



Adult Fitness Schedule

Winter Session: January 9 - March 26, 2023

Registration is required for all programs.

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

Statutory Holidays 8 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 6:15 - 7 AM		CYCLE 6:15 - 7 AM		BOOTCAMP 6:15 - 7 AM
CYCLE 9:15 - 10 AM	STRENGTH FIT 9:15 - 10 AM	DYNAMIC BOXING 9:15 - 10 AM	HIIT 9:15 - 10 AM	TRX/CORE 9:15 - 10 AM
AQUAFIT 9:15 - 10 AM	AQUA LITE 9:15 - 10 AM	AQUA CARDIO 9:15 - 10 AM	AQUA LITE 9:15 - 10 AM	AQUAFIT 9:15 - 10 AM
	GENTLE STRENGTH 11 AM - 12 PM		GENTLE STRENGTH 11 AM - 12 PM	
TRX 12:10 - 12:50 PM		CYCLE 12:10 - 12:50 PM		
	HYDROTHERAPY 1 - 1:45 PM		HYDROTHERAPY 1 - 1:45 PM	
DYNAMIC BOXING 5:30 - 6:15 PM			BHANGRA FITNESS 5 - 5:45 PM	
YOGA 6:30 - 7:45 PM	AQUAFIT 7:15 - 8 PM		AQUAFIT 7:15 - 8 PM	

Child Minding Hours:

Drop the kids off and enjoy some YOU time!

Monday to Saturday 9 AM - 12 PM

Monday to Thursday 4:30 PM - 7:30 PM

3 months to 5 years. Parents & guardians must remain in building.

Schedules are subject to change.

705-497-9622 ymcaneo.ca

Building healthy communities



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PROGRAM DESCRIPTIONS

AQUA CARDIO

- This program blends the best of both worlds; cardio and strength. Using the water resistance and interval training to get you sweating.

AQUAFIT

- This class uses different moves and intensity to get the most out of your workout. A combo class that is great for all ages and fitness levels.

AQUA LITE

- Low impact with moderate intensity. This workout is designed to get you moving at a gentle pace.

BHANGRA FITNESS

- A unique fitness experience based on the energetic, folk dance and music form that originated from Punjab, India.

BOOTCAMP

- This circuit style class encourages you to challenge your endurance, strength, and will power.

CYCLE

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

GENTLE STRENGTH

- Improve both balance and cardiovascular fitness and promote increased bone density through gentle strength training.

HIGH INTENSITY INTERVAL TRAINING (HIIT)

- Work out at your highest effort followed by a period of rest. A full body workout to challenge your endurance, strength, and will power.

HYDROTHERAPY

- This class will help with joint mobility by using gentle functional movement exercises. Spinal stabilization and postural awareness are the main objectives of this class. Great for arthritis, mobility issues and joint replacements.

STRENGTH FIT

- Challenge and strengthen yourself with both equipment and body weight. You will work all major muscle groups strengthening your whole body.

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.

YOGA

- Look forward to a heat creating flow of asanas while practicing flexibility and balance. This class offers a focus on strength building and endurance.

DYNAMIC BOXING

- Work out using boxing based exercises to get your heart rate up, jump start your metabolism and challenge your core all to energetic music.

DETAILS ABOUT PROGRAM OFFERINGS, INCLUDING REGISTRATION,
CAN BE FOUND ONLINE AT YMCA-NEO.FORCE.COM.

Schedules are subject to change.

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