

# Fitness Schedule

Summer Schedule: July 2 – Aug 25  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday & Sunday 8am-4pm  
Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muscle Fit 6:15-7am	Boot Camp 6:15-7am	Cycle & Core 6:15-7am	Strength Fit 6:15-7am		
		Gentle Yoga 7-8am			
Cycle & Core 8:30-9:15am	TRX 8:30-9:15am	Cycle & Core 8:30-9:15am	TRX 8:30-9:15am	Cycle & Core 8:30-9:15am	
Aqua Fit 9-9:45am		Aqua Fit 9-9:45am		Aqua Fit 9-9:45am	Strength Fit 9-9:45am
Gentle Yoga 10:30-11:15am	Strength Fit 9:30-10:15am		Muscle Fit 9:30-10:15am	Pilates 9:30-10:15am	
	Chair Yoga 9:30-10:15am				
Forever Fit 10:30-11:30am		Arriba 10-10:45am	Gentle Yoga 10:30-11:30am		
	Aqua Fit 10:30-11:15am		Aqua Fit 10:30-11:15		
Boot Camp 12:10-12:45pm	Aqua Lite 12-12:45pm	Muscle Fit 12:10-12:45pm	Aqua Lite 12-12:45pm	Boot Camp 12:10-12:45pm	
	Arriba 12:10-12:45pm		Pilates Strength 12:10-12:45pm		
Zumba 5:30-6:15pm	HIIT Circuit 5:30-6:15pm		Pilates 5:30-6:15pm		
Ballroom Drop-in 6:30-9pm	Restorative Yoga 6:30-7:30 (offered in two 3 week sessions in July and Aug)	Aqua Fit 7:00-7:45pm			

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## **Cycle: Max registration 23**

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.

## **Boot Camp: Max registration 40**

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.

## **Chair Yoga: Max registration 15**

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

## **Active Yoga: Max registration 30**

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

## **TRX®: Max registration 14**

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.

## **AQUATIC CLASSES Aqua Fit: Max Registration 30**

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.

You will meet with a coach again at 3 and 6 months to build on the progress you have been making.

## **Y Thrive Grow - Ages 10-15**

Y Grow is designed for ages 10 to 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 at the front desk.**

\*Included with the YMCA Experience Memberships only! \*

### **CHILDMINDING HOURS**

Drop the kids off and enjoy some YOU time:  
Ages 3m-5y and Youth Drop In (6-12y) **Combo**

**AM** - Monday, Tuesday and Thursday 9:00am-1:00pm

**AM** - Wednesday and Friday 8:00am-12:00pm

**PM** - Tuesday and Thursday 5:00pm-8:00pm

## **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.

**Book your consultation today with one of our personal trainers or email Cindy at [cindy.rose@ymcaneoe.ca](mailto:cindy.rose@ymcaneoe.ca) or Jan [jan.lakes@ymcaneoe.ca](mailto:jan.lakes@ymcaneoe.ca) for more information!**

### **Personal Trainer Information:**

Lyric Pitawanakwat: [lyric.pitawanakwat@ymcaneoe.ca](mailto:lyric.pitawanakwat@ymcaneoe.ca)

Brian Woods: [brian.woods@ymcaneoe.ca](mailto:brian.woods@ymcaneoe.ca)

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