

# Fitness Schedule

Spring Session: March 31 – June 8  
Registration required for all programs.

**Building Hours:**  
Monday-Friday 5:30am-9:30pm  
Saturday 7am-4pm  
Sunday 8am-4pm  
Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Cycle 6:15-7am</b>		
<b>Cycle 7-7:45am</b>		<b>Warm Yoga 7:15-7:45am</b>		<b>Cycle Fit 8:15-9am</b>
	<b>Aqua Running 8-8:45am</b>		<b>Aqua Running 8-8:45am</b>	
<b>Cycle 9:15-10am</b>	<b>Strength Fit 9:15-10am</b>	<b>Cardio &amp; Core 9:15-10am</b>	<b>Functional Fit 9:15-10am</b>	<b>TRX 9:15-10am</b>
<b>Aquafit 9:15-10am</b>	<b>Aquafit 9:15-10am</b>	<b>Aquafit 9:15-10am</b>	<b>Aquafit 9:15-10am</b>	<b>Aquafit 9:15-10am</b>
<b>Arriba 10:30-11:15am</b>	<b>Gentle Fit 10:30-11:15am</b>	<b>Mindful Muscle 10:30-11:30am</b>	<b>Gentle Fit 10:30-11:15am</b>	
	<b>Chair Yoga 11:30am-12:15pm</b>		<b>Gentle Yoga 11:30am-12:15pm</b>	<b>Parent and Baby Fit 11:00-11:45am</b>
<b>Hydrotherapy 12:15-1pm</b>		<b>Hydrotherapy 12:15-1pm</b>		<b>Hydrotherapy 12:15-1pm</b>
<b>Dynamic Boxing 5:30-6:15pm</b>	<b>Cycle &amp; Strength 5:30-6:15pm</b>	<b>Strength Fit 5:30-6:15pm</b>	<b>TRX HIIT 5:30-6:15pm</b>	
<b>Yoga 6:30-7:45pm</b>		<b>Zumba (All Ages) 6:30-7:30pm</b>	<b>Yoga 6:30-7:30pm</b>	
	<b>Aquafit 7:15-8pm</b>		<b>Aquafit 7:15-8pm</b>	

Schedules are subject to change.

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**Arriba:** This fun class is a dance-based fitness party! Suitable for all levels, this class is sure to make you sweat, strengthen the lower body, and improve overall balance while you move your hips and feet to the beat.

**Aquafit:** A full-body workout using water resistance, pool noodles, and paddles to boost heart rate and strengthen muscles. Ideal for all, it supports joints and body weight for a low-impact exercise.

**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 & Core:** Get ready to boost your fitness in this high-energy class that enhances cardiovascular endurance and core strength. With diverse tools and techniques, it's suitable for all fitness levels, offering modifications to match your pace and challenge you.!

**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.

**Cycle Fit:** This high-energy class will help you reach your fitness goals by improving both muscle strength and cardiovascular endurance. Ride to the beat as we combine a series of back-to-back cycle drills with strength-based conditioning.

**Cycle & Strength:** Combine high intensity cycling drills with total body strengthening exercises. This is an ideal total body workout.

**Functional Fit:** This class targets upper body and core, sculpting lean muscle with challenging exercises and multiple intensity levels to achieve muscle fatigue.

**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.

## YMCA@HOME+

YMCA at Home is our virtual platform offering youth and family activities including gym class fun, camp games, leadership development, crafts, sing-alongs, and more! Adult content includes fitness classes, healthy meal plans & recipes, mindfulness, women's health, and more. Visit Membership Services for your exclusive discount code and access [ymcahome.ca](http://ymcahome.ca) to get the most from your YMCA membership!

**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.

**Mindful Muscle:** Combines deep breathing, yoga, cardio, strength, core, flexibility, and balance for a total body workout. Chairs are used in this class making it suitable for all levels. This class will leave you feeling calm and strong!

**Parent and Baby Fit:** A cardiovascular and strength based exercise program designed to use both body weight and the weight of your baby. This workout class is intended to get you back into fitness and exercise after having your baby. Please note that this class is for babies 4-12 months old.

**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.

**TRX HIIT** combines suspension training with high-intensity intervals for a full-body workout that builds strength, endurance, and burns calories. Perfect for all fitness levels, this class will challenge your core, balance, and power with every move.

**Warm Yoga:** Experience warm yoga in our upstairs pool viewing area, where heat and calming views enhance your practice. Build strength and flexibility through a dynamic, vinyasa style flow. Bring your mat and enjoy a revitalizing session.

**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.

## CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!  
Ages 3 months to 5 years

Monday to Saturday 9am-12pm  
Monday to Thursday 5:30-7:30pm