

# MARK YOUR CALENDARS!

SATURDAY, APRIL 25  
YMCA Fitness Forum  
Cobourg Y

## What's the YMCA Fitness Forum?

Our Fitness Forum is for YMCA Northumberland fitness staff. More than a training day, it's your chance to:

- Sharpen your skills
- Gain fresh ideas & perspectives
- Complete required Y Way Training (paid session included)
- Earn essential Continuing Education Credits (CECs)

When: 9:15 am – 4:15 pm on Apr. 25

Where: Cobourg YMCA

Lunch provided!

**REGISTER BY APR. 20!**

Register through  
our website



[ymcanrt.org/activities/fitness-forum/](http://ymcanrt.org/activities/fitness-forum/)

## SCHEDULE

**9:00am (Front Lobby)**

**Welcome / Registration & Coffee**

**9:15-10:15am (A.S. Room)**

**Y-Way Training**

The Y-Way 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.

**10:30-11:30am (Ground Floor Studio)**

**Mobility Essentials – Jethro**

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.

**11:30am-12:30 (Ground Floor Studio)**

**Cyclefit: Build and Lead**

Go beyond the ride to learn how to coach with purpose using cadence, resistance, RPE (talk test), heart rate, and effort-based training to create safe, effective, and engaging experiences. You'll gain practical cueing strategies, structured interval templates, and real-world tools whether you're leading beginners or seasoned riders.

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

**Pilates: Top 10 Exercises - Kim**

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.

**12:30 - 1:15pm (Ground Floor Studio)**  
**Lunch**

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

Let's learn to work with the beat and phrase of music and then add cardio or weight choreography to run a smooth class. Covers beats, phrases and 32 counts as well as putting simple choreography together to form some easy blocks.

**1:15-2:15pm (A.S. Room)**

**Coach Connect**

A Collaborative session for Fitness Trainers and coaches to ask questions, share experiences, and walk away with ideas they can use right away for their fitness practice.

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

### Quality Assessments

Learn simple, practical ways to assess clients, establish measurable baselines, and track progress over time. Includes useful tools, basic assessment methods, and how client self-assessment can improve engagement and results. Also covers biomechanics observations to guide better exercise programming

## 2:15-3:15pm (Ground Floor Studio)

### YMCA Licensed Classes & Learning Management System (LMS) Overview

Interested in licensed YMCA GTA classes such as Arriba, Total Fit, Aquafit, and Muscle Fit? Enter the YMCA LMS. Learn how to navigate its features with confidence. Gain insight into class variety, e-module training, certifications, and development opportunities so you can expand credentials, strengthen your instruction, and align with YMCA standards.

## 3:15-4:00pm (Ground Floor Studio)

### Cueing & Modifications

Review signals to help members perform movements safely, correctly, and efficiently. Instructors will come away with progressions and regressions for both cardio and weighted exercises.

### Important Notes:

- A Y Way Training session starts the day. Staff who have not yet completed this training will consider it a paid training session.
- This is a free training event for all YMCA Northumberland fitness staff.
- If two sessions occur at the same time, please choose only one session from that time slot.

### Take Advantage:

- Stay all day or choose sessions to fit your needs & schedule.
- Lunch is provided!



**View the full  
schedule &  
Register through  
our website**



[ymcanrt.org/activities/fitness-forum/](https://ymcanrt.org/activities/fitness-forum/)

**Register by April 20!**



Shine On  YMCA  
Northumberland

# YMCA 2026 Fitness Forum

Calling all YMCA  
Northumberland  
Fitness Staff

**...Ready to level up?**

**SAT. APRIL 25**

**Cobourg Y**