

Fitness Schedule

Summer Schedule: July 2 – Aug 25
 Registration required for all programs.

Building Hours:
 Monday - Friday 5:30am-9:30pm
 Saturday & Sunday 8am-4pm
 Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Fit 6:15-7am	Boot Camp 6:15-7am	Cycle & Core 6:15-7am Gentle Yoga 7-8am	Strength Fit 6:15-7am	Gentle Yoga 6:15-7am	
Cycle & Core 8:30-9:15am	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 10:30-11:15am	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	Aqua Fit 10:30-11:15am	Arriba 10-10:45am	Gentle Yoga 10:30-11:30am Aqua Fit 10:30-11:15		
Boot Camp 12:10-12:45pm	Aqua Lite 12-12:45pm Arriba 12:10-12:45pm	Muscle Fit 12:10-12:45pm	Aqua Lite 12-12:45pm Pilates Strength 12:10-12:45pm	Boot Camp 12:10-12:45pm	
Zumba 5:30-6:15pm	HIIT Circuit 5:30-6:15pm		Aqua Fit 9-9:45am		
Ballroom Drop-in 6:30-9pm	Restorative Yoga 6:30-7:30 (offered in two 3 week sessions in July and Aug)	Aqua Fit 7:00-7:45pm			

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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.

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.

You will meet with a coach again at 3 and 6 months to build on the progress you have been making.

Y Thrive Grow - Ages 10-15

Y Grow is designed for ages 10 to 15 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 at the front desk.

*Included with the YMCA Experience Memberships only! *

CHILDMINDING HOURS

Drop the kids off and enjoy some YOU time:
Ages 3m-5y and Youth Drop In (6-12y) **Combo**

AM - Monday, Tuesday and Thursday 9:00am-1:00pm

AM - Wednesday and Friday 8:00am-12:00pm

PM - Tuesday and Thursday 5:00pm-8:00pm

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.

Book your consultation today with one of our personal trainers or email Cindy at cindy.rose@ymcaneoe.ca or Jan jan.lakes@ymcaneoe.ca for more information!

Personal Trainer Information:

Lyric Pitawanakwat: lyric.pitawanakwat@ymcaneoe.ca

Brian Woods: brian.woods@ymcaneoe.ca

Liam Nesbitt: William.nesbitt@ymcaneoe.ca

Gabriel Onadja: gabriel.onadja@ymcaneoe.ca

Wanda Gibson: wanda.gibson@ymcaneoe.ca