



# Fall Group Fitness Schedule

Session: September 25 – December 17, 2023 Registration is required for all programs and classes

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 8AM - 4PM

Statutory Holidays 8 AM - 4 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM	<b>MUSCLE FIT*</b> 6:15-7:00AM	<b>BOOT CAMP*</b> 6:15-7:00AM	<b>STRENGTH FIT*</b> 6:15-7:00AM <b>GENTLE YOGA*</b> 7:00-8:00AM	<b>CYCLE &amp; CORE*</b> 6:15-7:00AM		
8:30AM	<b>CYCLE &amp; CORE*</b> 8:30-9:15AM	<b>TRX*</b> 8:30-9:15AM	<b>CYCLE &amp; CORE ~</b> 8:30-9:15AM	<b>TRX*</b> 8:30-9:15AM	<b>CYCLE &amp; CORE*</b> 8:30-9:15AM	
9:00AM	<b>AQUA FIT</b> 9:00-9:45AM		<b>AQUA FIT</b> 9:00-9:45AM		<b>AQUA FIT</b> 9:00-9:45AM	
9:30AM	<b>GENTLE YOGA*</b> 9:30-10:15AM	<b>STRENGTH FIT ~</b> 9:30-10:15AM <b>CHAIR FIT *</b> 9:30-10:15AM		<b>MUSCLE FIT ~</b> 9:30-10:15AM	<b>PILATES*</b> 9:30-10:15AM	
10:30AM	<b>FOREVER FIT ~</b> 10:30-11:15AM <b>CHAIR FIT *</b> 11:30-12:00PM	<b>ACTIVE YOGA *</b> 10:30-11:15AM <b>AQUA FIT</b> 10:30-11:15AM	<b>ARRIBA*</b> 10:00-10:45AM <b>PILATES*</b> 11:00-11:45AM	<b>GENTLE YOGA*</b> 10:30-11:30AM <b>AQUA FIT</b> 10:30-11:15AM		
12:00PM	<b>CYCLE &amp; CORE *</b> 12:10-12:45PM	<b>AQUA LITE</b> <b>12:00-12:45PM</b> <b>BOOT CAMP*</b> 12:10-12:45PM	<b>MUSCLE FIT*</b> 12:10-12:45PM	<b>AQUA LITE</b> 12:00-12:45PM <b>PILATES STRENGTH*</b> 12:10-12:45PM	<b>BOOT CAMP*</b> 12:10-12:45PM	<b>STRENGTH FIT*</b> 12:30-1:15PM
4:30PM	<b>TRX HIIT*</b> 4:30-5:15PM		<b>CYCLE &amp; CORE*</b> 4:30-5:15PM	<b>BOOT CAMP*</b> 4:30-5:15PM	<b>TRX (AGES 10+) *</b> 4:30-5:15PM	
5:30PM	<b>BOOT CAMP *</b> 5:30-6:15PM	<b>MUSCLE FIT*</b> 5:30-6:15PM				
6:30PM	<b>BALLROOM SILVER ADVANCED</b> 6:30-8:00PM	<b>GENTLE YOGA *</b> 6:30-7:15PM <b>5 WEEK SESSION</b>				
7:30PM	<b>AQUA FIT</b> 7:45-8:30PM	<b>BALLROOM BRONZE INTERMEDIATE</b> 7:30-9:00PM	<b>AQUA FIT</b> 7:45-8:30PM			

Schedules are subject to change.

705-674-8315 ymcaneco.ca



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8:0PM	<b>BALLROOM BEGINNER</b> 8:15-9:15PM					
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### **NEW! Arriba: Max registration 15**

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: Max registration 30**

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: Max registration 20**

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: Max registration 30**

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: Max registration 30**

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

### **Chair Fit: Max registration 20**

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® : Max registration 14**

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.

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705-674-8315 [ymcaneoc.ca](http://ymcaneoc.ca)



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**Pilates**®

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.

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**Strength: Max registration 20**

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: Max registration 20**

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: Max registration 30**

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.

### **Cycle: Max registration 23**

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: Max registration 20**

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: Max registration 25**

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: Max registration 25**

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

### **BALLROOM DANCING—PRE REGISTRATION-REQUIRED**

**Beginners:** Participants will be introduced to basic figures of the triple swing, cha-cha, merengue, waltz and foxtrot.

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**Bronze**®

on the  
Beginner  
students  
swing, cha-cha, merengue, waltz and foxtrot. In Level 2, students are also introduced to the Rumba. To register, you must have completed a Beginner Ballroom Level 1 session. Participants must register as a pair as we are unable to accommodate single dancers at this time.

**Silver Advanced:** Participants must be approved by Lead Instructor.

Ballroom Instructors email: [dancinglucie@gmail.com](mailto:dancinglucie@gmail.com), [rjmasih@unitz.ca](mailto:rjmasih@unitz.ca), [danielk@lloydbusinessit.com](mailto:danielk@lloydbusinessit.com)

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**Intermediate:** Participants will expand basic figures introduced in the

Ballroom Level 1 course. In Level 2, build their proficiency in the triple

Ballroom Level 1 session.

## **GENTLE YOGA—PRE REGISTRATION-REQUIRED—5 WEEK SESSION September 26th—October 21<sup>st</sup> Tuesday 6:30-7:15pm**

Introduction of gentle yoga. Learning to flow with the mind body and soul. Moving at a steady pace, slowly cycling through a series of floor, standing and seated asanas.

## **AQUATIC CLASSES**

### **Aqua Fit: Max Registration 30**

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: Max Registration 25**

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

## **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.

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Y Balance  
improve

will increase your energy levels and  
overall health.

## **BOOST**

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

## **FLEX**

Y Flex will increase lean muscle 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!

\* 3 free Y Thrive session with a Coach!

## **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 best work out of exercises and making sure that you are challenging yourself safely and appropriately.

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## **Personal Training Prices**

### **Member**

\$245

sessions: \$450

### **New**

6 sessions:

12

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 consultation today with one of our personal trainers or email Shelby at [shelby.swant@ymcaneoc.ca](mailto:shelby.swant@ymcaneoc.ca) for more information!**

### **Personal Trainer Information:**

**Lyric Pitawanakwat:** [lyric.pitawanakwat@ymcaneoc.ca](mailto:lyric.pitawanakwat@ymcaneoc.ca)

**Brian Woods:** [brian.woods@ymcaneoc.ca](mailto:brian.woods@ymcaneoc.ca)

**Liam Nesbitt:** [William.nesbitt@ymcaneoc.ca](mailto:William.nesbitt@ymcaneoc.ca)

**Gabriel Onadja:** [gabriel.onadja@ymcaneoc.ca](mailto:gabriel.onadja@ymcaneoc.ca)

**Michael Brovac:** [Michael.brovac@ymcaneoc.ca](mailto:Michael.brovac@ymcaneoc.ca)

**Morgan Marshall:** [morgan.marshall@ymcaneoc.ca](mailto:morgan.marshall@ymcaneoc.ca)

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