

## Adult Programs (12Y and Up)

### Dance

#### BELLY DANCING • LEVEL 1, 2 & 3 Age: 12Y and Up

Ladies of all shapes, sizes and ages can learn this beautiful, feminine dance form! Hip, torso, arm and shoulder movements will help tone muscles and enhance balance and coordination in a fun environment. Veils and a short choreographed piece will be done at the end of the session. No dance experience required. In Level 2 and 3 continue to develop muscle tone and coordination using combinations and choreographies of different dance styles (i.e. cabaret, zil, drum, candle, etc). Some experience with a veil is required. Prerequisite: two sessions of Belly Dance 1 or previous dance experience.

#### BOLLYWOOD Age: 12Y and Up

Bollywood dance blends the Indian folk dance Bhangra with movement from Belly Dancing and many other styles. Often mixed with popular western styles including: modern, jazz and hip hop dancing, Bollywood dance is an invigorating way to dance and add a little spice to your routine.

#### SOCIAL DANCE Age: 12Y and Up

Grace the dance floor with classics like the Fox Trot, Rhumba, Waltz, Jive and Two Step in Level 1. In Level 2, master advanced steps and styles of dances learned in Level 1. The price is per couple—you must register as a couple.

#### ZUMBA Age: 12Y and Up

This class will take you through basic salsa, reggaeton, flamenco and cumbia steps with a fitness flare.

### Health/Wellness | Athletics/Sports

#### ABC • AQUA BODY CONDITIONING Age: 12Y and Up

This class uses omni directional drag force resistance based equipment, which allow participants to vary their intensity. Ranging from gentle movements that aid in developing flexibility and muscle refinement, to intense all-out movements that build mass, endurance and strength. A great water workout for everyone from athletes to casual fitness enthusiasts.

#### ACTIVE OLDER ADULTS • FITNESS Age: 55Y and Up

Join us for a fun-filled, dryland class that focuses on cardio, strength resistance, core stability and flexibility.

#### BABY & ME H<sub>2</sub>O WORKOUT Age: 16Y and Up

Have fun with your baby while getting into shape! Experience aerobic conditioning, build strength and stretch while your little one floats right beside

you in their own personal floatation device. Your baby will love being in the water while you experience this playful way of getting fit! Babies ages 6-18 months are welcome.

#### BOXER'S WORKOUT Age: 12Y and Up

Get a taste of key boxing training principles such as shadow boxing, circuit training and skipping. You'll work with various equipment and have the option of sparring to round out your experience.

#### CROSSFIT Age: 16Y and Up

The ultimate all-round strength and conditioning program is here! Offered in conjunction with CrossFit Calgary, CrossFit uses a variety of exercises that draw the maximum benefits of gymnastics, weight and cardio training. You pick the intensity. Whether you're an elite athlete or just looking to improve overall fitness, put in the work and you will see results.

#### HARD CORE Age: 12Y and Up

Increase strength, balance and stability with exercises that concentrate on the lower back, abdominal and gluteal muscles.

#### HEALTHY LIVING Age: 12Y and Up

Come join a class specifically designed for people who have chronic conditions and/or have survived a cardiac event. Graduates of the Living Well Program and/or Cardiac Wellness are encouraged to enroll in this class to keep up their level of fitness. Class will be in a group setting including cardiovascular activities and resistance training. Participants must have clearance from their doctor to participate.

#### NIA TECHNIQUE Age: 12Y and Up

Connect to your spirit! Every Nia class uses movements and concepts from dance, martial arts and healing arts. Coupled with varied musical styles and sounds, Nia Technique is a holistic fitness program that stimulates the nervous system in a healthy way, leaving you feeling rejuvenated and fully alive.

#### OUTDOOR BOOTCAMP Age: 12Y and Up

Improve your fitness with bootcamp classes designed to use outside elements to improve muscular strength, endurance and cardio.

#### POST-NATAL FITNESS Age: 16Y and Up

Bring your baby (under twelve months) to a class that incorporates cardio, core work, resistance training and stretching designed to be safe and effective for new moms. Share experiences with others while using body weight, free weights and baby's weight to maximize your workout.

