



# Fitness Schedule

September 13th—December 11th

Registration is required

- Adult (16+)
- \* Studio
- ~ Gymnasium

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am		<b>STRENGTH FIT*</b> 6:15-7:00AM	<b>CYCLE*</b> 6:15-7:00AM	<b>STRENGTH FIT*</b> 6:15-7:00AM <b>GENTLE YOGA*</b> 7:15-8:15AM	<b>TRX*</b> 6:15-7:00AM	<b>CYCLE*</b> 6:15-7:00AM	
8am		<b>CYCLE ~</b> 8:30-9:15AM					
9am		<b>GENTLE YOGA*</b> 9:30-10:30AM	<b>STRENGTH FIT ~</b> 9:30-10:15AM <b>CHAIR YOGA*</b> 9:30-10:15AM	<b>AQUA FIT</b> 9:00-9:45 <b>CYCLE ~</b> 9:30-10:15AM	<b>TRX*</b> 9:30-10:15AM	<b>CYCLE ~</b> 9:30-10:15AM <b>PILATES *</b> 9:30-10:15AM	
10am		<b>FOREVER FIT ~</b> 10:30-11:30AM	<b>AQUA FIT</b> 10:00-10:45 <b>ACTIVE YOGA*</b> 10:30-11:30AM		<b>AQUA FIT</b> 10:00-10:45 <b>GENTLE YOGA*</b> 10:30-11:45AM		
12pm		<b>KETTLEBELL BLAST ~</b> 12:10-12:45PM	<b>BOOT CAMP ~</b> 12:10-12:45PM <b>AQUA LITE</b> 12:00-12:45PM	<b>TRX H.I.I.T.</b> 12:10-12:45PM	<b>PILATES STRENGTH*</b> 12:10-12:45PM <b>AQUA LITE</b> 12:00-12:45PM	<b>CYCLE ~</b> 12:10-12:45PM	
4pm			<b>CARDIO DANCE*</b> 4:30-5:15PM				
5pm		<b>LOUD CYCLE*</b> 5:30-6:15PM	<b>BOOT CAMP*</b> 5:30-6:15PM	<b>GENTLE YOGA*</b> 5:30-6:30PM	<b>CYCLE*</b> 5:30-6:15PM		
6pm							

Schedules are subject to change.

705-674-8315  
ymcaneoc.ca



# FITNESS

## GROUP FITNESS CLASSES

### **Active Yoga**

A vinyasa style class that will get you flowing with your breath to create heat, strength, and awareness in the body.

### **Forever Fit**

A low impact class that uses a variety of exercises, tools, and stretches to strengthen your whole body. The intensity of this class is low to moderate and pairs strengthening exercises with both dynamic and static stretches.

### **Gentle Yoga**

A slowed down yoga class including long holds, deep breaths, and meditation.

### **TRX®**

Make your body your machine! TRX utilizes your own body weight as resistance to create full body strength. This class is suitable for all levels.

### **TRX® H.I.I.T.**

This class uses TRX, slam balls, kettlebells, and other tools to create a challenging and rewarding heart pumping high intensity full body workout.

### **Loud Cycle**

In this cycling class we turn the music way up to inspire and fuel our workout. This is a fun moderate to high intensity class that is sure to challenge you in the best of ways.

### **Pilates Strength**

This low impact class uses light weights and your own body weight to sculpt and tone your entire body. Proper body alignment and breathing is emphasized to create a strong mind body connection.

### **Pilates**

A mat based class that gently strengthens your entire body with a focus on deep core strength. Proper body alignment and breathing is emphasized to create a strong mind body connection.

### **Strength Fit**

Challenge and strengthen yourself in this class by using a variety of equipment and your own body weight. You will work all major muscle groups to strengthen your whole body.

### **Kettlebell Blast**

This high intensity class gets creative with the kettlebell to build strength and endurance. Class is designed to move along with the music keeping you motivated and energized.

### **Cycle**

An energetic cardio based class designed to increase endurance and build lean muscle mass. This class will deliver the most cardio in the least amount of time.

### **Boot Camp**

This circuit style class encourages you to challenge your endurance, strength, and will power! Each class incorporates a variety of tools and training techniques to help you become your best self.

### **Cardio Dance Fit**

An upbeat class that pairs a wide variety fitness and dance inspired movements to music for a fun cardio workout you are sure to remember!



# FITNESS

## AQUATIC CLASSES

### Aqua Fit

This aqua class is best done in shallow to mid deep water. Emphasis is on cardiovascular conditioning and muscle strengthening. This class is performed in the lap pool and is designed to keep you moving for the duration of the class.

### Aqua Lite

This aqua class is performed in the warmer waters of our leisure pool and is light to moderate in intensity.

## REGISTRATION REQUIRED CLASSES

### Beginner Ballroom Dancing

Participants will be introduced to basic figures of the triple swing, chacha, merengue, waltz and foxtrot. Participants must register as a pair as we will not be able to accommodate single dancers at this time.

#### Cost

\$20 + HST for members

\$160 + HST for non-members

(cost listed above is per person\*)

Mondays 8:15pm—9:45pm

Starts Monday, September 20th

(12 week program)

### Contenders: A 14 Week Wellness Program For Men

Build strength, manage weight, increase energy, de-stress. Men who participate in this program will learn the skills required to become strong, active and healthy for life. Are you a contender?

#### Cost

\$37 + HST for members

\$90 + HST for non-members

Tuesdays, 6:30pm—7:30pm

Starts Tuesday, September 14th

(14 week program)

### Learn to Thrive!

A fitness program for members 10-14 yrs old. This 6 week course teaches participants how to move well in their bodies. The goal is to create physical literacy and confidence. Course includes orientation to fitness floor and will help young people learn how to exercise safely and appropriately. When successfully completed, participants can book one on one YThrive appointments with a trainer and can also exercise independently on our fitness floor.

Every Monday, 6:00pm—7:30pm

Starts September 20th, Ends November 1st

\*included in Youth Memberships (10-14 yrs)



# FITNESS

## ONE ON ONE FITNESS

### **YThrive**

YThrive is an exercise program that will help you improve your health and physical performance or help you take more control of your life and achieve results. It provides you with the support to get started and the flexibility to do it on your own.

YThrive clients meet with their coach once every 30 days. YThrive is for members who are looking to workout independently but still get a few pointers along the way. YThrive clients will receive a new workout from their coach every 90 days.

**Book your YThrive appointment with a member of our team today!**

\*included with the YMCA Experience Memberships only

### **Personal Training**

Our qualified Personal Trainers are ready to help you achieve your health and fitness goals! Working with a trainer ensures that you are exercising safely while challenging yourself appropriately. Personal trainers help with motivation and accountability so that you can reach your goals in the least amount of time.

### **How is Personal Training different from YThrive?**

YThrive clients meet with their coach once every 30 days. Personal Trainers meet with their clients on a regular, weekly schedule. Personal Trainers are with you every step of the way and work to ensure that every workout is customized to your unique body, fitness level, and goals. Personal Trainers take all the guess work out of exercising well and work to make sure that you are challenging yourself, and resting appropriately.

### **Personal Training Prices**

#### ***New Member***

6 sessions: \$245  
12 sessions: \$450  
24 sessions: \$865

#### ***Regular***

6 sessions: \$265  
12 sessions: \$500  
24 sessions: \$960

#### ***Loyalty Rates***

6 sessions: \$250  
12 sessions: \$475  
24 sessions: \$910

**Book your session today with one of our trainers or email Kayla at [kayla.condron@ymcaneo.ca](mailto:kayla.condron@ymcaneo.ca) for more information!**