

**Edition 2**  
**Hours of Operation**  
Monday to Friday  
**6:00** -10:30  
Saturday, Sunday & Holidays  
**7:00** -8:00  
**BOLD** indicate morning times



**South**  
5 Fermor Avenue  
Winnipeg, MB  
R2M 0Y1  
T: 233.3476  
F: 237.3173  
[www.ywinnipeg.ca](http://www.ywinnipeg.ca)

# FITNESS SCHEDULE

SCHEDULE IN EFFECT January 9, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Shallow Water Aquafit <b>8:30-9:15</b>	Deep Water Aquafit <b>8:30-9:15</b>	Shallow Water Aquafit <b>8:30-9:15</b>			
Shallow Water Aquafit <b>9:15-10:00</b>	<b>Begins January 31, 2012</b> Deep Water Running <b>9:15-10:00</b>	Shallow Water Aquafit <b>9:15-10:00</b>	Deep Water Aquafit <b>9:15-10:00</b>	Deep Water Aquafit <b>9:15-10:00</b>	Circuit Training <b>9:15-10:00</b>	Shallow Water Aquafit <b>9:00-9:45</b>
Body Sculpt <b>9:15-10:00</b>	Body Link <b>9:15-10:00</b>	Cardio Combo <b>9:15-10:00</b>	90-60-30 <b>9:15-10:00</b>	Step <b>9:15-10:00</b>	Cycle Fit <b>9:15-10:00</b>	
	Cycle Fit <b>9:15-10:00</b>		Cycle Fit <b>9:15-10:00</b>			
Step <b>10:00-10:45</b>		Barbell Blast <b>10:00-10:45</b>		Body Link <b>10:00-10:45</b>	Body Link <b>10:00-10:45</b>	
					Deep Water Aquafit <b>11:45-12:30</b>	Cardio Combo 1:00-1:45
Low Impact 1:00-2:15	Low Impact 1:00-2:15	Low Impact 1:00-2:15	Low Impact 1:00-2:15	Low Impact 1:00-2:15	<p style="text-align: center;"><b>Fitness Centre Orientations</b>  An orientation to our equipment, basic training principles and member etiquette.  <b>Mon 11:00</b>  Tues / Wed / Thurs 7:00  Sat / Sun 3:00</p> <p style="text-align: center;"><b>Free Weight Orientations (Fitness Studio)</b>  An Orientation to the free weight equipment including proper technique and modifications.  <b>Pre-requisite:</b> Fitness Centre Orientation  Sun <b>10:00</b> Mon 7:30</p>	
Gentle Aquafit 2:15-3:00			Gentle Aquafit 2:15-3:00			
	Cycle Fit 6:00-6:45					
Cardio Combo 6:00-6:45	Step 6:00-6:45	Barbell Blast 6:00-6:45	Step & Sculpt 6:00-6:45	<p><b>Personalized Exercise Program (P.E.P.)</b>  A one-on-one consultation with Y staff to develop an individual program to meet your personal fitness goals.  Call 233.3476 to arrange an appointment or email:  <a href="mailto:svadultprog@ymcaywca.mb.ca">svadultprog@ymcaywca.mb.ca</a></p>		
Body Link 6:45-7:30	Body Sculpt 6:45-7:30	90-60-30 6:45-7:30	Body Link 6:45-7:30			
Deep Water Aquafit 7:30-8:15	Shallow Water Aquafit 7:30-8:15	Deep Water Running 7:30-8:15	Shallow Water Aquafit 7:30-8:15			

**FITNESS CENTRE ETIQUETTE**

*As a member of the YMCA-YWCA I will:*

- 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 of 13-17
- Be respectful of other members, the staff and the equipment
- Refrain from entering the Fitness Studio when class is in progress

**AQUAFIT CLASS ETIQUETTE**

*As a member of this class I will:*

- Wait by the slides before my class starts to avoid congestion around the locker room doors
- Be respectful of other members and instructor by refraining from excessive talking during the class
- Refrain from entering the class when class is in progress
- Assist with equipment clean-up if necessary

# 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 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) 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
- **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](mailto:ssaini@ymcaywca.mb.ca) or your local branch.