

Adult Programs

Adult Dance Combo

Sundays 4:00–5:00pm

Learn a combination of jazz, hip-hop, latin dance and much more. Get a great workout and embrace the positive energy. We will build on a routine each week. Suitable for any fitness level.

Members \$20.00 Non-Members \$52.00

Endurance Cycle

Mondays 6:30–8:00pm OR Thursdays 5:15–6:45pm

Offered Session A & B only

Endurance Cycle is a great way to maintain or increase cycling endurance and strength. Each week includes a fun and challenging 90-minute cycling class that includes heart rate training and specific muscle group drills.

Members \$15.00 Non-Members \$45.00

Registering for both?

Members: \$25.00 Non-members \$80.00

Exercises for Parkinson's

Fridays 10:30–11:30am

Join this chair exercise program to help increase mobility and strength. This program is appropriate for any individuals with Parkinson's Disease, or those looking for a gentle paced program.

Members \$15.00 Non-Members \$30.00

Fitness Fridays

Fridays 1:00–2:00pm

These sessions are designed for adults with developmental disabilities. The group will participate in a variety of different activities to develop confidence while being physically active. This program is a partnership with Alternatives Community Program Services.

Members Included Non-Members \$16.00

NEW Introduction to Free Weights

Tuesdays 9:30–10:30am OR Thursdays 6:30–7:30pm

Tuesdays January 22 to February 26, March 18 to April 22, May 13 to June 17

Thursdays January 24 to September 28, March 20 to April 24, May 15 to June 19

This class will show you the benefits of using free weights. Learn the proper body position and movement. This course is for all levels. This is a great way to increase bone density and prevent osteoporosis. Learn new exercises and challenge your stability muscles.

Members \$20.00 Non-Members \$50.00

Moms on the Move – Muscleworks

(Babies aged 4 weeks to crawling)

Tuesdays 11:00am–12:00pm OR Thursdays 11:15am–12:00pm (Session A & B only)

Moms on the Move is the perfect program for you to strengthen, tone and relax your recovering body while spending quality bonding time with baby. This workout integrates baby into resistance exercises to strengthen and stretch those muscles doing overtime as a busy parent. Come out, meet new parents, socialize and have fun.

Members Included Non-Members \$30.00

Registering for two or more classes?

Members Included Non-Members \$25.00 per class



Moms on the Move – Walking Group

(4 weeks to 18 months)

Session C only Thursdays 11:00am–12:00pm

Just like Moms on the Move, but with added cardio and we're taking it outside. With stroller and baby in tow, this walking workout focuses on aerobic fitness with additional moves to increase flexibility. Moms on the Move is perfect for the new mom (or dad) looking to improve aerobic fitness. It's a fun and very social class!

Members Included Non-Members \$30.00

NEW Mom and Baby Pilates

(Babies ages 4 weeks to crawling)

Mondays 1:30–2:30pm



This playful class is gentle, yet challenging. It allows new moms to participate with their babies while learning Pilates. Restore core strength and proper posture. Pilates is proven as a safe and effective way to help new moms rejuvenate, recondition, and realign the post pregnancy body. The certified infant massage instructor will dedicate part of the class to baby massage, movements and stretches. Benefits from Infant Massage include better sleep, digestion and improved immune function. Above all, it's a fantastic opportunity to meet other moms and babies.

Members \$25.00 Non-Members \$55.00

Older Adults and Weights – ACTIVE

Wednesdays 10:30am–12:00pm

January 23 to February 27, March 19 to April 23, May 14 to June 18

Ages 65+

This program is for participants who currently take part in physical activity and who wish to increase their abilities.

Research has shown that being active has a large impact on keeping your independent lifestyle. Learn how to safely lift weights, improve posture and balance. This course will point you in the right direction for a healthier, more active future. For the six week program, participants meet once a week for 90 minutes with our trained Lifestyle Centre staff. Maximum four participants per session.

Members \$25.00 Non-Members \$50.00

Older Adults and Weights – SEDENTARY

Thursdays 10:30am–12:00pm

January 24 to February 28, March 20 to April 24, May 15 to June 19

Ages 65 +

This program is for participants who are currently not active and who are looking to incorporate physical activity into their daily lifestyle.

Research has shown that some decreases in physical function that we associate with aging are actually related to lack of activity. Learn how to safely build muscle, improve posture and increase strength for your daily life. For the six week program, participants meet once a week for 90 minutes with our trained Lifestyle Centre staff. Maximum four participants per session. You can lift weights at any age!

Members \$25.00 Non-Members \$50.00



Pilates

Mondays 8:15–9:15pm OR Tuesdays 9:15–10:15am

Pilates is the latest and best addition to your exercise routine. You may be a seasoned athlete, a beginner, or you may want to try something new. Pilates increases endurance, agility and power giving your body a greater range of flexibility. A great addition to your cardio and weight training routine. All levels welcome.

Members \$35.00 Non-Members \$70.00

Registering for two or more classes?

Members \$25.00 per class Non-Members \$55.00 per class

NEW Prenatal Pilates

Mondays 5:15–6:15pm

Prenatal Pilates is designed to promote good posture and spinal alignment, easing the strain and tensions involved with a changing body during pregnancy. The class will help by:

- Increasing the deep abdominal strength providing support for the weight of the baby and taking pressure off the spine;
- Increasing pelvic floor strength and greater awareness of the muscles used during childbirth;
- Improving muscle endurance especially in the "core" region including the abdomen, back, pelvic and shoulder girdles;
- Promoting relaxation through the use of flowing movements and breathing

This class is a good lead into Mom and Baby Pilates Program.

