

Fitness Schedule

Summer Session June 29th-August 9th
Registration required for all programs.

Building Hours:
Monday-Friday 5:30am-9pm
Saturday-Sunday 7am-3pm
Closed Holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle 6:15-7am			
				Cycle 8:15-9am	
	Strength Fit 9:15-10am	Cardio & Core 9:15-10am	Core Fit 9:15-10am	Strength Fit 9:15-10:00am	
Aquafit 9:00-9:45am	Aquafit 9:00-9:45am	Aquafit 9:00-9:45am	Aquafit 9:00-9:45am	Aquafit 9:00-9:45am	
	Chair Yoga 10:15-11am	Pilates 10:15-11am		Pilates 10:45-11:30am	
	Gentle Fit 11:15am-12pm	Dance Fit 11:15-12:00pm	Gentle Fit 11:15am-12pm		
Hydrotherapy 12:15-1pm		Hydrotherapy 12:15-1pm	Chair Fit 12:15-1pm	Hydrotherapy 12:15-1pm	
Cycle Strength 5:30-6:15pm		Strength Fit 5:30-6:15pm			
Yoga 6:30-7:45pm		Zumba (All Ages) 6:30-7:30pm			

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

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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.

Dance Fit: A high-energy, full-body fitness experience for all fitness levels. Build strength and flexibility through dance in a fun welcoming environment that is sure to bring you joy and leaving you sweating for more.

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.

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.

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.

Corefit: A mix of core exercises done to upbeat music that will target *all* your core muscles to total exhaustion while building strength.

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 to get the most from your YMCA membership!

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!
Ages 3 months to 5 years

Monday to Friday 9:30am-11:30am
Monday to Wednesday 4:30-7:30pm

Schedules are subject to change

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