

# Fall-Winter Interim Fitness Schedule

December 8, 2025 – January 4, 2026  
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
Strength 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 Flow Fit	Aqua Fit 9:00-9:45am	Cycle & Strength 10:00-10:45am
Gentle Yoga 9:30-10:15am	Glutes & Core 10:30-11:15am	Arriba 9:30-10:15am		Aqua Fit 10:30-11:15 am	
Forever Fit 10:30-11:30am	Aqua Fit 10:30-11:15am	Strength & Flexibility 10:30-11:15am	Aqua Lite 12:00-12:45pm	Boot Camp 12:10-12:45pm	Strength & Flexibility 11:00-11:45am
TOTAL TONE 12:10-12:45pm	Aqua Lite 12:00 – 12:45pm	HIIT 12:10-12:45pm	Aqua Lite 12:00-12:45pm		
Holiday Boot Camp 5:30-6:15pm	Bootcamp 12:10-12:45pm	Cycle 5:30pm-6:15pm	Pilates Strength 12:10-12:45pm		
Aqua Fit 7:45-8:30pm	Muscle Fit 5:30pm-6:15pm	Aqua Fit 7:45-8:30pm	Total Tone 5:30-6:15pm		

## 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!

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## 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.

## 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.

## 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

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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+**

## **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

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## **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 8:30am-12:30pm

**PM** - Monday to Thursday 4:15pm-7:45pm

\* 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.