Members \$40.00 Non-Members \$75.00

Pryme Time

Tuesdays and Thursdays 1:15–2:00pm

A gentler-paced fitness class that focuses on strength, range of motion, balance and mobility for older adults using a combination of weights, therabands and the stability ball.

Members Included Non-Members \$50.00

NEW Try – a – Tri

Wednesdays 7:00–9:00pm AND Sundays 7:00–10:00am

Session A: Beginner (Try-a- tri distance race)

Session B: Intermediate (full sprint distance race)

Interested in competing in a triathlon? Start slowly and reach your personal goals. This program will incorporate swimming, biking and running. At the end of the session, you will participate in a mock race.

The land instructor, Gary Hoadley, has 4 years short distance running & clinic instruction experience, he is a Rebok certified spin instructor, he has certification in Advanced Training for Muscular Endurance, as well, he has completed 10 assorted triathlons in 2007. The swim instructor, Julie Cartwright, is a certified Level Two Swim Coach, who has been swimming competitively for 8 years and coaching for 6 for the Trent University Swim team and the YMCA. For more information please contact Gary in the Lifestyle centre.

Members \$ 70.00 per session Non-members \$120.00 per session

Women & Weights

Mondays 10:30am–12:00pm

January 21 to February 25, March 17 to April 21, May 12 to June 16

Tuesdays 6:30–8:00pm

January 22 to February 26, March 18 to April 22, May 13 to June 17

This six-week program will help you build confidence while using resistance equipment and free weights. Participants meet once a week for 90 minutes with one of our certified personal trainers. These sessions, include partner education components about healthy living with a great physical workout while aiding in the prevention of osteoporosis. Join other women to develop skills and friendships to get you on a brighter road to fitness. Maximum four participants per session.

Members \$25.00 Non-Members \$50.00

Yoga

Challenge your spirit, mind and body as you move through a series of yoga postures and stretches. Practiced for centuries, yoga is an energizing and relaxing experience that will strengthen you mentally and physically. This is a progressive class, each week the postures and routine are advanced from the previous class.

Beginner – Tuesdays 6:30–7:30pm

Members \$35.00 Non-Member \$70.00

Intermediate – Tuesdays 7:30–9:00pm

Members \$50.00 Non-Members \$90.00

NEW Osteoporosis: Break Through... Bone Health for Adults

Wednesdays 7:00–8:00pm

Offered Session C only (May 7 to June 25)

The aim of the Break Through program is to offer awareness and understanding of bone health in order to prevent bone loss and fractures for those over 50 years of age, and to build a continuum of support for the management of those who have been diagnosed with osteoporosis.

Break Through provides comprehensive information on osteoporosis, risk factors, nutrition, physical activity and treatment- keys to preventing bone loss and maintaining optimal bone health. Pick up a brochure at the Sales Desk for more information.

Members \$10.00 Non-Members \$20.00

Chess & Checker Club

Thursdays 7:00–10:00pm

Come and take part in a leisurely game of Chess or Checkers. Meet new friends and socialize.

Members Included Non-Members \$10.00

Must register as space is limited

Racquet Sports

Squash House League

All levels are invited to join this fun squash league. Come out for the round robin night so we can determine your playing level.

Round Robin Night – Tuesday, January 15 7:00-9:00pm

League Starts – Tuesday, January 22

Tournament – Saturday, January 26 OR Saturday May 3

Members only \$10.00

Beginner Squash Clinic

Wednesdays 7:00–8:20 pm February 6

New to squash? This clinic is for you if you've been wanting to play for a while but need advice on form, technique and the rules of the game. Maximum 8 participants.

Members Included Non-Members \$10.00

Intermediate Squash Clinic

Wednesday 7:00–8:20 pm March 5

Would you like to improve your squash game? Tips, techniques and practice in this clinic with other players at your level. Maximum 8 participants.

Members Included Non-Members \$10.00

Private Squash / Racquetball Lessons

Learn the game on your own time. Beginner to advanced lessons taught by experienced racquet sport players.

Call Trevor Tompkins ext. 231 to book a private lesson.

Members \$15.00 per 40 minutes

Non-Members \$24.00 per 40 minutes

Racquetball

Tuesday AND Thursdays 7:30–9:00pm

Drop in for a game of racquetball, all levels welcome. Informal instruction is available to learn how to play the game. Racquetball tournaments are offered periodically throughout the year; check the racquetball bulletin board in the court area.

Adult Martial Arts

Judo

Thursdays 7:00–8:30pm AND Saturdays 12:30–2:30pm

Learn this safe olympic sport, an art, a discipline, a fitness program, a means of self-defense and a gentle way of life. Practiced by millions of men and women of all ages worldwide. Note: There is a yearly Judo Ontario fee that applies to each participant at the time of registration. See sales staff for more information.

Members \$36.00 Non-Members \$64.00

Jiu Jitsu

Mondays 8:00–10:00pm AND Thursdays 8:30–10:00pm

Learn an unarmed system of self-defense and improve your fitness level and self-confidence at the same time.

Members \$36.00

Non-Members \$64.00

Fitness Leadership

You can be a Fitness Instructor or Personal Trainer.
60% of course fees will be rebated with volunteer commitment.
Please speak with Mary Anne for more information.

YMCA Canada Fitness Instructor Certification Course

Become a Fitness Instructor! Lead group classes on land or in the water or develop individual fitness programs. There is no better way to stay healthy and fit than to help others reach their fitness goals. Be a part of the YMCA health and wellness movement and take this nationally recognized certificate program to get you started in this exciting industry. Certification must include both Basic and Applied Theory. 100% attendance is required for course completion. Pick up a brochure at the Sales Desk for more information or check out our website.

Please contact Mary Anne in the Lifestyle Centre with any questions in regards to the fitness leadership courses.
748-9622 ext. 230

