

GROUP FITNESS SCHEDULE

September 2 - November 2, 2025

Registration open ongoing | *Register for class online |
**Register as part of Mother's of Newborns Program

"30" = 30 minute version of the class.



NEW CLASS



Outside



Ground Level Studio



Upstairs Studio



Pool



Gymnasium

Facility Hours

Monday-Friday
Saturday
Sunday

5:00AM - 9:30PM
6:00AM - 7:00PM
7:00AM - 6:00PM

Holiday Hours (No Classes)

OCTOBER 13

Lane Swim
Open Swim**

7:00AM - 5:00PM

7:00AM - 11:00AM
11:00AM - 5:00PM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:15AM - 7:00AM
Gravity*

6:00AM - 6:45AM
CyleFit

6:15AM - 7:00AM
Gravity*

6:00AM - 6:45AM
CyleFit

8:00AM - 8:45AM
Gravity*

8:00AM - 8:45AM
Gravity*

8:00AM - 8:45AM
Gravity*

8:00AM - 8:45AM
Gravity*

8:00AM - 8:45AM
Gravity*

9:00AM - 9:45AM
Gravity*

9:00AM - 9:45AM
Prime Time Gravity*

9:00AM - 9:45AM
Revitalizing Gravity*

9:00AM - 9:45AM
Prime Time Gravity*

9:00AM - 9:45AM
Gravity*

9:00AM - 10:00AM
Outdoor Move & Lift*

9:00AM - 10:00AM
Prime Time

9:00AM - 10:00AM
Arriba

9:00AM - 10:00AM
Prime Time

9:00AM - 10:00AM
Arriba

9:00AM - 10:00AM
Prime Time

9:00AM - 9:45AM
CycleFit (Starts Oct. 18)

10:00AM - 10:45AM
CycleFit

10:00AM - 10:45AM
Gravity Intervals*

10:00AM - 11:00AM
CycleFit

10:00AM - 10:45AM
CycleFit Starts Oct. 17

10:00AM - 11:00AM
Gentle Yoga Flow

10:15AM - 11:00AM
MuscleFit

10:15AM - 11:00AM
Strong Bodies Circuit Series

10:15AM - 11:00AM
Head to Toe Pilates

10:15AM - 11:00AM
P45

10:15AM - 11:00AM
Head to Toe Pilates

11:00AM - 11:45AM
ChairFit

11:15AM - 12:15PM
Gentle Yoga

11:15AM - 12:00PM
Mom & Baby Yoga**

11:15AM - 12:00PM
Mom & Baby Circuit**

11:15AM - 12:15PM
Flow Yoga

11:15AM - 12:00PM
Mom & Baby Fitness**

11:15AM - 12:15PM
Deep Stretch & Flow

11:15AM - 12:15PM
Restorative Yoga

11:15AM - 12:15PM
ZenPilates

11:30AM - 12:15AM
Prime Time

12:15PM - 12:45PM
Step 30

12:15PM - 12:45PM
Gravity 30*

12:25PM - 12:55PM
Shape & Tone "30"

NEW LUNCH TIME OPTIONS

1:00PM - 2:00PM
Gentle Chair Yoga

1:00PM - 2:00PM
Chair Strength

1:00PM - 2:00PM
Restorative Yoga

1:00PM - 2:00PM
Chair Strength & Stretch

5:00PM - 5:45PM
Shape & Tone

5:00PM - 5:45PM
Gravity*

5:15PM - 5:45PM
Step 30

5:15PM - 6:00PM
Musclefit

5:00PM - 5:45PM
Gravity*

6:30PM - 7:00PM
Roll & Stretch

6:00PM - 6:45PM
CycleFit (Starts Oct. 14)

6:00PM - 6:45PM
P45

6:15PM - 6:45PM
CycleFit 30

7:00PM - 8:00PM
Yin Yoga

7:00PM - 7:45PM
Gravity*

7:00PM - 8:00PM
Gentle Yoga

9:00AM - 10:00AM
Gentle Yoga

NEW

Sunday

RECREATION SCHEDULE

*REGISTRATION REQUIRED FOR ALL PICKLEBALL SESSIONS.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

11:15AM - 12:15PM
Pickleball*

11:00PM - 12:00PM
Pickleball*

10:15AM - 11:15AM
Pickleball*

7:45AM - 8:45AM
Pickleball*

12:15PM - 1:15PM
Pickleball*

12:00PM - 1:00PM
Pickleball*

7:00PM - 9:00PM
Adult Volleyball Drop-In

7:00PM - 9:00PM
Adult Volleyball Drop-In

POOL CLASSES

SEE AQUATIC SCHEDULE FOR MORE OPTIONS IN THE POOL.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:30AM - 9:15AM
AquaFit

6:30AM - 7:15AM
Water Power Fitness

8:30AM - 9:15AM
AquaFit

6:30AM - 7:15AM
Water Power Fitness

6:30AM - 7:15AM
Water Power Fitness

9:30AM - 10:15AM
AquaFit

9:00AM - 9:45AM
AquaFit

9:30AM - 10:15AM
Aqua Bootcamp

9:00AM - 9:45AM
Aqua Fit

9:00AM - 9:45AM
AquaFit

5:45PM - 6:15PM
Aqua HIIT 30

1:00PM - 1:45PM
AquaFit

Schedules subject to change.



***Register for classes online at ymcanrt.org**

"30" = 30 minute version of the class.

ADULT DROP IN VOLLEYBALL

Join us as participants will enjoy energetic game play, while also getting a chance to enhance skills through friendly competition. All levels are welcome!

ARRIBA

A high-energy dance-based fitness party where we focus on the basic Latin rhythms with a splash of Dance, Bollywood, Belly Dance, Hip Hop and other rhythm you can move your hips and feet too!

