YMCA WINTER 2026 FITNESS SCHEDULE

Effective November 29 2026 - February 27 2027

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 **SAM**	
	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**
Enjoy an extended 20 min Shavasana on the last Sunday of each month	12:15-1:00PM PEDAL & PUMP **ANDREA**	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**			
		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

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

Shine On Southwest Nova Scotia

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
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.

LIVEWELL & 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