

FALL 2024 FITNESS PROGRAM SCHEDULE

Effective November 1st

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		8:00AM-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)		8:00AM-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)		8:00AM-8:45AM PUMP MOBILITY SAM (YMCA STUDIO)	
			9:00AM-9:45AM STRENGTH, CORE & MORE COURTNEY (YMCA STUDIO)				9:00AM-9:45AM STRENGTH, CORE & MORE ANNA (YMCA STUDIO)
AFTERNOON	10:00AM-11:00AM MORNING YOGA WILLIAM (YMCA STUDIO)	10:15AM-11:15AM NICE & EASY SUE (YMCA STUDIO)	10:00AM-11:00AM MORNING YOGA PAM (YMCA STUDIO)	10:15AM-11:15AM NICE & EASY SUE (YMCA STUDIO)	10:00AM-11:00AM MORNING YOGA JENNIFER (YMCA STUDIO)	10:30AM-11:30AM NICE & EASY NANCY (YMCA STUDIO)	10:00AM-12:00PM YOUTH ZONE (NSCC GYMNASIUM)
		12:15PM-1:00PM BIKE & BALANCE SAM (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15PM-1:00PM BIKE & BALANCE SAM (YMCA STUDIO)	11:15AM-12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15PM-1:00PM BALANCE & STRENGTH DEANNE (YMCA STUDIO)	
	1:00PM-4:00PM JUNIOR BADMINTON (NSCC GYMNASIUM)	1:30PM-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)	1:30PM-2:30PM EXCEL** SAM (YMCA STUDIO)	1:30PM-2:30PM ACTIVE FOR LIFE* DENISE (YMCA STUDIO)	1:30PM-2:30PM EXCEL** SAM (YMCA STUDIO)		
EVENING		6:00PM-7:00PM PUMP MOBILITY DENISE (YMCA STUDIO)	6:00PM-6:45PM YRIDE ALICIA (YMCA STUDIO)	6:00PM-7:00PM POUND DENISE (YMCA STUDIO)	6:00PM-7:00PM YOUTH CONDITIONING * FREE * (WELLNESS CENTRE)		
			6:00PM-8:00PM JUNIOR BADMINTON (NSCC GYMNASIUM)		7:00PM-9:00PM YOUTH BASKETBALL * FREE * (NSCC GYMNASIUM)		



YOUTH PROGRAMS

Drop-ins welcome for Youth Programs.



EXCEL & LIVEWELL PROGRAMS

*Pre-registration is required.
Email denise.covey@ns.ymca.ca for more information.

** Pre-registration is required.
Email EXCancer@nshealth.ca for more information.



RECREATION

Drop-ins welcome!
Badminton, Pickleball & Basketball equipment is available to borrow at Membership Desk.



YMCA STUDIO CLASSES

Drop-ins welcome!
However, it is suggested to pre-book cycle-based classes by phoning: 902-543-9622

All programs and classes included in membership!

HOURS OF OPERATION: Mon - Fri, 6am - 10pm, Sat & Sun, 8am - 8pm

CHILD/YOUTH PROGRAMS

Child Mind

Well-trained staff and volunteers care for your child(ren) while you take some time to work on your health and fitness. Ages 6 months - 10 years. Please check current schedule for dates/times.

Pre-registration is required. Call 902-543-9622

Fee: \$3.15 per hour per child or included with a Family Membership.

Youth Basketball

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

Youth Conditioning

Designed to help youths learn how to move their body and develop their skill level with fitness. A dedicated team of coaches are on-site to support you! **Ages 11-18**

Youth Zone

FREE for youth, 5-11 years old. Supervised, unstructured physical activity in a cooperative setting. Engage in recreational activities in a non-competitive, healthy, fun, interactive manner in a safe environment.

EXCEL PROGRAMS

EXercise for **C**ancer to **E**nhance **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.

***Pre-registration is required.**

Email EXCancer@nshealth.ca to register and for more information.

LIVEWELL PROGRAMS

ACTIVE FOR LIFE

Assisting individuals with stable medical conditions to progressively improve their physical and mental health through closely monitored group exercise.

***Pre-registration is required. Email**

denise.covey@ns.ymca.ca to register and for more information.

RECREATION

Bridgewater Junior Badminton Club

This competitive youth badminton club holds two weekly practices and competes in local, regional and provincial tournaments. **Registration with BJBC required.**

NON-MEMBERS PRICING:

Youth Day Pass (11-18), \$6.30

Adult Day Pass (19+), \$9.45

Recreation Day Pass (5+), \$3.15

YMCA FITNESS CLASSES

Balance & Strength

Enhance your stability and build strength in this engaging class focusing on core control and muscular endurance. Ideal for all levels, this class is designed to help you develop a solid foundation for everyday activities and athletic performance.

Bike & Balance

Boost your cardio and stability in this dynamic class combining indoor cycling with balance-focused exercises. Perfect for all fitness levels, this class will help you build endurance and stability in a fun, supportive environment.

Chair Fit

Standing exercises with option to sit. Class format includes cardio, walking in place, balance and agility followed by strength and stretch exercises. Designed to improve quality of life with functional exercises for daily living.

Morning 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.

Nice & Easy

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

POUND

This class provides the perfect atmosphere for letting loose, getting energized, improving your health and rocking out. Drumming and exercise all release feel-good endorphins; combine them and you've got a powerful and fun experience for all fitness levels.

Pump Mobility

Stretch, strengthen and mobilize your body! Work through all your major muscle groups with a mix of mobility, core, resistance training and cardio moves.

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!

YRide

Have fun while building cardiovascular strength. This is a dynamic group-cycling class. Suitable for all levels, this class will challenge your stamina and push your limits.



Lunenburg County YMCA
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