CHAIR FIT

This chair class combines cardio, strength, flexibility, coordination and mobility exercises to deliver a comprehensive and engaging workout that focuses on stamina and endurance.

CHAIR STRENGTH

Within this class, participants will focus on light resistance training using a variety of accessories such as resistance bands and weighted balls. Most exercises are performed while seated in a chair.

CHAIR STRENGTH & STRETCH

This is an easy going combination of both the Chair Strength and Gentle Chair Yoga.

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.

GRAVITY*

Using our Total Gym Encompass machine, get a full-body workout each class. Workout multiple muscle groups together to develop proprioception and core stabilizers by integrating multi-plane movement and unrestricted range of motion in nearly every exercise.

GRAVITY INTERVALS

An Interval class that combines strength and cardio on the Total Gym units using timed work and rest periods for a full-body, high-intensity workout that's effective yet easy to follow at your own pace..

HEAD TO TOE PILATES

An invigorating head to toe Pilates class that focuses on strengthening the entire body. This class will incorporate a variety of mat-based exercises to target your core, arms, legs and back, helping to improve posture, flexibility and overall body awareness.

MUSCLEFIT

A strength-based group fitness class designed to help participants develop muscular endurance and strength for an active lifestyle. Use a barbell and plates to challenge muscles through a choreographed strength routine.

****Part of Mothers of Newborn Program**

MOM & BABY CIRCUIT

Weekly circuit to get one well rounded workout; incorporates free weights, cardio equipment & CrossFit style stations. Babies can join in strollers, or bring toys for them to play with. Location: Gymnasium

MOM AND BABY FITNESS**

Move, strengthen, and connect with this fitness class - interval style training inspired by Strongbodies, adapted to keep moms challenged while bonding with their little ones.

MOM AND BABY YOGA**

A welcoming and supportive class for Mom & Baby to connect with others. It conditions the body through gentle movements that include stretching, restorative poses and movements to improve posture and reduce stress.

OUTDOOR MOVE & LIFT

*Registration includes all 4 weeks. Join Trainer/Instructor Luke Hewko for a 4-week class and learn the fundamentals of "Strongman Training," covering key techniques and how to safely blend them into traditional lifting.

P45/P60

A cardio, strength and core hybrid delivered in 45 or 60 high-intensity minutes. Combines cardio like kickboxing, total body strength and floor-based exercises to strengthen the thighs, glutes and core. Incorporates equipment such as kettlebells, dumbbells, gliders, and steps.

PICKLEBALL*

Pickleball is a designated recreational game play. Learn from each other and further develop your skills. Bring your own paddle or sign one out.

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 covers balance, flexibility and range of motion.

PRIME TIME GRAVITY*

Similar to our Gravity class (see description here) but geared towards participants ages 55+. Allows for slower transitions between exercises and an increased time for recovery.

REVITALIZING GRAVITY*

Everything our regular Gravity class offers with the bonus of long deep stretches that incorporate the Total Gym Encompass.

ROLL & STRETCH

Incorporating foam rollers, massage balls and other props, this casual class is designed for those who know they should, but don't! Promote recovery, enhance mobility and improve flexibility.

SHAPE & TONE

Focusing on controlled, low impact movements that strengthen muscles while improving core stability and flexibility. Using primarily body weight exercises, resistance bands, sliders, light weights, and a mat, the class targets the core, shoulders, glutes and legs with slow deliberate movements.

STEP

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. Step will improve agility, coordination, balance, strength and stamina.

STRONG BODIES : CIRCUIT SERIES

A moderate intensity, fat burning - muscle sculpting workout that includes strength and cardio interval training for the entire body.

Learn
more



YOGA & PILATES CLASSES

Deep Stretch & Flow

Focusing on deep release and mindful restoration through slow purposeful movement. Supported stretches flow into breath and stillness, blending challenge with ease to leave you grounded and nourished.

Flow Yoga

An invigorating physical and mental practice, linking every pose to breath. As your experience evolves, you will be able to find your own rhythm by focusing inward and accepting what your body needs. Get ready to move.

Gentle Yoga

For unhurried approach to yoga, enjoy a mat practice that is slower paced and deliberate. Focus on the mindful and meditative benefits of yoga as the practice explores modified poses and longer holds.

Gentle Chair Yoga

Increase flexibility and mobility through gentle Yoga posture and poses that are adapted for the chair.

Gentle Yoga Flow

This class is a more gentle, slower version of our Flow Yoga class.

Restorative Yoga

A deeply relaxing slow paced style of yoga using props such as bolsters, blocks and blankets in a variety of reclining postures. Long holds and deep breathing are used to release stress and tension in the physical body as thoughts and feelings are explored, then released to allow for deep rest, healing and coming into alignment.

YIN YOGA

Experience deep relaxation and enhanced flexibility with Yin Yoga. This gentle, slow-paced class involves long-held, passive poses that target deep connective tissue. Promotes mindfulness and stress relief, leaving you feeling calm and rejuvenated.

ZenPilates

Experience the perfect blend of Gentle Yoga and Pilates in ZenPilates. Ideal for all fitness levels this class focuses on balance, flexibility, and core strength. Join in for a harmonious workout that revitalizes body, mind and spirit.

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

POOL CLASSES

Aqua Bootcamp

A full-body workout that blends endurance drills, cardio and strength, letting you choose your own intensity while staying low-impact on the joints.

AquaFit

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

Aqua HIIT 30

Burn calories fast with high-intensity, low impact water training that is easy to follow and suitable for all fitness levels.

Water Power Fitness

This class is designed to improve your cardio, strength, and range of motion in the comfort of water.

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