

# Fitness Schedule

Spring Schedule: April 8 – June 16  
Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-10pm

Saturday & Sunday 8am-4pm

Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Fit 6:15-7am	Boot Camp 6:15-7am	Strength Fit 6:15-7am  Gentle Yoga 7-8am	Cycle & Core 6:15-7am	Gentle Yoga 6:15-7am	
Cycle & Core 8-8:45am	TRX 8:30-9:15am	Cycle & Core 8:30-9:15am	TRX 8:30-9:15am	Cycle & Core 8:30-9:15am	
Aqua Fit 9-9:45am		Aqua Fit 9-9:45am		Aqua Fit 9-9:45am	Strength Fit 9-9:45am
Gentle Yoga 9:30-10:15am	Strength Fit 9:30-10:15am  Chair Yoga 9:30-10:15am		Muscle Fit 9:30-10:15am	Pilates 9:30-10:15am	
Forever Fit 10:30-11:30am	Active Yoga 10:30-11:15am	Arriba 10-10:45am	Gentle Yoga 10:30-11:30am		
	Aqua Fit 10:30-11:15am		Aqua Fit 10:30-11:15		
Arriba 12:10-12:45pm	Aqua Lite 12-12:45pm	Muscle Fit 12:10-12:45pm	Aqua Lite 12-12:45pm	Boot Camp 12:10-12:45pm	
	Boot Camp 12:10-12:45pm		Pilates Strength 12:10-12:45pm		
Boot Camp 5:30-6:15pm	Kettlebell Intermediate 5:30-6:15pm (10 weeks)	Cycle & Core 5:30-6:15pm	HIIT Circuit 5:30-6:15pm (fitness floor)		
Ballroom Silver Advanced 6:30-8pm					
Aqua Fit 7:45-8:30pm	Ballroom Bronze Intermediate 7:30-9pm	Aqua Fit 7:45-8:30pm			
Ballroom Beginner 8:15-9:45pm					

Schedules are subject to change.

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## **NEW! Arriba: Max registration 40**

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 40**

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.

## **Forever Fit: Max registration 40**

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.

## **Kettlebell Intermediate: Max registration 40**

The class will include strength and conditioning using skills acquired in the Kettlebell Fundamental's course. It will take the exercises to an intermediate level, including variations on the swing, clean, presses, snatch, windmill, Turkish Get-Ups and other multi-directional swing variations. There will be core and cardio involve, as well as a focus on mobility. A Kettlebell Fundamental's certificate is encourages or previous kettlebell experience.

## **Gentle Yoga: Max registration 40**

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

## **Chair Fit: Max registration 15**

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!

## **Pilates Strength: Max registration 40**

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: Max registration 40**

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 40**

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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## **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 40**

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 15**

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 30**

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

## **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.

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

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

**Bronze Intermediate:** Participants will expand on the basic figures introduced in the Beginner Ballroom Level 1 course. In Level 2, students build their proficiency in the triple 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)

## **GENTLE YOGA—PRE REGISTRATION-REQUIRED**

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.

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**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 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 New Member

6 sessions: \$245 12 sessions: \$450 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@ymcaneo.ca](mailto:shelby.swant@ymcaneo.ca) or Leeann at [leeann.lahaie@ymcaneo.ca](mailto:leeann.lahaie@ymcaneo.ca) for more information!**

### Personal Trainer Information:

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

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

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

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

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

Nick Heroux: [Nick.Heroux@ymcaneo.ca](mailto:Nick.Heroux@ymcaneo.ca)

### **CHILDMINDING HOURS:**

Drop the kids off and enjoy some YOU time!  
Ages 3m-5y

Monday to Friday 9am-12pm  
Monday to Thursday 4:30-7:30pm  
Saturdays 9:15am-1:15pm