

# Drop-In Land Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 - 8:45 am					Cardio & Sculpt Mix Up		
9:00 - 10:00 am				Step/Aerobic Interval			
9:30 - 10:30 am		Zenfit (9:30 - 10:45)	AM Energizer		Zenfit (9:30 - 10:45)		
9:45 - 11:00 am						Step & Pump	
12:10 - 12:50 pm	Noon Step	Aerobic Interval	Noon Step	Crazy Core	Noon Step		
3:15 - 4:15 pm		Gentle Fitness		Gentle Fitness			
4:00 - 5:15 pm	Member Time	Member Time 4:30 - 5:15	Member Time	Member Time 4:30 - 5:15	Member Time		
5:30 - 6:30 pm	Step Class	Y-Bo Weight Training	Interval Body Blast	Step Class			
6:30 - 8:30 pm						Member Time	Member Time
6:45 - 7:45 pm	Cardio Kick	Yoga	Cardio Boot Camp				

There will be NO fitness classes May 17, 18 & 19

## Interested in becoming a land fitness instructor?

Fitness on 25th | YWCA Saskatoon offers Land and Aquatic Group Fitness Certification.  
Ask our Customer Service Staff for more details.

Fitness on 25th|YWCA Saskatoon reserves the right to change and/or cancel programs or close all or part of the facility for maintenance and/or special bookings. Fitness on 25th Memberships will not be extended nor will the holder be compensated for these changes, cancellations or closures.

# April 7 - June 29, 2008

### NOON STEP:

Monday/Wednesday/Friday • 12:10 to 12:50 pm

CANCELLED May 19

Energize your workday by joining us for 40 minutes of simple yet challenging step patterns that will elevate your mood as well as your heart rate. Includes full body muscle sculpting and relaxing stretch.

### STEP CLASS:

Monday/Thursday • 5:30 to 6:30 pm - CANCELLED May 19

Hard day at work? Need a stress reliever? Come and try our step class. A combination of cardio, strength training and ab work.

### STEP 'N PUMP:

Saturday • 9:45 to 11:00 am - CANCELLED May 17

A combination of stepping and muscle sculpting. Good starting point for beginner steppers, although all levels are accommodated.

### INTERVAL BODY BLAST:

Wednesday • 5:30 to 6:30 pm

A cardio/strength class that combines a variety of moves, intensities, and formats including step, weights, hi-low and muscle work finishing off with a great stretch! A great class for both women and men – no choreography – easy and effective moves!

### GENTLE FITNESS

Tuesday/Thursday • 3:15 to 4:15 pm

A low bounce fitness class that includes flexibility, stretching, weights, step routine and complete relaxation. Includes friendly people!

### CARDIO KICK:

Monday • 6:45 to 7:45 pm - CANCELLED May 19

Traditional sports conditioning combined with martial arts moves. Develop speed, increase strength, flexibility, agility, and balance. A fun, high energy workout.

### CARDIO BOOT CAMP:

Wednesday • 6:45 to 7:45 pm

The cardio component of this class is a high intensity combination of athletic moves, and step combined with muscle sculpt using a variety of equipment and techniques. This class will provide a total body workout while making you sweat!

### ZENFIT

Tuesday/Friday • 9:30 to 10:45 am

Comprehensive, restorative, and deceptively gentle, ZenFit classes incorporate elements of dance, tai chi and yoga and are comprised of several components: balance, strength, cardiovascular endurance, coordination, memory training, flexibility and relaxation.

### STEP/AEROBIC INTERVAL:

Thursday • 9:30 to 10:30 am

High intensity intervals of Step Aerobics, High-Low and Muscle Sculpting. Intermediate to advanced level.

### AEROBIC INTERVAL:

Tuesday • 12:10 to 12:50 pm

High intensity aerobic intervals. Get your heart pumping and body moving in this fast paced, high energy class.

### YOGA:

Tuesdays • 6:45 to 7:45 pm

Designed for people who want a strong workout as well as the benefits of traditional yoga: flexibility, strength and relaxation. No previous Yoga experience necessary.

### YBO WEIGHT TRAINING

Tuesday • 5:30 to 6:30 pm

Designed to give you a total body workout and toning, this is an interval class that combines basic kickboxing moves with weight training. Great for participants of all levels.

### AM ENERGIZER:

Wednesday • 9:30 to 10:30 am

Class includes a warm up, cardio, cool down and more to get you ready for the day. Great for participants of all levels.

### CRAZY CORE:

Thursday • 12:10 to 12:50 pm

The perfect workout focusing on your centre - abdominals, back, hips and chest. Improve your posture, gain abdominal stability, tone up your muscles, and get a stronger, healthier body.

### CARDIO & SCULPT MIX UP:

Friday • 7:45 to 8:45 am CANCELLED May 19

This class will keep you guessing! Anything from fast paced cardio to intense muscle sculpting. The class style will vary week to week, and will have a little something for everyone!

*NOTE: All instructors are certified and many have additional years of training in aquatics, fitness and strength training.*

*If you have any questions or comments about the class, please speak to the instructor.*

*They are happy to help!*

### MEMBER TIME IN GYMNASIUM:

Designated time for drop-in basketball.

Monday/Wednesday/Friday • 4:00 - 5:15 pm

Tuesday/Thursday • 4:30 - 5:15 pm

Saturday/Sunday • 6:30 - 8:30 pm

CANCELLED Apr 18, 19, May 9, 10, 17, 18, 19, Jun 6 & 7

*WE ALLOW 15 MINUTES BEFORE AND AFTER ALL CLASSES FOR SET UP AND TAKE DOWN. THE GYM IS NOT OPEN FOR DROP-IN BASKETBALL DURING THESE TIMES.*

#### **Interested in becoming a land or aquatic fitness instructor?**

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