

# Winter Fitness Schedule

January 6- March 16, 2025  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday 8am-6pm  
Sunday 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Fit 6:15-7:00 am	Cycle and core 6:15-7:00am	Strength Fit 6:15-7:00 am	HIIT 6:15-7:00am	Gentle Yoga 6:15-7:00 am	Family Track Time 8:00am-11:00am
Cycle & Core 8:15-9:15am	TRX 8:30-9:15am	Gentle Yoga 7:00-8:00 am	TRX 8:30-9:15am		
Aqua Fit 9:00-9:45am	Chair Yoga 9:30-10:15am	Cycle & Core 8:30-9:15am (Gym)	Muscle Fit 9:30-10:15am (Gym)	Cycle & Strength 9:00am-9:45am	Strength Fit 9:00-9:45am
Couch to 5K 9:15-10:15am		Aqua Fit 9:00-9:45am			
Gentle Yoga 9:30-10:15am	Strength Fit 9:30-10:15am (Gym)	Arriba 10:30-11:15 (Gym)	10:30-11:30am Gentle Yoga	Aqua Fit 9:00-9:45am	
Forever Fit 10:30-11:30am (Gym)	Active Yoga 10:30-11:15am	Muscle Fit 12:10-12:45pm (Gym)	Aqua Fit 10:30-11:15 am		
HIIT 12:10-12:45pm (Gym)	Aqua Fit 10:30-11:15am	Cycle 5:15pm-6:00pm	Aqua Lite 12:00-12:45pm	Pilates 10:00-10:45am	
	Aqua Lite 12:00-12:45pm				
Strength and Flexibility 5:15-6:00pm	Bootcamp 12:10-12:45pm	Learn to play squash 7-8pm Feb 6 <sup>th</sup> – 26 <sup>th</sup> By Registration only	Pilates Strength 12:10-12:45pm	Boot Camp 12:10-12:45pm (Gym)	
Ballroom Silver Advanced 6:30-8:00pm	Muscle Fit 5:15-6:00pm				
Aqua Fit 7:45-8:30pm	Ballroom Intermediate 7:30-9:00pm				Aqua Fit 7:45-8:30pm
Ballroom – Beginner 8:00-9:30pm					

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## **Arriba: Max registration 30**

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!

## **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.

## **Muscle Fit: Max registration 40**

YMCA Muscle Fit 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.

## **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.

## **Stretch and Flexibility: Max registration 40**

class is a gentle, low-impact session designed to improve overall flexibility, mobility, and range of motion while promoting relaxation and body awareness. Suitable for all fitness levels, this class helps participants release tension, enhance posture, and prevent injuries.

## **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.

## **Couch to 5K: Max registration 12**

The Couch to 5K program is a structured, beginner-friendly running plan designed to help individuals transition from little to no physical activity to confidently completing a 5-kilometer (3.1-mile) run or jog. Perfect for all ages and fitness levels, this program gradually builds endurance, strength, and confidence over a period of 9 weeks. The program will aim to occur outdoors, but participants are encouraged to bring indoor attire for extreme outdoor weather conditions for session indoors on the track/or treadmill.

## **Active Yoga: Max registration 25**

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

## **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.

## **Gentle Yoga: Max registration 25**

A slowed down yoga class including long holds, deep breaths, and meditation. Learning to flow with the mind body and soul. Moving at a steady pace.

## **Active Power Yoga: Max registration 25**

This class is a combination of strength mobility, balance and endurance. It will leave you feeling more connected to your mind body and soul.

## **Pilates: Max registration 25**

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.

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## **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.

## **Cycle: Max registration 25**

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.

## **Kettlebell HIIT: Max registration 20**

This High-Intensity Interval training class is a dynamic, full-body workout that combines the power of kettlebell exercises with the intensity of interval training. Participants perform a series of timed kettlebell movements, such as swings, squats, and presses, with short rest periods in between.

## **HIIT Circuit: Max registration 20**

A Circuit Class is a versatile, full-body workout that involves rotating through a series of exercise stations, each targeting different muscle groups. Participants perform various exercises, such as strength training, cardio, and core work, for a set time before moving to the next station.

## **Learn to play squash 16+ - DROP IN – No Registration Required**

This beginner-friendly, drop-in program introduces participants to the exciting game of squash in a relaxed and supportive environment. Ideal for those curious individuals 16+ to about the sport. These sessions offer hands-on coaching, practice opportunities to learn the rules of the game, mechanics, proper footwork to avoid injuries, basic strategy and, game etiquette regarding the game and have fun.

## **AQUATIC CLASSES Aqua Fit: Max Registration 35**

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

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

All Levels Ballroom Members: \$34 Non-Members: \$136

**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:** [rjmasih@unitz.ca](mailto:rjmasih@unitz.ca),  
[danielk@lloydbusinessit.com](mailto:danielk@lloydbusinessit.com)



Shine On

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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.

## 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!

### CHILDMINDING HOURS

Drop the kids off and enjoy some YOU time in the YMCA  
Ages 3m-5y and Youth Drop in (6-12y) **COMBO**

**AM** – Monday to Friday 9:00am-12:00pm

**PM** – Monday to Thursday 4:30pm-7:30pm

Please ensure your child is an active member of the YMCA and has been pre-registered for this service

To help minimize the spread of infection, we kindly ask that if your child is unable to attend school or daycare due to a fever or illness, they do not attend our drop-in program. Thank you for your understanding and cooperation.

## 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.

### Personal Training - Prices

**Non-Member** 6 sessions: \$375

#### Regular

**6 sessions** - \$294 **12 sessions**- \$576 **24 session** - \$1128

#### Loyalty Rates

**6 sessions:** \$282 **12 sessions:** \$552 **24 sessions:** \$1,080

**Book your consultation today with one of our personal trainers or email Lisa at [Lisa.karn@ymcaneo.ca](mailto:Lisa.karn@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)

Wanda Gibson: [wanda.gibson@ymcaneo.ca](mailto:wanda.gibson@ymcaneo.ca)

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

Kyla Bruni : [kyla.bruni@ymcaneo.ca](mailto:kyla.bruni@ymcaneo.ca)

*Schedules are subject to change.*