

Edition 5
Hours of Operation
 Monday to Friday
6:00 - 10:30
 Saturday, Sunday & Holidays
7:00 - 8:00
BOLD indicate morning times



YMCA - YWCA
 We build strong kids,
 strong families, strong communities.

Downtown
 301 Vaughan Street
 Winnipeg, MB
 R3B 2N7
 T: 947.3044
 F: 943.6159
www.ywinnipeg.ca

FITNESS SCHEDULE

SCHEDULE IN EFFECT SEPTEMBER 12, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	@Bootcamp 6:30 – 7:45 Sept 20 – Oct 28 Jan 10 – Feb 17 Apr 10 – May 18			@Bootcamp 6:30-7:45 Sept. 20 – Oct 28 Jan. 10 – Feb 17 Apr. 10 – May 18	<i>Cycle Fit programs available October 3, 2011 – April 29, 2012</i>	
Barbell Blast 6:45 – 7:30	Cycle Fit 6:45 – 7:30	Body Sculpt 6:45 – 7:30	Cycle Fit 6:45 – 7:30			Shallow Water Aquafit 10:00 – 10:45
				Low Impact 10:00 – 10:45		
Gentle Aquafit 11:00 – 11:45		Gentle Aquafit 11:00 – 11:45		Gentle Aquafit 11:00 – 11:45	Cycle Fit 10:00 – 10:45	
	Body Link 11:15 – 12:00			Body Link 11:15 – 12:00	Barbell Blast 11:00 – 11:45	
Body Sculpt 12:05 – 12:50	Cardio Combo 12:05 – 12:50	Barbell Blast 12:05 – 12:50	Step 12:05 – 12:50	Athletic Training 12:05 – 12:50		Cycle Fit 12:00 – 12:45
	Cycle Fit 12:05 – 12:50		Cycle Fit 12:05 – 12:50		Fitness Centre Orientations An orientation to our equipment, basic training principles and member etiquette. Mon/Wed 4:00 Tues/Thurs/Fri 7:00 Sat/Sun 10:00 Personalized Exercise Program (P.E.P.) Pre-requisite: Fitness Centre Orientation Call 947.3110 ext. 300 to arrange an appointment, or email: dtadulprog@ymcaywca.mb.ca .	
Shallow Water Aquafit 12:05 – 12:50	Deep Water Aquafit 12:05 – 12:50	Shallow Water Aquafit 12:05 – 12:50	Deep Water Aquafit 12:05 – 12:50	Shallow Water Aquafit 12:05 – 12:50		
	@Bootcamp 4:45 – 6:00 Sept 20 – Oct 27 Jan 10 – Feb 16 Apr 10 – May 17		@Bootcamp 4:45 – 6:00 Sept 20 – Oct 27 Jan 10 – Feb 16 Apr 10 – May 17	Make Waves 1:00-1:45		
Step 5:00 – 5:45		Cardio Box 5:00 – 5:45		Cardio Combo 5:00 – 5:45	FITNESS CENTRE ETIQUETTE As a member of the YMCA-YWCA I will: <ul style="list-style-type: none"> - Wear appropriate workout attire including shirt and clean running shoes for indoor use - Wipe down all equipment after use - Keep food in the main lobby and use a water bottle - Put coats, outdoor shoes and gym bags in a locker - Respect the 30 minute time limit on all cardio equipment during peak hours - Avoid dropping weights and rack them after use - Attend a Fitness Centre orientation if I am between the ages 13-17 - Keep children 12 years and under out of the Fitness Centre for safety reasons - Be respectful of other members, the staff and the equipment 	
Deep Water Aquafit 4:45 – 5:30	Shallow Water Aquafit 4:45 – 5:30	Deep Water Aquafit 4:45 – 5:30	Shallow Water Aquafit 4:45 – 5:30			
@Zumba 6:00 – 7:00 Sept 19 – Nov 21 Jan 9 – Mar 12 Apr 9 – June 11	Body Sculpt 6:00 – 6:45	Barbell Blast 6:00 – 6:45				
Cycle Fit 6:00 – 6:45		Cycle Fit 6:00 – 6:45				
Body Link 7:00 – 7:45		@Zumba 7:00 – 8:00 Sept 21 – Nov 23 Jan 11 – Mar 14 Apr – June 13				
	Tae Kwon Do 7:00 – 8:00		Tae Kwon Do 7:00 – 8:00			

YMCA-YWCA of Winnipeg 2011-2012 FITNESS LEADERSHIP TRAINING PROGRAM

The YMCA - YWCA of Winnipeg has a long history of encouraging individuals to assume responsibility for themselves and the welfare of others. The YMCA developed the first nationally recognized Fitness Leadership Program in 1974, and has continued to train Fitness Leaders ever since.

