



# Fitness Schedule

Winter Session: January 8 - March 31  
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-10pm  
 Saturday & Sunday 7am-5pm  
 Statutory Holidays 8am-4pm

| MONDAY                        | TUESDAY                       | WEDNESDAY                   | THURSDAY                      | FRIDAY                     |
|-------------------------------|-------------------------------|-----------------------------|-------------------------------|----------------------------|
| Cycle<br>6:15-7am             |                               | Cycle<br>6:15-7am           |                               | Functional Fit<br>6:15-7am |
|                               | Aqua Running<br>8-8:45am      |                             | Aqua Running<br>8-8:45am      | TRX<br>8:15-9am            |
| Cycle<br>9:15-10am            | Strength Fit<br>9:15-10am     | Dynamic Boxing<br>9:15-10am | Functional Fit<br>9:15-10am   | TRX<br>9:15-10am           |
| Aquafit<br>9:15-10am          | Aquafit<br>9:15-10am          | Aquafit<br>9:15-10am        | Aquafit<br>9:15-10am          | Aquafit<br>9:15-10am       |
|                               | Chair Yoga<br>10:30-11:15am   |                             | Gentle Yoga<br>10:30-11:15am  |                            |
|                               | Gentle Fit<br>11:30am-12:30pm | Cardio Fit<br>12:10-12:50pm | Gentle Fit<br>11:30am-12:30pm |                            |
| Aquafit<br>2-2:45pm           | Hydrotherapy<br>1:15-2pm      |                             | Hydrotherapy<br>1:15-2pm      | Aquafit<br>2-2:45pm        |
| Dynamic Boxing<br>5:30-6:15pm |                               | TRX<br>5:30-6:15pm          |                               |                            |
| Yoga<br>6:30-7:45pm           |                               | Yoga<br>6:30-7:45pm         | Strength Fit<br>6:30-7:15pm   | HIIT<br>6:30-7:15pm        |
|                               | Aquafit<br>7:15-8pm           | Zumba<br>6:30-7:30pm        | Aquafit<br>7:15-8pm           |                            |

**CHILDMINDING HOURS:**  
 Drop the kids off and enjoy some YOU time!  
 Ages 3 months to 5 years  
 Monday to Friday 9am-12pm  
 Monday to Thursday 4:30-7:30pm  
 Saturday 9am-1pm

Schedules are subject to change.

705-497-9622 [ymcaneo.ca](http://ymcaneo.ca)



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**Aquafit:** A full-body workout that uses water resistance, pool noodles, and paddles to increase heart rate and work muscles. The water will help with joint stabilization and body weight support making this an ideal workout for anyone.

**Aqua Running:** A water-based running workout done while you are tethered to a lane rope. Ideal for all fitness levels and great for those wanting to avoid impact on their joints.

**Cardio Fit:** This class will help you reach your fitness goals by improving muscle strength and cardiovascular endurance through a series of back-to-back exercises.

**Chair Yoga:** A gentle class designed to increase your flexibility, strength, balance, and peace of mind. It will feature a blend of standing and seated yoga postures.

**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.

**Dynamic Boxing:** Work out using boxing-based exercises to get your heart rate up, jump start your metabolism and challenge your core.

**Functional Fit:** This class will focus on upper body and core exercises sure to build and sculpt those areas into long lean muscle. Options will be given to take this workout to multiple levels focusing on achieving muscle fatigue through a series of challenging exercises.

**Gentle Fit:** A go-at-your-own-pace class geared to those with arthritis, osteoporosis and hip and knee replacement.

**Gentle Yoga:** A slowed down yoga class including long holds, deep breaths, and meditation.

**HIIT:** High Intensity Interval Training combines short periods of all out cardio with low to moderate muscle-based exercises to give a total body workout in a minimum amount of time.

**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:** Low in complexity but high in results, this class is solely focused on building lean muscle mass. A pure muscle workout, no cardio required.

**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:** Focused on strength-building and endurance. Look forward to a flow of asanas that is also heat-creating, while practicing flexibility and balance. Each class begins with a brief mindfulness meditation that incorporates a different pranayama discipline week.

**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.