Visit [www.ymccalgary.org](http://www.ymccalgary.org) for program details such as dates, times, cost and branch availability.

## Adult Programs (12Y and Up)

### RUN FOR YOUR LIFE

Age: 12Y and Up

Are you a 5K to marathon runner wanting a little more? Join us for a variety of workouts including hills, tempo, intervals, circuit training and technique to give you the skills to become a better runner. Gord Hobbins from Gord's Running Store teaches the course at the Eau Claire branch.

### SPORTS PERFORMANCE

Age: 16Y - 18Y

Are you feeling the pressure of that season right around the corner? Are you out of shape and worried about that try-out a month from now? Our staff have put together a sport specific plan for you that will prepare you for any upcoming sport season. Whether it's hockey, football or lawn bowling we will prepare you for it all. You will learn the basics of weight training, principles of lifting, gym etiquette, proper lifting techniques, basic anatomy of the body as well as better nutritional values. This course also incorporates plyometrics, agility, power, aerobic and anaerobic endurance and core strength. We will prepare you to succeed and set you on the right track.

### VOLLEYBALL • RECREATIONAL INDIVIDUAL

Age: 16Y and Up

Have fun and make new friends in our recreational volleyball experience. Sign up with a friend or as an individual participant and be grouped with others. Learn to play volleyball whether you're just a beginner or if you're a seasoned vet. All levels are welcome.

## Health/Wellness | Martial Arts

### CAPOEIRA

Age: 12Y and Up

Capoeira is a Brazilian mixed martial art developed 500 years ago by the slaves of Brazil who were forced to disguise their art form by incorporating elements of dance and acrobatics. Our classes are for people of all ages and abilities and involve cardiovascular and muscular components as well as various forms of Brazilian music. A practice of martial arts mixed with dance, and core and muscle building.

### TAI CHI • LEVEL 1 AND 2

Age: 12Y and Up

Learn ancient techniques to centre your focus and improve your mental and physical stamina.

## Health/Wellness | Resistance Training

### RESISTANCE TRAINING

Age: 12Y and Up

#### Resistance Training • Level 1

Learn the fundamentals of strength and conditioning training in a fun and supportive environment. Classes will teach you to apply resistance training skills and knowledge to daily healthy active living.

#### Active Older Adults • 55Y and Up

Discover the health benefits of resistance training. Learn safe, effective ways to progress your workout using a variety of equipment.

#### Resistance Training • Golf

Improve your game with this sport-specific conditioning program designed to increase the strength, flexibility and endurance you need for golf.

#### Resistance Training • Intervals Only

Gear up for a fun and exciting work out incorporating resistance training and cardio. Using interval training, this class will help you increase your metabolism and fat burning potential!

#### Resistance Training • Triathlon

Target your resistance training for strength, stability and the endurance you'll need for the three disciplines of triathlon.

#### Resistance Training • TRX Bootcamp

Discover new training techniques with the TRX Suspension trainer. This is a bootcamp style class with a large portion of the class dedicated towards learning advanced exercises on the TRX suspension trainer.

#### Resistance Training • Women

Discover the principles and benefits of women's resistance training. A pre/post natal focus is also available. Explore concepts such as training splits, tempo training and exercise variations including stability ball resistance training.



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## Adult Programs (12Y and Up)

### Mind/Body | Fusion

#### FUSION Age: 12Y and Up

##### Fusion

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance, flexibility, increases stamina and focuses the mind while cleansing the spirit.

##### Fusion • Integrated Yoga

This program is specifically designed for the fitness industry to introduce the practice of yoga from a physical perspective. This program will teach you the foundation of physical yoga postures that can be easily blended with fitness strength, balance and flexibility exercises. The series of yoga postures presented in this class are specifically chosen to be taught from a fitness perspective emphasizing mindfulness, attention to form, proper exercise and/or posture execution and breathing techniques. There is a strong emphasis on body alignment, movement technique and modifications for mixed abilities.