In keeping with this history, we are continuously looking for new and dynamic volunteers to assist us as Fitness Leaders.

Here's how you can get involved!

STAGE ONE—Basic Theory (24 hours, Prerequisite: 16 years of age)

Basic Theory is the minimum prerequisite for all certification courses. It includes exercise science and general program development for all fitness professionals, coaches and/or avid participants. Course content will include basic anatomy and physiology, exercise design, biomechanics, nutrition, and more.

- Session 1: Wednesdays, September 28 – Nov 2, 2011, 6:00 – 10:00 p.m., South Branch Manual cost \$50.00 + GST
- Session 2: Mondays, January 9 – February 13, 2012, 6:00 – 10:00 p.m., West Portage Branch Manual cost \$50.00 + GST

STAGE TWO—Applied Theory (Prerequisite: Basic Theory)

At this stage, candidates can select a specialization: YMCA Group Fitness and/or YMCA Individual Conditioning. Group Fitness expands on fitness class leadership and includes topics such as class components, music, choreography and teaching techniques. Certification can be obtained in any of the following streams: Aquatic Fitness, Choreography based Group Fitness, Core Strength and Stretch, Group Cycle and Group Resistance.

The Individual Conditioning stream consists of 3 levels and helps fitness leaders build stronger relationships with YMCA members as well as develop a better understanding of the principles related to the conditioning of an individual and successful program planning.

- **Fundamentals of Group Fitness** (12 hours): Thursdays, November 10 – November 24, 2011, 6:00 – 10:00 p.m. Elmwood Kildonan Branch
Tuesdays March 6 – March 20, 2012, 6:00 – 10:00 p.m. Downtown Branch Manual cost \$20.00 + GST
- **Aquatic Fitness** (12 hours): April 13, 2012, 6:00 – 10:00 p.m., April 14, 2012, 9:00 – 5:30, Downtown Branch Manual cost \$45.00 + GST
- **Choreography Based Group Fitness** (8 hours): December 10, 2011, 9:00 – 5:30 p.m. Downtown Branch Manual cost \$20.00 + GST
- **Core Strength & Stretch** (12 hours): March 23, 2012, 6:00 – 10:00 p.m., March 24, 2012, 9:00 – 5:30 p.m. Elmwood Kildonan Branch Manual cost \$20.00 + GST
- **Group Cycling** (8 hours): February 25, 2012, 9:00 a.m. – 5:30 p.m. West Portage Branch Manual cost \$20.00 + GST
- **Group Resistance** (12 hours): March 23, 2012, 6:00 – 10:00 p.m., March 24, 2012, 9:00 a.m. – 5:30 p.m. Elmwood Kildonan Branch Manual cost \$20.00 + GST

Fundamentals of Group Fitness is a prerequisite for Aquatic Fitness, Choreography Based Group Fitness, Core Strength & Stretch and Group Cycling

STAGE THREE—Apprenticeship

To ensure that candidates are comfortable, safe, informed and confident to run enjoyable and safe program to participants, the YMCA offers an Apprenticeship Program to assist new instructors with the transition from participant to teacher.

STAGE FOUR—Practicum

This stage is an occasion for the soon-to-be fitness leader to instruct in a live setting with members under the guidance of a certified YMCA volunteer/staff.

STAGE FIVE—Evaluation/Certification

This is the final stage in becoming a certified YMCA Fitness Instructor.

You must be a member to register. Please see our Sales & Service staff for course registration. Registration deadline is one week prior to each course start date. If you have questions please contact Seema at ssaini@ymcaywca.mb.ca or your local branch.