

Monday-Friday 6:00am - 9:00pm
Saturday 7:00am - 8:00pm
Sunday 7:00am - 5:00pm

Holiday Hours

Friday, April 18 7:00am - 5:00pm
Monday, May 19 7:00am - 5:00pm

****No Classes on Holidays**

■ Studio A & B ■ Lane Pool
■ Studio A ■ Studio B ■ Therapy Pool

GROUP FITNESS SCHEDULE

March 10 - June 28, 2025

All Group Fitness classes are subject to a minimum of three (3) participants. Attendance will be monitored, classes will be cancelled if minimum is not met.

Participants must be 16 years or older to attend Group Fitness Classes

****Mothers of Newborn Membership ***AquaFit Classes start March 17**

All Therapy Pool classes limited to 35 participants using a token system

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 7:45am Bootcamp	7:00am - 7:45am Core & Strength	7:00am - 7:45am Bootcamp	8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit		
8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit	8:30am - 9:15am AquaFit				
9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am AquaYoga	9:30am - 10:15am Gentle AquaFit	9:30am - 10:15am AquaYoga	9:30am - 10:15am Gentle AquaFit		
10:30am - 11:15am CycleFit	10:30am - 11:15am Prime Time	10:30am - 11:15am CycleFit	10:30am - 11:15am Prime Time	10:30am - 11:15am CycleFit		
11:30am - 12:30pm Yoga	11:45am - 12:30pm Chair Pilates	11:30am - 12:30pm Yoga				11:30am - 12:30pm Yoga
1:00pm - 2:00pm Chair Yoga		1:00pm - 2:00pm Chair Strength / Yoga	1:00pm - 1:45pm Beginner Pilates			
1:15pm - 2:00pm Baby Water Bootcamp**	1:15pm - 2:00pm AquaFit***	1:15pm - 2:00pm Gentle AquaFit	1:15pm - 2:00pm AquaFit***	1:15pm - 2:00pm Gentle AquaFit		
5:30pm - 6:15pm AquaFit	6:00pm - 6:45pm Bootcamp	5:30pm - 6:15pm AquaFit	6:00pm - 6:45pm Strong Bodies	5:00pm - 5:45pm Water Bootcamp		



Scan to view more details online.



Schedules subject to change.

Class Descriptions

BEGINNER PILATES
Introduces core-strengthening and flexibility exercises through gentle, controlled movements on a mat. This class focuses on improving posture, balance, and overall body awareness in a supportive environment.

BOOTCAMP
Combining dynamic strength exercises and heart-pumping cardio intervals, this full-body workout builds power, stamina, and agility. For all fitness levels, with modifications available to help meet your goals and leave feeling accomplished and energized!

CHAIR PILATES
This beginner-friendly class improves flexibility, core strength, and posture. Focused on controlled movements, alignment, and mindful breathing, this low-impact workout builds a strong foundation. The class offers step-by-step guidance and modifications to ensure a safe and comfortable experience.

CORE & STRENGTH
Strengthen your foundation with a full-body workout focused on enhancing core stability and overall strength. Mixing targeted exercises and strength-building movements, improve balance, posture, and functional fitness. Suitable for all fitness levels, uses equipment and bodyweight exercises to engage major muscle groups in a positive way.

CYCLEFIT
Burn calories and get the heart pumping - ride your way to fitness with great music and motivational instructors. Our specialized ICG bikes provide a customized fit and can be set for each individual rider's fitness level.

PRIME TIME
Geared to adults 55+, this gentle intensity workout focuses on cardiovascular fitness with low impact aerobics, strength through resistance training and endurance with repetitive moves. Each class includes focus on balance, core strength and flexibility.

STRONG BODIES
A moderate intensity, fat burning - muscle sculpting workout that includes strength and cardio interval training for the entire body. Each instructor will bring their own unique approach and variety to this long loved class.

YOGA CLASSES
CHAIR STRENGTH / YOGA
This class combines Chair Strength and Chair Yoga. For Chair Strength, participants will focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Most exercises are performed seated in a chair.

CHAIR YOGA
Focuses on improving flexibility, strength, and balance through seated and standing poses while promoting relaxation and mindfulness. Ideal for beginners or those with mobility challenges, the class offers modifications to ensure comfort, leaving you feeling refreshed and empowered.

YOGA
This all-levels class is designed to enhance flexibility, strength, and relaxation. Through a series of mindful movements, stretches, and poses, participants will improve balance and posture while reducing stress.

POOL CLASSES
AQUAFIT
An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

AQUA YOGA
Experience the perfect combo of yoga principles and water's buoyancy to enhance flexibility, strength, and balance. This low-impact class supports movement, reduces joint stress, and is suitable for all fitness levels and those with joint pain or limited mobility.

BABY WATER BOOTCAMP
Using the properties of water, exercises are used to improve your strength and stamina while baby is able to float and play using our baby floating devices. This program is always a baby favorite!!!

GENTLE AQUAFIT
This gentle aquafit class offers a low-impact, full-body workout that is easy on the joints while effectively burning calories. Ideal for participants recovering from injuries, it provides a safe and supportive environment to improve strength and flexibility.

WATER BOOTCAMP
This high-energy, full-body class combines strength, cardio, and core exercises. Using the natural resistance of water, get intensity while being easy on the joints, making it accessible for all fitness levels.

OUR STRONG COMMUNITIES CAMPAIGN
The YMCA is committed to building healthier communities, creating opportunity, fostering potential, and encouraging belonging. If you require financial assistance for any programs please contact Leanne Clarke leanne.clarke@nrt.ymca.ca