

Fall Fitness Schedule

September 29, 2025 – December 7, 2025
Registration required for all programs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Fit 6:15-7:00 am	Cycle 6:15-7:00am	Strength Fit 6:15-7:00 am	HIIT 6:15-7:00am	Gentle Yoga 6:15-7:00 am	Strength Fit 9:00-9:45am
Cycle & Core 8:30-9:15am	TRX 8:30-9:15am	Gentle Yoga 7:00-8:00 am	TRX 8:30-9:15am	Cycle & Strength 9:00am-9:45am	
	Chair Yoga 9:30-10:15am	Cycle & Core 8:30-9:15am	Muscle Fit 9:30-10:15am		
Aqua Fit 9:00-9:45am	Strength Fit 9:30-10:15am	Aqua Fit 9:00-9:45am	10:30-11:15am Gentle Yoga	Aqua Fit 9:00-9:45am	Cycle & Strength 10:00-10:45am
Gentle Yoga 9:30-10:15am					
Forever Fit 10:30-11:30am	Active Yoga 10:30am-11:15am	Arriba 9:30-10:15am	Aqua Fit 10:30-11:15 am	Pilates 10am-10:45am	Strength & Flexibility 11:00-11:45am
	Glutes & Core 10:30-11:15am	Strength & Flexibility 10:30-11:15am			
TOTAL TONE 12:10-12:45pm	Aqua Fit 10:30-11:15am		HIIT 12:10-12:45pm		
Arriba 5:30-6:15pm	Aqua Lite 12:00 – 12:45pm	Cycle 5:30pm-6:15pm	Pilates Strength 12:10-12:45pm		
Aqua Fit 7:45-8:30pm	Bootcamp 12:10-12:45pm	Aqua Fit 7:45-8:30pm	Total Tone 5:30-6:15pm	HIIT Circuit 5:30-6:15pm	
	Strength Fit 5:30-6:15pm				

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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 Pop, Bollywood, Belly Dance, Hip Hop, and any other rhythm you can move your hips and feet to!

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.

Cycle: Max registration 25

Push your limits in this high-energy indoor cycling class! Guided by motivating music and instructor-led drills, you'll ride through a variety of hills, sprints, and endurance challenges that strengthen your legs, improve cardiovascular fitness, and torch calories. This class is low-impact, making it easy on the joints while still delivering a powerful full-body workout. Suitable for all fitness levels, with resistance and pace adjustments so you can ride at your own intensity

Cycle & Core: Max registration 25

Get the best of both worlds in this energizing class! You'll start with an indoor cycling session designed to build endurance, burn calories, and boost cardiovascular fitness through motivating music and instructor-led intervals. Then, move off the bike for a focused core workout that strengthens and stabilizes your abdominals, lower back, and glutes. This class is suitable for all fitness levels, with modifications available so you can challenge yourself at your own pace

Cycle & Strength: Max Registration 25

This class combines the best of cardio and strength! Begin with an energizing cycling session to elevate your heart rate and build endurance. Midway through, transition off the bike for a strength-training segment using weights to target major muscle groups, then finish strong with a balance of both. This dynamic workout boosts cardiovascular health, builds strength, and keeps your routine engaging. Options are provided so all fitness levels can participate

Schedules are subject to change.

TRX®: Max registration 17

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 35

AquaFit is a high-energy, low-impact water workout that builds strength, endurance, and flexibility while being easy on the joints. Set to motivating music and led by certified instructors, it's a fun way to stay active—no swimming skills required!

Aqua Lite: Max Registration 25

Aqua Lite - 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,
danielk@lloydbusinessit.com

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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 20

A low-impact exercise session that incorporates basic strength & flexibility exercises along with some familiar yoga poses & breathwork 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

Pilates Strength: Max registration 25

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.

HIIT/Circuit: Max registration 25

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.

Total Tone: Max registration 25

YMCA TotalTone is a dynamic 30-minute workout designed to activate, strengthen, and stabilize. Blending the precision of barre, the intensity of core training, and the benefits of functional strength work, this low impact yet powerful class enhances mobility, balance, and control. Move to the beat with fluid, rhythmic sequences using light weights and versatile props to challenge your muscles in new ways. Suitable with or without shoes, TotalTone is the perfect complement to your cardio routine or a transformative stand-alone session leaving you feeling strong, centered, and energized.

Schedules are subject to change.

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@ymcaneoe.ca for more information!

Personal Trainer Information:

Brian Woods: brian.woods@ymcaneoe.ca

Liam Nesbitt: william.nesbitt@ymcaneoe.ca

Gabriel Onadja: gabriel.onadja@ymcaneoe.ca

Wanda Gibson: wanda.gibson@ymcaneoe.ca

CJ Pardy: charleigh.pardy@ymcaneoe.ca

Lisa Karn: lisa.karn@ymcaneoe.ca

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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 & YOUTH DROP-IN

Drop the kids off and enjoy some YOU time in the YMCA:

Child & Youth Drop-in (Ages 3m-12yrs)

AM - Monday to Friday 8:15am-1:15pm

PM - Monday to Thursday 4:00pm-8:00pm

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

Youth Drop-In (10-18yrs)

PM - Monday to Friday 4:30pm-9pm

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

Schedules are subject to change.

Glutes and Core Strength: Max registration 25

Build a stronger foundation with this focused strength-training class that targets your core and glutes. Through controlled movements and resistance-based exercises, you'll develop stability, power, and balance to support everyday activities and enhance overall performance. Suitable for all fitness levels, this class helps you strengthen key muscle groups in a welcoming, community-oriented environment. Come feel the difference strong glutes and a solid core can make!

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.

Strength and Flexibility: Max registration 25

This 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.