racquet sport for players of all levels. Similar to badminton or tennis, players use solid square racquets to hit a perforated ball over a net. Ages 5+

YMCA RECREATION

Visit Membership Services to borrow equipment and check for the daily gymnasium schedule!

IT'S YOUR TIME TO
THRIVE
Y THRIVE



Lunenburg County YMCA
75 High Street, Bridgewater, NS
T: 902 543 9622
www.ymcalunenburgcounty.org

HOURS OF OPERATION

Mon - Fri	6am - 9pm
Sat & Sun	8am - 7pm