

Spring/Summer Interim Fitness Schedule

June 9- June 29, 2025

Registration required for all programs.

Building Hours:
Mon-Fri 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	
Cycle & Core 8:30-9:15am	TRX 8:30-9:15am	Gentle Yoga 7:00-8:00 am Cycle & Core 8:30-9:15am (Gym)	TRX 8:30-9:15am	Cycle & Strength 9:00am-9:45am (Gym)	
Aqua Fit 9:00-9:45am	Chair Yoga 9:30-10:15am	Aqua Fit 9:00-9:45am	Muscle Fit 9:30-10:15am (Gym)	Aqua Fit 9:00-9:45am	Strength Fit 9:00-9:45am
Gentle Yoga 9:30-10:15am	Strength Fit 9:30-10:15am (Gym)	Strength & Flexibility 9:30-10:15am			
Forever Fit 10:30-11:30am (Gym)	Active Yoga 10:30-11:15am	Arriba 10:30-11:15 (Gym)	10:30-11:30am Gentle Yoga	Pilates 10:00-10:45am	Cycle 10:00-10:45am
HIIT 12:10-12:45pm (Gym)	Aqua Fit 10:30-11:15am	Muscle Fit 12:10-12:45pm (Gym)	Aqua Fit 10:30-11:15 am		
Ballroom Silver Advanced 6:30-8:00pm	Aqua Lite 12:00-12:45pm	Cycle 5:30pm-6:15pm	Aqua Lite 12:00-12:45pm		
Aqua Fit 7:45-8:30pm	Bootcamp 12:10-12:45pm	Aqua Fit 7:45-8:30pm	Pilates Strength 12:10-12:45pm	Boot Camp 12:10-12:45pm (Gym)	
Ballroom – Beginner 8:00-9:30pm	Muscle Fit 5:30-6:15pm	Drop In Judo 6-12y 6:30-7:30pm 13+ 7:30-9:30pm	Pilates 5:30-6:15pm		
	Ballroom Intermediate 7:30-9:00pm				

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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 25

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 18

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 8 weeks. The program will aim to occur outdoors.

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.

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.

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+ - Registration Required

Members \$23.50 Non-members \$94.00

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.

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,
danielk@lloydbusinessit.com

AQUATIC CLASSES Aqua Fit: Max Registration 35

Aqua Fit is a high-energy, low-impact water workout that combines cardio, strength, and flexibility training in a fun and supportive aquatic environment. Perfect for all fitness levels, this class uses the natural resistance of water to tone muscles, improve endurance, and boost overall fitness—all while being easy on the joints. Set to motivating music and led by a certified instructor, Aqua Fit is a refreshing way to stay active, burn calories, and build strength without the strain of land-based workouts. No swimming skills required

Aqua Lite: Max Registration 25

Aqua Fit is a high-energy, low-impact water workout that combines cardio, strength, and flexibility training in a fun and supportive aquatic environment. Perfect for all fitness levels, this class uses the natural resistance of water to tone muscles, improve endurance, and boost overall fitness—all while being easy on the joints. Set to motivating music and led by a certified instructor, Aqua Fit is a refreshing way to stay active, burn calories, and build strength without the strain of land-based workouts. No swimming skills required.

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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 between the ages of 10-15 years **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 9:30am-11:30am

PM – Tuesday and Thursday 4:30pm-7:30pm

All children must be pre-registered online before arriving at the YMCA for Drop-In services. Please note that both the child and their parent/guardian must be active YMCA members to access this service.

For the health and safety of all participants, children who are ill, unable to attend school due to illness, or who have a fever will not be allowed in the childminding area.

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

Book your consultation today with one of our personal trainers or email Lisa at lisa.karn@ymcaneo.ca for more information!

Personal Trainer Information:

Brian Woods: brian.woods@ymcaneo.ca

Liam Nesbitt: William.nesbitt@ymcaneo.ca

Gabriel Onadja: gabriel.onadja@ymcaneo.ca

Wanda Gibson: wanda.gibson@ymcaneo.ca

Caroline Pellerin: caroline.pellerin@ymcaneo.ca