

Fitness Schedule

Summer Session August 31-September 27
Registration required for all programs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle 9:15-10am	Strength Fit 9:15-10am		Functional Fit 9:15-10am	Strength Fit 9:15-10:00am
	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	
			Chair Fit 12:15-1pm	
		Strength Fit 5:30-6:15pm		
Yoga 6:30-7:45pm		Zumba (All Ages) 6:30-7:30pm		

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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.

TRX: Join the Core! Use your own body weight to complete exercises with the TRX suspension trainer. This class promotes the best core work while building overall muscle strength.

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.

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