



# Winter Group Fitness Schedule

January 9th - March 26th, 2023

Registration is required for all classes

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6AM		MUSCLE FIT* 6:15-7:00AM	CYCLE * 6:15-7:00AM	STRENGTH FIT* 6:15-7:00AM GENTLE YOGA* 7:00-8:00AM	CYCLE * 6:15-7:00AM	
8AM		TRX * 8:30-9:15AM	CYCLE & CORE* 8:30-9:15AM	CYCLE & CORE ~ 8:30-9:15AM	TRX * 8:30-9:15AM	CYCLE & CORE ~ 8:30-9:15AM
9AM		AQUA FIT 9:00-9:45 GENTLE YOGA* 9:30-10:15AM	STRENGTH FIT ~ 9:30-10:15AM CHAIR YOGA* 9:30-10:15AM	AQUA FIT 9:00-9:45 MUSCLE FIT * 9:30-10:15AM	ARRIBA ~ 9:30-10:15AM	AQUA FIT 9:00-9:45 PILATES * 9:30-10:15AM
10AM		FOREVER FIT ~ 10:30-11:30AM	ACTIVE YOGA* 10:30-11:15AM AQUA FIT 10:30-11:15	CHAIR FIT* 10:30-11:15AM	GENTLE YOGA* 10:30-11:45AM AQUA FIT 10:30-11:15AM	
12PM		LOUD CYCLE* 12:10-12:45PM	BOOT CAMP* 12:10-12:45PM AQUA LITE 12:00-12:45PM	PILATES STRENGTH* 12:10-12:45PM GENTLE AQUA 12:00-12:45PM	MUSCLE FIT* 12:10-12:45PM AQUA LITE 12:00-12:45PM	ARRIBA* 12:10-12:45PM
5PM		ZUMBA* 5:30-6:15PM	MUSCLE FIT* 5:30-6:15PM GENTLE YOGA* 6:30-7:15PM	BOOT CAMP* 5:30-6:15PM	CYCLE* 5:30-6:15PM	
7PM		AQUA FIT 7:30-8:15PM		AQUA FIT 7:30-8:15PM		705-674-8315 ymcaneo.ca <i>Schedules are subject to change.</i>



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### GROUP FITNESS CLASSES

#### **NEW! Arriba**

YMCA Arriba is a high energy dance based fitness party where we focus on the 4 basic Latin rhythms – Salsa, Merengue, Cumbia and Reggaeton with a splash of Dance, Bollywood, Belly Dance, Hip Hop and any other rhythm you can move your hips and feet to!

#### **NEW! MuscleFit**

YMCA MuscleFit is a strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Participants use a barbell and weighted plates to challenge their muscles throughout a choreographed strength routine taught to music. This challenging workout will result in stronger, more defined muscles and is sure to boost even the most sluggish metabolism.

#### **NEW! Barre**

YMCA Barre is a ballet-inspired group fitness class that gives you all the benefits of traditional strength and cardio training, using a far from traditional approach. Certified instructors coach you through a fusion of Pilates, dance, and muscle conditioning exercises designed to build long, lean muscles, get your heart rate up, and promote balance, good posture, and coordination.

#### **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.

#### **Chair Fit**

In this class you will benefit from the positive effects of strength, flexibility, and cardio training in a way that allows you to use the assistance of a chair!

#### **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.

#### **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.



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### GROUP FITNESS CLASSES

#### 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.

#### Chair Yoga

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support .

#### Active Yoga

An active yoga flow with a combination of styles concentrating on flexibility and reducing the risk of injury.

### 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.

#### Gentle Aqua

If you have mobility concerns and are looking for a gentle, easy on the joints water based fitness class, look no further than our Gentle Aqua class!



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### **ONE ON ONE FITNESS COACHING**

#### **Y Thrive**

Y Thrive provides you with the support to get started, quick results to stay motivated and flexibility to get it done on your own.

Y Thrive is the easiest way to get into the best shape of your life at no cost, because you are a valued Y member. In your first appointment you will be given a workout regimen to follow and will be taught how to perform the exercises with good form. 30 and 60 days from your first appointment you will meet with your coach again to build on the progress you have been making. Every 90 days you will receive a brand new workout to learn!

Our Team of dedicated fitness experts have designed a program to fit your life.

#### **BALANCE**

Y Balance will increase your energy levels and improve overall health.

#### **BOOST**

Y Boost program will reduce your risk of health issues and lose weight

#### **FLEX**

Y Flex will increase lean lost mass and burn more calories

#### **BEGIN**

Y BEGIN is designed to kick-start the path for members new to fitness

#### **Grow - Ages 10+**

Y Grow is designed for ages 10 and up to develop healthy habits and make new friends

Youth must complete 3 training sessions with a Coach to use the Fitness Centre.

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

\*included with the YMCA Experience Memberships only



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## 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.

A Personal Trainer will meet with you on a regular, weekly schedule and they are with you every step of the way. Exercising with a Personal Trainer ensures that every workout is customized to your unique body, fitness level, and goals. Personal Trainers help to progress you towards your goals by taking the guess work out of exercise and making sure that you are challenging yourself safely and appropriately.

### Personal Training Prices

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

6 sessions: \$245	12 sessions: \$450	24 sessions: \$865
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#### ***Regular***

6 sessions: \$265	12 sessions: \$500	24 sessions: \$960
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#### ***Loyalty Rates***

6 sessions: \$250	12 sessions: \$475	24 sessions: \$910
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**Book your session today with one of our personal trainers or email Lyric at [lyric.pitawanakwat@ymcaneo.ca](mailto:lyric.pitawanakwat@ymcaneo.ca) for more information!**