

## The Y-Way Training (A.S Room | 9:15-10:15am)

The YWay is the YMCA's commitment to delivering programs and services through a lens of inclusivity, respect, and relationship-building, to help everyone reach their full potential.

Service That Shines means consistently delivering welcoming, high-quality service, while Moments That Matter are the meaningful interactions that create lasting connections and make a positive difference in people's lives.

## The Mobility Essentials Every Instructor & Trainer Should Know (Ground Floor Studio | 10:30-11:30am)

### ***Special Session with Physiotherapist Jethro Mendola-Byatt***

Join local physiotherapist Jethro Mendola-Byatt for a practical and engaging session designed for both fitness instructors and personal trainers.

This workshop explores the mobility and movement foundations that support strong, pain-free training. Learn why certain joints need mobility while others require stability, how common movement limitations influence exercise performance, and which foundational mobility exercises support long-term joint health.

You'll leave with simple movement strategies and programming ideas you can immediately use in group fitness classes, personal training sessions, and warm-ups to help members move better, train safely, and stay active longer.

If you lead movement or design exercise programs, this is a session you won't want to miss.

## Cyclefit: Build and Lead (Ground Floor Studio | 11:30am-12:30pm)

### ***Presenter Filomena Roberto***

Step into a one-hour CycleFit session designed to sharpen your coaching edge and elevate your class delivery.

This workshop goes beyond the ride, focusing on how to coach with purpose using cadence, resistance, heart rate, and effort-based training to create safe, effective, and engaging experiences.

You'll gain practical cueing strategies, interval training methods, and real-world tools you can apply immediately, whether you're leading beginners or seasoned riders, foundational

movements, key class segments, and essential metrics such as RPM/cadence, RPE (talk test), and training zones will be integrated throughout to support confident, effective coaching.

## Pilates Essentials: 10 Exercises for Any Class

(Upstairs Studio | 11:30am-12:30pm)

### *Session with Pilates & Yoga Instructor Kim Jaye*

Join Pilates and Yoga instructor Kim Jaye for a practical session highlighting ten of the most versatile Pilates exercises that can be incorporated into almost any style of class or training program.

These foundational movements help develop core strength, stability, posture, and movement control while remaining adaptable for different fitness levels and class formats.

Whether you teach strength, mobility, yoga, core, or general conditioning, these exercises can easily be layered into warm-ups, core segments, or recovery blocks.

Simple, effective, and immediately usable — this is a session instructors and personal trainers won't want to miss.

### Participants Will Explore

- 10 foundational Pilates exercises that translate well across many program styles
- How to adapt exercises for different ability levels
- Ways to integrate movements into warm-ups, core blocks, or cooldowns
- Techniques that improve posture, core stability, and movement control
- A simple toolkit of Pilates movements instructors and trainers can use immediately

## Musicality & Choreography (Ground Floor Studio | 1:15-2:15pm)

### *Presenter Anne Gear*

Let's learn to work with the beat and phrase of music during a class and add cardio choreography or weight choreography to run a **smooth class**.

We will cover beats, phrases and 32 counts as well as putting simple choreography together to form some **easy blocks**.

## Coach Connect (AS Room | 1:15-2:15pm)

**Presenters Eric Mejorado & Krista Nott**

A Collaborative session for trainers and coaches to ask questions, share experiences, and walk away with ideas they can use right away.

## Quality Assessments for Personal Trainers

(Upstairs Studio | 2:15-3:15pm)

**Presenters Krista Nott & Tricia Boehme**

A practical seminar for trainers on how to perform simple, effective client assessments—and why they matter. Learn how to establish measurable baselines, use basic tools and accessories to gather meaningful data, and track progress over time. We will also explore how involving clients in their own self-assessment builds awareness, motivation, and better results.

Delivered from a personal trainer's perspective, this session focuses on practical methods you can immediately apply in your programming and coaching.

## YMCA Licensed Classes & Learning Management System (LMS) Overview (Ground Floor Studio | 2:15-3:15pm)

**Presenter Eric Mejorado**

Explore a one-hour session designed for instructors interested in licensed YMCA GTA classes such as Arriba, Total Fit, Aquafit, and Muscle Fit. This workshop will introduce the YMCA Learning Management System (LMS), guiding you through how to access it and navigate its features with confidence. You'll gain insight into the variety of classes available, along with e-module training, certifications, and ongoing development opportunities. Walk away with a clear pathway to expand your credentials, strengthen your instruction, and stay aligned with YMCA standards.

## Cueing and Modifications (Ground Floor Studio | 3:15-4:00pm)

**Presenter Anne Gear**

We will review signals to help members perform movements **safely, correctly, and efficiently.**

Instructors will come away with **progressions** and **regressions** of both cardio and weighted exercises.