

# Fitness Schedule

Winter/Spring Interim: March 16-April 5, 2026  
Registration required for all programs.

Building Hours:  
Monday-Friday 5:30am-10pm  
Saturday 7am-5pm  
Sunday 8am-4pm  
Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle 6:15-7am			
Cycle 7:00-7:45am			Pilates 7:15-8am		
				Cycle 8:15-9am	
Cycle 9:15-10am	Strength Fit 9:15-10am	Cardio & Core 9:15-10am	Functional Fit 9:15-10am	Line Dancing 9:15-10:00am	
Aquafit 9:15-10am	Aquafit 9:15-10am	Aquafit 9:15-10am	Aquafit 9:15-10am	Aquafit 9:15-10am	
Arriba 10:15-11am	Chair Yoga 10:15-11am	Mindful Muscle 10:30-11:30am	Gentle Yoga 10:15-11am	Pilates 10:15-11am	
	Gentle Fit 11:15am-12pm		Gentle Fit 11:15am-12pm		
Hydrotherapy 12:15-1pm	Chair Fit 12:15-1pm	Hydrotherapy 12:15-1pm	Chair fit 12:15-1pm	Hydrotherapy 12:15-1pm	
Cycle Strength 5:30-6:15pm	Dynamic Boxing 5:30-6:15pm	Pilates 5:30-6:15pm	Cycle TRX 5:30-6:15pm		
Yoga 6:30-7:45pm		Zumba (All Ages) 6:30-7:30pm	Yoga 6:30-7:45pm		
	Aquafit 7:15-8pm		Aquafit 7:15-8pm		

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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.

**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 Fit:** A mix of resistance training, balance, flexibility, and just enough cardio to get your blood pumping.

**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 & 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.

**Line Dancing:** This fun and welcoming class is a great way to get active in a positive environment. We'll mix in slow-paced dances with higher-energy favorites, so whether you're brand new or love to move, there's something for everyone.

**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!

**Pilates:** A mat-based class that gently strengthens your body with a focus on deep core strength. Proper body alignment and breathing is emphasized to create strong mind and body connection.

**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.

**Cycle and TRX:** Using your own body weight with the TRX suspension trainer in off cycle exercises to enhance the cardio component of the Cycle class.

**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

## **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!