

Fall Fitness Schedule

September 28, 2026 – December 6, 2026

Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-9:30pm

Saturday & Sunday 8am-6pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Strength Fit 6:15-7:00am	Cycle 6:15-7:00am	Strength Fit 6:15-7:00 am	HIIT 6:15-7:00am		Strength Fit 9:00-9:45am	
Cycle & Core 8 :30-9:15am (Gym)	TRX 8:30-9:15am	Gentle Yoga 7:00-8:00 am (Studio)	TRX 8:30-9:15am	Cycle & Strength 9:00am-9:45am (Gym)		
Aqua Fit 9:00-9:45am	Chair Yoga (MPR) 9:30-10:15am	Cycle & Core 8:30-9:15am (Gym)	Aqua Fit 9:00-9:45am			
Gentle Yoga 9:30-10:15am (Studio)	Aqua Fit 9:00-9:45am	Aqua Fit 9:00-9:45am	Muscle Fit 9:30-10:15am (Gym)	Aqua Fit 9:00-9:45am		
Forever Fit 10:30-11:15am (Gym)	Strength Fit 9:30-10:15am (Gym)	Triple Threat Nov 4-Dec 23 (registered 8-week class) 9:30-10:15am	10:30-11:15am Gentle Yoga	Pilates 10:00-10:45am (Studio)		
Total Tone 12:10-12:45pm (Studio)	Active Yoga (MPR) 10:30-11:15am	Arriba 10:30-11:15am (Gym)	Aqua Lite 12:00-12:45pm	Boot Camp 12:10-12:45pm (Studio)	Cycle 10:00-10:45am	
Tai Chi 1:00-2:00pm (Drop-In, Studio)	Glutes and Core 10:30-11:15 (STUDIO)	HIIT 12:10-12:45pm (Studio)	Total Tone 12:10-12:45pm (Studio)		Flow Fit 11:00-11:45am	
HIIT Circuit 5:30-6:15pm	Bootcamp 12:10-12:45pm					
Aqua Fit 7:45-8:30pm	Aqua Lite 12:00-12:45pm	Cycle 5:30pm-6:15pm	Pilates 5:30-6:15pm (Studio)	Arriba 5:30-6:15pm		
	Tai Chi 1:00-2:00pm 8-week Registered Class	Aqua Fit 7:45-8:30pm				
	Muscle Fit 5:30-6:15pm (Studio)					
	Caribbean Rhythms 6:30-7:30pm (MPR)					

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!

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.

Forever Fit: Max registration 40

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 40

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 40

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.

TRX®: Max registration 17

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.

Flow Fit: Max registration 25

FlowFit is a mind-body experience designed to restore balance, mobility, and strength. This class blends functional movement, fluid mobility flows, and deep core strengthening with mindfulness and breathwork for the ultimate reset. Each session begins and ends with intentional breathwork to reduce stress, enhance focus, and bring the body into alignment—both physically and mentally. FlowFit is restorative yet challenging, leaving you feeling more open, balanced, and recharged. Whether you want to improve mobility, prevent injury, or simply carve out time for yourself, FlowFit helps you move better, feel stronger, and reset from the inside out.

Active Yoga: Max registration 25

An active 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.

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.

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.

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.

Triple Threat: Max registration 25 , 8-week Registered Program

Get ready to **step, strengthen, and sculpt!** Triple Threat combines energizing step cardio with targeted strength work for the **core, inner thighs, and glutes**, incorporating weights for an effective full-body workout. Finish with a well-earned cooldown and leave feeling stronger and energized!

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.

Tai Chi & Qigong for Health: Max Registration 25, drop-in class

Improve your balance, flexibility, strength, and overall well-being through the gentle practice of Tai Chi and Qigong. Each class features easy-to-follow movements, breathing exercises, relaxation techniques, and simple Tai Chi forms designed to promote healthy joints, better posture, stress reduction, and mental focus.

This is a non-progressive class, so members can join at any time. Every session is complete on its own, making it ideal for beginners, older adults, and anyone looking for a safe, enjoyable way to improve their health and vitality. No previous experience is required.

Tai Chi: From Basics to Forms

Duration: 60 minutes • Once per week/8-week Registered Program.

Learn the fundamentals of Tai Chi in a welcoming and supportive environment. Beginning with essential principles such as posture, body alignment, relaxation, weight shifting, balance, breathing, and coordinated movement, you will build a strong foundation for safe and effective practice.

As your skills develop, the class will naturally progress from basic movements to traditional Tai Chi forms and routines. Along the way, you will deepen your understanding of Tai Chi principles while improving balance, flexibility, coordination, strength, concentration, and overall well-being.

Whether you are new to Tai Chi or looking to strengthen your practice, this class offers an enjoyable journey of continuous learning and personal growth.

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@ymcaneoc.ca for more information!

Personal Trainer Information:

CJ Pardy: charleigh.pardy@ymcaneoc.ca

Brian Woods: brian.woods@ymcaneoc.ca

Tammy Abresch: tammy.abresch@ymcaneoc.ca

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