

**Edition 1**  
 September 13 – June 19  
**Hours of Operation**  
 Monday to Friday  
 6:00 am - 10:30 pm  
 Saturday, Sunday & Holidays  
 7:00 am – 8:00 pm



**South**  
 5 Fermor Avenue  
 Winnipeg, MB  
 R2M 0Y1  
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## 2010-2011 FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aquafit <b>8:30-9:15</b>		Deep Water <b>8:30-9:15</b>		Circuit Training <b>8:30-9:15</b>	
Aquafit <b>9:15-10:00</b>	Deep Water <b>9:15-10:00</b>	Aquafit <b>9:15-10:00</b>	Aquafit <b>9:15-10:00</b>	Deep Water <b>9:15-10:00</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>	Body Sculpt <b>9:15-10:00</b>	Step <b>9:15-10:00</b>	Body Link <b>9:15-10:00</b>	Aquafit <b>10:15-11:00</b>
	Studio Cycle <b>9:15-10:00</b>		Studio Cycle <b>9:15-10:00</b>		Studio Cycle <b>9:15-10:00</b>	
Cardio Combo <b>10:00-10:45</b>	Body Sculpt <b>10:00-10:45</b>	Bosu Blast <b>10:00-10:45</b>	Step <b>10:00-10:45</b>	Circuit Training <b>10:00-10:45</b>	Deep Water <b>11:45-12:30</b>	Bosu Blast 12:15-1:00
						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	<p style="text-align: center;"><b>PEP</b></p> <p>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:syprog@ymcaywca.mb.ca">syprog@ymcaywca.mb.ca</a></p>	<p style="text-align: center;"><b>Fitness Centre Orientations</b></p> <p>An orientation to our equipment, basic training principles and member etiquette. Cardio equipment will be covered first, followed by strength training equipment.  <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></p> <p>An Orientation to the free weight equipment including proper technique and modifications.  <b>Sun 10:00 Mon 7:30 Wed 11:00</b></p>	
Gentle Aquafit 2:15-3:00			Gentle Aquafit 2:15-3:00			
	Studio Cycle 6:00-6:45					
Hi Lo 6:00-6:45	Step 6:00-6:45	Circuit Training 6:00-6:45	Step & Sculpt 6:00-6:45			
Body Link 6:45-7:30	Body Sculpt 6:45-7:30	Cardio Combo 6:45-7:30	Body Link 6:45-7:30			
Deep Water 7:30-8:15	Aquafit 7:30-8:15	Deep Water 7:30-8:15	Aquafit 7:30-8:15			

**BOLD** times indicate morning classes

### 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
- Keep children 12 years and under out of the Fitness Centre for safety reasons
- Be respectful of other members, the staff and the equipment
- Refrain from entering the Fitness Studio when class is in progress

# YMCA - YWCA of Winnipeg 2010-2011 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: September 23 - October 28/10, Thursdays 6:00 - 10:00 p.m., West Portage Branch, Cost \$40.00
- Session 2: January 5 - February 9/11, Wednesdays 6:00-10:00 p.m., South Branch, Cost \$40.00

## **STAGE TWO—Applied Theory** (12 hours, 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. Please contact the Program Director at your branch for details.

- **Fundamentals of Group Fitness:**
  - Session 1: November 4,18,25/10, 6:00-10:00 p.m., West Portage Branch, cost \$20.00
  - Session 2: February 23 & March 2,9/11, 6:00-10:00 p.m., Elmwood-Kildonan Branch, cost \$20.00
- **Aquatic Fitness:**
  - Session 1: September 10 & 11/10, 6:00-10:00 p.m. & 9:00 a.m.-5:00 p.m., South Branch, Cost \$75.00
  - Session 2: March 18 & 19/11, 6:00-10:00 p.m. & 9:00 a.m.-5:00 p.m., Downtown Branch, Cost \$75.00
- **Choreography Based Group Fitness** (8 hours): October 16/10, 9:00 a.m.-5:00 p.m., Downtown Branch, Cost \$20.00
- **Core Strength & Stretch:** March 18 & 19/11, 6:00-10:00 p.m. & 9:00 a.m.-5:00 p.m., Elmwood-Kildonan Branch, Cost \$20.00
- **Group Cycling** (8 hours): November 6/10, 9:00 a.m.-5:00 p.m., South Branch, Cost \$20.00
- **Group Resistance:** March 18 & 19/11, 6:00-10:00 p.m. & 9:00 a.m.-5:00 p.m., Elmwood-Kildonan Branch, Cost \$20.00

*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 the Program Director at your local branch or email Ang at [aworthman@ymcaywca.mb.ca](mailto:aworthman@ymcaywca.mb.ca)