

Fitness Schedule

Fall Session 2026: September 28 - December 6
Registration required for all programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 7:00-7:45		Cycle 6:15-7am			
Cycle 9:15-10:00	Strength Fit 9:15-10am	TRX Core 9:15-10am	Functional Fit 9:15-10am	Strength Fit 9:15-10:00am	Circuit Fit 9:15-10am
Aquafit 9:15-10:00am	Aquafit 9:15-10:00am	Aquafit 9:15-10:00am	Aquafit 9:15-10:00am	Aquafit 9:15-10:00am	
	Chair Yoga 10:15-11am	Pilates 10:15-11am			
	Gentle Fit 11:15am-12pm		Gentle Fit 11:15am-12pm		
Hydrotherapy 12:15-1pm		Hydrotherapy 12:15-1pm		Hydrotherapy 12:15-1pm	
Dance Fit 12:10-12:50	Aquafit 2:00-2:45pm	Dance Fit 12:10-12:50	Aquafit 2:00-2:45pm		
Pilates 5:30-6:15pm	Dynamic Boxing 5:30-6:15pm	Strength Fit 5:30-6:15pm	Step 5:30-6:15pm		
Yoga 6:30-7:45pm		Dance Fit (All Ages) 6:30-7:30pm			
	Aquafit 7:15-8:00		Aquafit 7:15-8:00		

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

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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.

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.

Circuit Fit: Move from station to station in this low complexity high energy class that will have your heart pumping and muscles working. Great for all fitness levels, with simple easy to follow moves that have numerous modifications working out has never been this fun.

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.

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.

Dynamic Boxing: Work out using boxing-based exercises to get your heart rate up, jump start your metabolism and challenge your core.

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.

CHILDMINDING HOURS:

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

Monday to Friday 9:00am-12:00pm
Monday to Wednesday 4:30-7:30pm

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.

Step: Relive the 80's with this fun 45 min cardio workout. Each class will start with the basic step moves and progress to the next level moves for those that want to add some variety into their workout.

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.

TRX/ Core: In this musically motivating high energy multi-level class ALL planes of your core will be targeted in innovative ways to achieve total core exhaustion. The TRX suspension trainer will be used to enhance this workout.

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!