



Chilliwack YMCA Group Fitness Classes

Name	Previous Name	Class Description	Sample Exercises	Who it's Designed for
Yoga & Stretch				
Y Hatha Yoga	Hatha	An introduction to basic breathing techniques, postures, and relaxation exercises.	Breathing, stretching and easy to follow yoga movements.	Those new to yoga as well as anyone looking to focus on their breath.
Y Vinyasa Yoga	Vinyasa	An emphasis on postures that synchronize your breath and movement, this class helps you develop core strength, breath awareness and improve your spine's alignment.	Poses that help your core strength and flexibility.	Those looking to try a variety of poses.
Y Restorative Yoga	New!	A style of yoga that encourages physical and mental relaxation to help soothe the nervous system and promote rest.	Relaxing easy to follow movements focusing on long holds, stillness, and deep breathing.	For those who like yoga at a slower pace.
Y Stretch	Strength & Stretch	This class helps condition and stretch your various muscle groups through passive and dynamic stretch routines and techniques with some strength work to help you increase range of motion.	Dynamic and passive stretches lying on mats.	Anyone who is looking to increase their mobility and flexibility.
Cardio				
Y Cycle	CycleFit	Cycle your way to good health. A class of varying intensity, suitable for	All bike work, using a variety of hill work and interval training at various speeds and intensities.	Anyone who loves to sweat using their bicycle!
Y Dance	Cardio Dance	A fun workout while dancing to popular music.	Dance moves to different styles and genres of music.	Dancers! No experience needed.
Y Sweat	Bootcamp, Total Sculpt, Gauntlet, Plyofit	A high-speed, high-energy class with a variety of bodyweight moves to increase your stamina.	Burpees, jumping & plyometric exercises, mountain climbers, plank variations and sprints.	Anyone that enjoys a high energy class and wants to get moving.
Y Step	Pure Step	Pure Step uses an adjustable, non-slip platform step for a calorie-burning, stamina enhancing class to suit all fitness levels	Variety of marches, and forward, side and backwards moves along with some overhead work, using only a step	Anyone who loves to step and wants to keep it simple and effective
Strength				
Y Strength	Total Sculpt	Using barbells, dumbbells and your own bodyweight, this powerful workout will have you feeling a burn long after you are finished.	Squats, thrusters, push ups, and overhead presses.	Anyone that wants to build muscle and lift weights in a class environment
Q Strength Q Strength Gentle		Queenax is a functional fitness station that allows everybody to explore an infinite range of natural movements and exercises. Based on the pillars of natural human movement, we present a sequence of four exercises that will help you strengthen your whole body in a functional way.	Push/Pull/Squat/Lunge/ Hinge/Rotation/ Gait	We offer two levels of the Q Strength classes. Gentle- Ideal for those new to exercise, Older Adults or anyone with mobility restrictions and injuries. Q-Strength- For the everyday active

				member... a great place to start from beginner to intermediate.
Gentle				
Y Gentle Cardio	Gold Classes Lifestyle	A low impact class to help regain fitness after injury or increase strength and endurance through slower technique work.	Walking and march variations focusing on balance and coordination and cardio.	Anyone returning from injury, new to fitness or older adults.
Y Gentle Basics	Gold Classes	A seated class designed to improve posture, co-ordination, endurance strength and balance	Seated and chair based low impact exercises.	Anyone returning from injury or older adults.
Aquatics				
Y Aquafit	Aquafit	A fun cardio workout in deep water. Floatation belts are available.		
Y Gentle Aquafit	Gentle Aquafit	A joint-friendly slower paced shallow water workout.		