

Spring/Summer Interim Fitness Schedule

June 15, 2026 – June 28, 2026
 Registration required for all programs.

Building Hours:
 Monday - Friday 5:30am-9:30pm
 Saturday & Sunday 8am-6pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
StrengthFit 6:15am-7am	Cycle 6:15am-7am	StrengthFit 6:15am-7am	HIIT 6:15am-7am	Gentle Yoga 6:15am-7am	
Cycle & Core 8:30am-9:15am	TRX Tone (Fitness floor) 8:30am-9:15am (8wk registration)	Gentle Yoga 7am-8am		Cycle & Strength 9am-9:45am	
AquaFit 9am-9:45am	Chair YogaFit 8:30am-9:15am	Cycle & Core 8:30am-9:15am	AquaFit 9am-9:45am	AquaFit 9am-9:45am	
	AquaFit 9am-9:45am				
Yoga 9:30am-10:15am	StrengthFit 9:30am-10:15am	AquaFit 9am-9:45am	MuscleFit 9:30am-10:15am		
ForeverFit 10:30am-11:15am	Glutes & Core 10:30am-11:15am	Arriba 9:30am-10:15am	Strength & Flexibility 10:30am-11:15am	Pilates 10am-10:45am	
	AquaLite 12pm-12:45pm (Leisure Pool Closed for Renovations)		AquaLite 12pm-12:45pm (Leisure Pool Closed for Renovations)	Bootcamp 12:10pm-12:45pm	
TotalTone 12:10pm-12:45pm	Bootcamp 12:10pm-12:45pm	HIIT 12:10pm-12:45pm	Pilates 12:10pm-12:45pm		
Arriba 5:30pm-6:15pm	MuscleFit 5:30pm-6:15pm	HIIT Circuit 5:30pm-6:15pm	Pilates 5:30pm-6:15pm		
AquaFit 7:45pm-8:30pm		AquaFit 7:45pm-8:30pm	Caribbean Rhythms Dance 6:30-7:30pm		
				Instructor's Choice 8:30am-9:15am	

Schedules are subject to change.

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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 25

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 25

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 25

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, this class helps participants release tension, enhance posture, and reduce the risk of injuries.

TRX®Tone - 8-week Registered Class: Max Registration 6

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.

Caribbean Rhythms Max Registration: 25

Experience the vibrant energy of Latin America dancing through a fusion of rhythms born in Colombia and enriched by the meeting of cultures from around the world. This dance journey will explore cumbia, salsa, merengue, bachata, and champeta—styles that have spread across Latin America and beyond, uniting people through movement. Each class blends dance, music, and cultural storytelling, creating an uplifting space for connection and self-expression. Designed for all levels, the focus is on fun, freedom, and fitness—no previous dance experience needed. Just bring comfortable clothing, a love for music, and the energy to move to the beat.

Yoga: Max registration 25

A yoga flow with a combination of styles concentrating on flexibility and reducing the risk of injury.

Chair Yoga: Max registration 20

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.

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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.

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.

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.

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.

Glutes & Core: Max Registration 20

This class is 45 minutes of focused exercises that really engage the entire core, working every section of your abdominal muscles AND targeting the posterior chain muscle groups, specifically the gluteus maximus, gluteus medius, and gluteus minimus.

Total Tone: Max Registration 25

YMCA Total Tone 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, Total Tone is the perfect complement to your cardio routine or a transformative standalone session, leaving you feeling strong, centred, and energized.

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.

AQUATIC CLASSES Aqua Fit: Max Registration 35

This aqua class is best done in shallow to mid deep water. Emphasis is on cardiovascular conditioning and muscle strengthening. This class is performed in the lap pool and is designed to keep you moving for the duration of the class.

Aqua Lite: Max Registration 25

This aqua class is performed in the warmer waters of our leisure pool and is light to moderate in intensity

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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 30 days you will be able to transition to a brand-new workout to help you learn & meet your goals?

Our Team of dedicated fitness experts have designed a program to fit your life.

Smart Start - Ages 10-15

Smart Start is designed for ages 10-15 to develop healthy habits and make new friends. Youth 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!

CHILD & YOUTH DROP-IN AND YOUTH CENTRE

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 Centre (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.

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

Loyalty Rates

6 sessions: \$282 **12 sessions:** \$552 **24 sessions:** \$1,080

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

Personal Trainer Information:

CJ Pardy: charleigh.pardy@ymcaneoe.ca

Tammy Abresch : tammy.abresch@ymcaneoe.ca

Brian Woods: brian.woods@ymcaneoe.ca

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