



# Eagle Ridge Community Centre

## Adult Programs | January 3–February 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio & Strength* 9:30–10:30am	Cycle* 9:30–10:30am		Bootcamp* 9:30–10:30am	Cardio & Strength* 9:30–10:30am
	Cardio Dance – Zumba* 6:30–7:30pm	Women’s Intro to Fitness 4:30–5:30pm		

\*Pre-register at [northernalberta.ymca.ca/groupfitness](http://northernalberta.ymca.ca/groupfitness) up to 3 days in advance.

### Women’s Intro to Fitness

Alongside a YMCA Personal Trainer, this program helps women grow their confidence while improving their fitness by learning the basics of training your core, cardio and muscular strength using a variety of equipment.

### Functional Fitness for Older Adults

This fitness class helps older adults learn how to improve their ability to perform daily activities by working on balance, flexibility and stability through exercise.

Learn more at [northernalberta.ymca.ca/groupfitness](http://northernalberta.ymca.ca/groupfitness)!

### Micro Studio

Are you a personal trainer looking for a dedicated space to work with your clients? Our new micro studio is open and we have space available! Learn more at [northernalberta.ymca.ca/microstudio](http://northernalberta.ymca.ca/microstudio).



### Registration

Learn more about our classes at [northernalberta.ymca.ca/groupfitness](http://northernalberta.ymca.ca/groupfitness)

