

WINTER 2025 FITNESS PROGRAM SCHEDULE

Effective January 5th - March 22nd, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00AM-8:45AM PUMP MOBILITY SAMANTHA (YMCA STUDIO)	8:45AM - 11:15AM * CHILD MIND (CLUBHOUSE)	8:00AM - 8:45AM PUMP MOBILITY SAMANTHA (YMCA STUDIO)	8:45AM - 11:15AM * CHILD MIND (CLUBHOUSE)	8:00AM - 8:45AM PUMP MOBILITY TERESA (YMCA STUDIO)	8:45AM - 11:15AM * CHILD MIND (CLUBHOUSE)
		9:00AM-9:45AM STRENGTH, CORE & MORE COURTNEY (YMCA STUDIO)		9:00AM - 9:45AM STRENGTH, CORE & MORE SAMANTHA (YMCA STUDIO)		9:00AM - 9:45AM STRENGTH, CORE & MORE ANNA (YMCA STUDIO)
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 SAMANTHA (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 (YMCA STUDIO)
	12:15PM - 1:00PM BIKE & BALANCE SAMANTHA (YMCA STUDIO)	11:15AM - 12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15PM - 1:00PM BIKE & BALANCE SAMANTHA (YMCA STUDIO)	11:15AM - 12:15PM CHAIR FIT DENISE (YMCA STUDIO)	12:15PM - 1:00PM BOSU STRENGTH DEANNE (YMCA STUDIO)	
1:00PM - 4:00PM JUNIOR BADMINTON CLUB (NSCC GYMNASIUM)	1:30PM - 2:30PM *ACTIVE FOR LIFE DENISE (YMCA STUDIO)	1:30PM - 2:30PM *EXCEL SAMANTHA (YMCA STUDIO)	1:30PM - 2:30PM *ACTIVE FOR LIFE DENISE (YMCA STUDIO)	1:30PM - 2:30PM *EXCEL SAMANTHA (YMCA STUDIO)		
4:00PM - 6:00PM CHILD MIND (CLUBHOUSE)	5:30PM - 6:30PM BOOTCAMP DENISE (YMCA STUDIO)	6:00PM - 8:00PM JUNIOR BADMINTON CLUB (GYMNASIUM)	5:30PM - 6:30PM POUND DENISE (YMCA STUDIO)	6:00PM - 7:00PM YOUTH CONDITIONING * FREE * (WELLNESS CENTRE)		
	6:00PM - 8:00PM * CHILD MIND (CLUBHOUSE)	6:00PM - 8:00PM * CHILD MIND (CLUBHOUSE)	6:00PM - 8:00PM * CHILD MIND (CLUBHOUSE)	7:00PM - 9:00PM YOUTH BASKETBALL * FREE * (NSCC GYMNASIUM)		



CHILD/YOUTH PROGRAMS

*Pre-registration is required for Child Mind.

Drop-ins welcome for Youth Programs.



LIVEWELL & EXCEL PROGRAMS

*Pre-registration is required.
See details on the back for more information.



RECREATION

Drop-ins welcome!
Badminton, Pickleball & Basketball equipment is available to borrow, ask our Membership Staff.



YMCA STUDIO CLASSES

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

All programs and classes included in membership!

HOURS OF OPERATION:

Mon - Fri, 6am - 10pm
Sat & Sun, 8am - 8pm

YMCA FITNESS CLASSES

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.

Instructor: Sam

Bootcamp

Push your limits with a high-energy mix of strength, cardio, and functional moves, followed by a recovery-focused mobility session to improve flexibility and movement. Perfect for all fitness levels!

Instructor: Denise

BOSU 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.

Instructor: Deanne

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.

Instructor: Denise

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.

Instructors: William, Pam & Jennifer

Nice & Easy

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

Instructors: Sue, Sam & Nancy

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.

Instructor: Denise

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.

Instructors: Sam & Teresa

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!

Instructors: Courtney, Sam & Anna

CHILD/YOUTH PROGRAMS

Child Mind

Well-trained staff care for your child(ren) while you take some time to work on your health and fitness.

Ages 6 months - 10 years.

***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

Supervised, unstructured physical activity in a cooperative setting. Engage in recreational activities in a non-competitive, healthy, fun, interactive manner in a safe environment.

Ages 5 - 11

LIVEWELL PROGRAM

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.

EXCEL PROGRAM

EXCEL

The **EX**ercise for **C**ancer to **E**nhance **L**iving Well 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.

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



Lunenburg County YMCA
75 High Street,
Bridgewater, NS
T: 902 543 9622
ymcasouthwestns.ca