##### Fusion • Post-Natal

Post-Natal Fusion challenges strength, balance, flexibility, increases stamina, and focuses the mind while cleansing the spirit.

### Mind/Body | Pilates | Yoga

#### PILATES MAT CLASS Age: 12Y and Up

##### Pilates • Level 1 & 2

In Level 1, build flexibility, balance and core stability through this functional workout. In Level 2, push your Pilates experience up a notch. If you have taken at least one session of Pilates Mat Class Level 1, you are ready to move to Level 2.

##### Pilates • Bootcamp

Totally target your core! Learn the Pilates technique to flatten your abdominal muscles. Transform and strengthen your entire body without building bulk or stressing your joints. Pilates is the perfect complement to cardiovascular exercise, athletic training or rehabilitation.

##### Pilates • Golf

Improve posture alignment, coordination and stability through a combination of balance, core strength and muscular endurance. Pilates for golfers will help to improve flexibility and fluidity to enhance your golf game.

##### Pilates • Integrated Core

The next evolution in pilates training. This program will combine the latest in core training, pilates mat exercises and evolved pilates exercises to enhance your core workout.

##### Pilates • Mom & Baby

Try a specialized class specific to your fitness goals. Build flexibility, balance and core strength through this functional workout with your baby. Babies are 6-weeks-old to crawling.

##### Pilates • Multi-level

Build flexibility, balance and core stability through this functional workout. This class will combine Pilates Levels 1 and 2.

#### YOGA Age: 12Y and Up

##### Yoga Intro

This class is for people who are interested in yoga and want to build a strong foundation for their practice. It will help participants to improve flexibility, increase breath awareness, and become versed in deep relaxation. The instructor will take time to teach each pose and will help participants to find ease and relaxation throughout their practice. Introduction to yoga is recommended for all ages and is sure to leave you feeling revitalized, de-stressed and relaxed.

##### Yoga Level 1 & 2

Revitalize your body and spirit. Level 1 Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques. Level 2 will help to develop your yoga practice further through advanced positions and poses. Level 2 is appropriate for people who have taken Yoga Level 1.

##### Family Yoga • 8Y and Up

Enjoy stretching, strengthening and communicating with family members using movement and interaction. This class is designed to bring busy families together.

##### Gentle Yoga

Be kind to your body. This features Hatha yoga that emphasizes gentle poses as well as breathing techniques.

##### Yoga • Mom and Daughter • 8Y and up

Enjoy stretching, strengthening and communicating with one another using movement and interaction. This class is designed to bring busy mothers and daughters together.

##### Multi-level Yoga

Revitalize your body and spirit. Hatha yoga classes teach you flexibility, strength, relaxation, stress management and breathing techniques. Develop your yoga practice further through advanced positions and poses.

##### Power Yoga

Revitalize your body and spirit. Take your yoga practice to the next level with this advanced version of the ancient art.

##### Pre-natal Yoga

Tap into Hatha yoga to help with a healthy pregnancy, delivery and recovery. This course features poses, breathing and relaxation techniques to support your pregnancy.

##### Yoga for Runners

This yoga program is designed to meet the needs of runners and will address specific areas of tightness and muscle imbalances, help prevent and overcome injuries and enhance physical conditioning. It will improve your flexibility, core strength, balance and endurance as well as help you develop better breathing patterns and running form. Discover how yoga will benefit your training both physically and mentally.

##### Toddler Time and Parent Yoga • 7M and up

Take a break and spend 45 minutes in a group yoga class while your toddler is busy creating works of art and playing with others in the gym.

##### Yoga, Belly Dance Groove

Feel alive in this invigorating class combining basic belly dance moves with energetic and calming yoga poses. No experience necessary.

##### Yoga Flex Pass

Can't commit to a full session of yoga classes? Or maybe you want to try before you buy. This pass allows you to drop into select registered classes. You can try different instructors and various times. Just check out the gym and pool schedule for available classes noted by " ✓ " (checkmark symbol).

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