

# 2020 Early Winter Fitness Programs

Effective November 2nd, 2020

2020 EARLY WINTER FITNESS PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning				<b>DAY CHANGE</b> 7:30AM - 8:15AM PEDAL & PUMP* KIM (YMCA STUDIO)		
	9:30AM-10:15AM BOOT CAMP COURTNEY (YMCA STUDIO)	<b>NEW CLASS</b> 9:30AM-10:15AM BOOT CAMP LORI (YMCA STUDIO)	9:30AM-10:15AM CYCLE FIT* ALICIA (YMCA STUDIO)	9:30AM-10:15AM BODY FLEX KAREN C. (YMCA STUDIO)	9:30AM-10:15AM CYCLE FIT* ALICIA (YMCA STUDIO)	9:30AM-10:30AM YOGA TERESA (YMCA STUDIO)
	10:45AM-11:30AM NICE & EASY ANDREA (YMCA STUDIO)	<b>NEW CLASS</b> 10:45AM-11:30AM NICE & EASY ALICIA (YMCA STUDIO)	10:45AM-11:30AM NICE & EASY ALICIA (YMCA STUDIO)	10:45AM-11:45AM YOGA PAM (YMCA STUDIO)	10:45AM-11:30AM DANCERCISE KAREN W. (YMCA STUDIO)	
		10:30AM-11:15AM DANCERCISE KAREN W. (LCLC STUDIO) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>			<b>YMCA STUDIO CLASSES</b>	
Afternoon		12:00PM-12:45PM AQUA FIT ANDREA (LCLC POOL) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>		12:00PM-12:45PM AQUA FIT ALICIA (LCLC POOL) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>	<b>LCLC STUDIO CLASSES</b>  *Daily pre-booking required and starts at 6am for all YMCA classes, phone 902-543-9622 Limited to maximum of 14 participants	
		12:30PM-1:15PM BODY FLEX CHRISTA (YMCA STUDIO)		12:30PM-1:15PM BOOT CAMP LORI (YMCA STUDIO)		
Evening	5:30PM-6:15PM GFT ROTATING (LCLC STUDIO) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>				<b>LCLC AQUA-FIT CLASSES</b>  *Weekly pre-booking required and starts Monday, 6:30am for all LCLC Aqua-fit classes phone 902-530-4100 or register online Limited to maximum of 50 participants	
			7:00PM-7:45PM AQUA FIT KAREN S (LCLC POOL) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>			
	7:00PM-8:15PM YOGA JOANNE (LCLC STUDIO) <i>*YMCA MEMBERSHIP REQUIRED TO ACCESS CLASS</i>					

Check our Facebook page for daily program updates!

## HOURS OF OPERATION

Mon-Fri 6am-9pm  
Sat & Sun 9am-5pm



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



## DROP-IN PROGRAMS

Ages 12+

Aqua-fit 

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

Body Flex

A non-cardio class featuring strength and resistance exercises that will get your muscles working!

Boot camp

This class is about improving your strength and stamina through a mix of cardio and strength exercises.

Cycle Fit

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

Dancercise

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

General Fitness Toning  
(GFT)

This full-body workout includes intervals of cardio and resistance for a great workout.

Pedal & Pump

A cycle fit class combined with the strength exercises to work the entire body.

Nice & Easy

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

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.

2020 EARLY WINTER FITNESS PROGRAMS

SAVE THE DATE...

Holiday Promotion  
December  
1st to 31st

STRONG KIDS  
CAMPAIGN

Make a donation during  
and help us build  
healthier families!

**Members:** All programs included in your membership

**Non-Member Drop-In:** Adults (19+) \$9.00 Youth (12-18) \$6.00

*Have you met with a  
certified Wellness Leader  
or had your body  
composition complete?  
Free with your  
membership!*



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