



Fitness Schedule

Spring Session: April 10 - June 18, 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 & CORE 9:15 - 10 :15 AM	STRENGTH FIT 9:15 - 10 AM	DYNAMIC BOXING 9:15 - 10 AM	FUNCTIONAL FIT 9:15 - 10:15 AM	TRX & CORE 9:15 - 10 AM
AQUAFIT 9:15 - 10 AM	AQUA LITE 9:15 - 10 AM	AQUAFIT 9:15 - 10 AM	AQUA LITE 9:15 - 10 AM	AQUAFIT 9:15 - 10 AM
	GENTLE STRENGTH 11 AM - 12 PM	CHAIR YOGA 11:15 - 12:00 PM	GENTLE STRENGTH 11 AM - 12 PM	
ZUMBA 12:10 - 12:50 PM		CYCLE 12:10 - 12:50 PM		STRENGTH FIT 12:10 - 12:50 PM
	HYDROTHERAPY 1 - 1:45 PM		HYDROTHERAPY 1 - 1:45 PM	
DYNAMIC BOXING 5:30 - 6:15 PM		ZUMBA 6:30 - 7:30 PM		STRENGTH FIT 5:30 - 6:15 PM
YOGA 6:30 - 7:45 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

AQUAFIT

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

AQUA LITE

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

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.

CHAIR YOGA

- Chair yoga is a gentle class the focuses on relaxation, breath, and feeling good in the body.

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.

FUNCTIONAL FIT

- A multi-level workout consisting of strength and cardio exercises that will focus on working core and larger stabilizing muscles to make day to day tasks easier. Put some "FUN" into your workout session.

GENTLE STRENGTH

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

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.

TOTAL CORE

- In this high energy multi-level class ALL planes of your core will be targeted with strength-based exercises giving you a "TOTAL" core workout.

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.

ZUMBA

- A fusion of Latin, international and everyday music, this class will have you moving in ways you never imagined! Ditch the workout and join the party.

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

Schedules are subject to change.

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