

YMCA FALL 2026 FITNESS SCHEDULE

Effective August 30 - November 28 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	6:00-7:00AM CYCLE FUSION GRACE		6:00-7:00AM CYCLE FUSION GRACE		6:00-7:00AM CYCLE FUSION GRACE	
	8:00-8:50AM PUMP MOBILITY SAM		8:00-8:50AM PUMP MOBILITY SAM		8:00-8:50AM PUMP MOBILITY ANDREA	
	9:00-9:45AM BARRE FITNESS KIM	9:00-9:45AM BOOTCAMP ANDREA	9:00-9:50AM POWER UP KIM	9:00-9:45AM BOOTCAMP SAM	9:00-9:45AM POWER+ ANDREA	9:00-9:45AM BOOTCAMP ANNA
10:00-11:00AM YOGA WILLIAM	10:15-11:15AM NICE & EASY DENISE	10:00-11:00AM YOGA PAM	10:15-11:15AM NICE & EASY ANDREA	10:00-11:00AM YOGA PAM	10:30-11:30AM NICE & EASY NANCY	10:00-11:00AM CYCLE FUSION GRACE
	12:15-1:00PM PEDAL & PUMP SAM	11:30AM-12:30PM CHAIR FIT DENISE	12:15-1:00PM PEDAL & PUMP SAM	11:30AM-12:30PM CHAIR FIT DENISE	12:15-1:00PM PEDAL & PUMP DEANNE	
	1:30-2:30PM ACTIVE FOR LIFE* DENISE		1:30-2:30PM ACTIVE FOR LIFE* DENISE			
		BEGINS SEPT 8 5:15-5:50PM RHYTHM RIDE DOUG	2:30-4:00PM RESERVED		2:30-4:00PM RESERVED	
		6:00-7:00PM  ZUMBA JENN	5:30-6:30PM TOTAL BODY MOBILITY DENISE	6:00-7:00PM  ZUMBA JENN		5:30-7:30PM YOUTH ZONE BEGINS SEPT 19



CHILD MIND

TUE/TH/SAT 8:45-11:15AM

M/T/TH 5:30-7:00PM

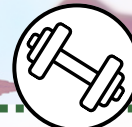
SUN 4:00-6:00PM

*Pre-registration is required for Child Mind by calling 902-543-9622.



LIVEWELL & SPECIALITY PROGRAMS

*Registration is required. See details on the back for more information.



YMCA CLASSES

Drop ins welcome!

HOURS OF OPERATION:

Mon - Fri, 5:45 am - 10 pm

Sat & Sun, 8 am - 8 pm

DAY PASS PRICING

Youth (11-18), \$6.25

Adult (19+), \$9.37

Recreation (5+), \$3.15

YMCA FITNESS CLASSES

Barre Fitness

This ballet-inspired, low-impact workout improves balance, strength, and muscle tone using small, controlled movements. Class may use a chair, wall, balls, or bands. All fitness levels welcome.

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!

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.

Cycle Fusion

Cardio meets weights in this high-energy ride! Pedal to the beat while using light weights to tone your upper body—all set to motivating music in the studio. Get ready to sweat, sculpt, and have fun!

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.

Pedal & Pump

A 45-minute hybrid class combining cycle and strength training for a full body workout that builds endurance and power.

Power+

A high-energy strength class using heavier weights, compound movements, and supersets for a challenging full-body workout. Not cardio-based, but guaranteed to raise your heart rate and unleash your inner beast.

Power Up

A 50-minute, high-rep strength workout using barbells, hand weights, and bodyweight, set to upbeat music and targeting all major muscle groups.

Pump Mobility

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

Rhythm Ride

This energizing ride is all about cycling to the rhythm of the music, pushing together, and inspiring each other to be the best version of ourselves.

Total Body Mobility

A 60-minute, slow-paced class focused on flexibility, joint health, and controlled movement. Through guided mobility, stretching, and stability work, you'll improve range of motion, reduce stiffness, and build supportive strength; perfect for recovery days and everyday movement.



Zumba is a fun, high-energy dance cardio class set to Latin and international music—more like a dance party than a workout. All fitness levels welcome.

Child Mind

Supervised care for children **9 months – 10 years** while you focus on your work out.

***Pre-registration required: 902-543-9622.**

Registration opens three days in advance and closes one hour before the program starts.

\$3.15/hr per child or included with a Family Membership.

LIVWELL & SPECIALITY PROGRAMS

***Registration is required.**

Email Denise.Daury@ns.ymca.ca for more information on how to register.



YMCA of Southwest Nova Scotia
75 High Street, Bridgewater, NS
T: 902 543 9622
ymcasouthwestns.ca

Shine On  **Southwest Nova Scotia**