

READY, SET, SUMMER!

SCHEDULE & DESCRIPTIONS

YWCA Health + Fitness Centre is proud to present the summer group fitness workshop and class series, **Ready, Set, Summer!** The workshops are great for those new to exercise or wanting to focus and improve technique. Also, try a new activity by participating in the classes!



Color Legend

Workshop

Class

Aqua Class (10:15 - 11:00 AM)

Times | Studios

Saturdays, 12:00 - 12:45 PM | Studio 1

Sundays, 8:30 - 9:30 AM | Studio 2

Wednesdays, 6:30 - 7:15 PM | Studio 2

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22 Yoga Nidra for Summer Solstice with Jill	23	24	25 Improved Movement Better Results with Jody & Dylan
26	27	28	29 Assets with Sara	30		

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Core Activation with Jenna	7	8	9 Cardio Bootcamp with Jen
10 Indoor Cycling with Diana	11	12	13 Iron Yoga with Emily	14	15	16 EmPOWER! with Leila
17 Indoor Cycling with Diana	18	19	20 Balance Your Energy Field with Adina	21	22	23 Cardio Bootcamp with Jen
24 Indoor Cycling with Diana	25	26	27 Tips, Tricks & Techniques with Catherine	28	29	30 Cardio, Core & Stretch with Johanna

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 10:15 - 11:00 AM Summer Pool Party Fitness Class with Meagan
7 Indoor Cycling with Diana	8	9	10	11	12	13 DanceFit Summer Vibes with Johanna
14 Indoor Cycling with Diana	15	16	17	18	19	20 Cardio Bootcamp with Jen

DESCRIPTIONS

CLASSES

[Yoga Nidra for Summer Solstice with Jill | Wed, June 22, 6:30 - 7:15 PM, Studio 2](#)

Through yoga nidra your inner and outer awareness meets to help you restore, heal and transform. This ancient yogic practice induces the deepest possible form of relaxation while in a full meditative state of consciousness. This is a guided meditation practiced in Savasana.

[Assets with Sara | Wed, June 29, 6:30 - 7:15 PM, Studio 2](#)

Assets is a high intensity, low impact workout that is inspired by Pilates and Barre. Expect lots of lunges, squats, pulses, deep core work with sprinkles of low impact cardio throughout. Class is set to tempo and to upbeat and uplifting music.

[Cardio Bootcamp with Jen](#)

| Sat, July 9, 12:00 - 12:45 PM, Studio 1

| Sat, July 23, 12:00 - 12:45 PM, Studio 1

| Sat, Aug 20, 12:00 - 12:45 PM, Studio 1

This high-intensity cardio circuit class is designed for the aspiring athlete in all of us.

Using a variety of equipment, this class will strengthen your muscles and heart.

[Indoor Cycling with Diana | Sundays, July 10 - August 14, 8:30 - 9:30 AM, Studio 2](#)

Cycle classes are a great cardio workout for everyone. Maximize your caloric expenditure while utilizing the power of your internal motivation.

[Iron Yoga with Emily | Wed, July 13, 6:30 - 7:15 PM, Studio 2](#)

Iron Yoga is a class that will engage all of your body and mind by integrating light weights into a yoga practice for improved balance, coordination and strength.

[EmPOWER! with Leila | Sat, July 16, 12:00 - 12:45 PM, Studio 1](#)

Move, sweat and celebrate what your mind and body can do with agility, boxing, cardio & strength intervals. Be in power! Be ready! Be in control!

DESCRIPTIONS

CLASSES

Cardio, Core & Stretch with Johanna | Sat, July 30, 12:00 - 12:45 PM, Studio 1

This fun, fast-paced intervals class includes a dynamic warm-up, 30-minute cardio-core mix, 10-minute roll & stretch with options for all levels. Hello good mood, hello great playlist!

Summer Pool Party Fitness Class with Meagan | Sat, Aug 6, 10:15 - 11:00 AM, Pool

Let's get s'wet! Everyone welcome for great tunes, good vibes, inclusive exercise and lots of endorphins- see you at the pool!

DanceFit Summer Vibes with Johanna | Sat, Aug 13, 12:00 - 12:45 PM, Studio 1

Celebrate summer with a sun-themed mood-boosting 360* dance fitness class. Improve your cardio, core and coordination with easy-to-follow options for everybody.

WORKSHOPS

Improved Movement | Better Results with Jody & Dylan | Sat, June 25, 12:00 - 12:45 PM, Studio 1

An informative and fun LITE SQUARED® workshop on improving your exercise techniques for better movement in the gym, fitness classes, and daily activities. Everyone welcome.

Core Activation with Jenna | Wed, July 6, 6:30 - 7:15 PM, Studio 2

This workshop will teach you about the anatomy of the spine and how to activate those deep abdominal muscles for safe exercise practice.

Balance Your Energy Field with Adina | Wed, July 20, 6:30 - 7:15 PM, Studio 2

Evidence and experience show that the electromagnetic field that surrounds our body can also impact how we feel physically and

psychologically on a daily level. Learn more about this energetic part of you, with practical takeaways to provide space for you to continue exploring this concept on your own.

Tips, Tricks & Techniques with Catherine | Wed, July 27, 6:30 - 7:15 PM, Studio 2

Learn the fundamentals of resistance training techniques. Whether you are using machines or free weights, this workshop will teach you correct technique along with tips and tricks to increase your lifts.



STAY CONNECTED



Our **website** is always updated with the latest information such as programs, schedules, and member alerts.



Check out our **Facebook** page for fun workout videos, member draws, and events you don't want to miss.