



## Your YMCA Adult or Student Membership entitles you to:

- Our coaches will ease your entry into fitness, assist you in setting realistic wellness goals and provide basic equipment instruction designed to help you succeed. Everything you need to get started on the path to wellness!
- Fitness Centre
- Open Gym
- Open and Lane Swim
- All Recreational Sports
- Unlimited Fitness & Aqua Classes
- Access to all YMCA in Canada

Classes under each category are listed from low to high intensity.  
\* Classes vary by location

## Cardio Classes

### Low Impact

A low impact, gentle toning class designed for those new to fitness, older adults or those recovering from injuries.

### Latin Funk

A Zumba style class – easy to follow moves, fast and slow rhythms set to latin, world and popular music. A fun workout like you have never seen before!

### Cardio Challenge

A variety of aerobic workouts such as sport conditioning, step, high/low and kickboxing.

### Cyclefit

Indoor bike class set to music. Suitable for beginner to experienced cyclists.

### Cardio Kickboxing

Kick and punch your way to full body fitness. May include the use of equipment. First 15 min of each class includes warm-up and kickbox basics.

### Karate

Learn self defence, self confidence and respect for yourself and others. YMCA Karate is for everyone, all ages and abilities.

## Bootcamp

A high intensity cardio and circuit workout.

## Core Classes

### Core Strength

A class focused on developing strength and functional ability in the abdominals and back.

### Fusion Flow

Components of Pilates, Yoga and core conditioning to help you develop and maintain a stronger back and abs, increased flexibility and long, lean muscles.

### Yoga Fit

A dynamic fitness class utilizing Yoga techniques, postures and positions. Designed to develop strength and flexibility, reduce stress and tensions, and increase overall health and vitality.

## Resistance & Toning Classes

### Gentle Fit

A gentle exercise class using a chair, therabands and hand weights. Appropriate for those with a chronic condition and or limited mobility.

### Stretch & Tone

A focus on gentle toning and flexibility exercises. Seated modifications will be offered.

### Total Body Tone

Resistance training class using a variety of equipment.

### Body Flex

Weight training program using hand weights and barbells.

“ I am more fit and healthy than I have ever been in my life. Walking through the doors of the YMCA always gave me the same feeling, that of connection. Connection not only with my community, but also with myself. I love to look around while I workout and enjoy the energy of other people who share my values; family, health and community ”

~ YMCA Member



## Live Well Programs

In partnership with Hamilton Health Sciences and McMaster University, the YMCA is pleased to provide a series of health rehabilitation, prevention and education programs designed for individuals with a variety of conditions or illness. Registration required for all programs.

### CanWell

In partnership with HHS, McMaster University and Juravinski Cancer Centre, this is a 12 week supervised exercise and education program designed for individuals who have been diagnosed with cancer and at any stage of their cancer treatment. Participants have access to a Kinesiologist, Physiotherapist and Advanced Practice Nurse for the duration of the program.

### Fit for Function

This community-based exercise and educational program is designed for stroke survivors and their caregivers to gain confidence in managing the challenges of living with stroke. This is a research study examining two different methods of exercise prescription.

### Healthy Hearts

This exercise and education maintenance program is designed for individuals who have completed their rehabilitative program at the hospital or have been discharged following a cardiac episode. A doctor's referral is required. Education topics may include heart health, stress management, diabetes, blood pressure, working with a health care team and nutrition. Educational sessions will occur monthly.

### In Motion

Designed for individuals suffering from chronic joint or bone issues such as osteoporosis and osteoarthritis. The program is ideal for those wanting to optimize their health pre and post surgically for a hip and/or knee replacement.

Educational components include nutrition; working with a health care team; preparing for surgery; bone health and pain management.

### Y Fit 4 U

This program is for youth ages 10+ with mild to moderate physical and/or cognitive disabilities. Program is delivered in partnership with the Children's Developmental Rehabilitation Program

**\*programs vary by location**

## Aquatic Fitness Programs

### HydroTherapy

Rehabilitative exercises at your own pace. Anyone is welcome to participate. Ideal for hip, knee, bone/joint and other medical conditions.

### Water Walking

A gentle water walking class appropriate for those with a chronic condition or limited mobility.

### Aqua Ease

Great for anyone who is new to aquafit or who is managing a chronic health condition.

### Aquafit

A low impact class that can be done in shallow or deep water.

### Aquafit Boot Camp

High intensity cardio workout mixed with intervals of total body toning and core strength focus. Extra water equipment may be used for this cross-training class.

### Masters Swim

Stroke correction, technique tips, skills and drills with a trained swim coach. Appropriate for competitive and non-competitive swimmers, triathletes wanting to improve their times and intermediate swimmers focusing on skills.

“ I am a single mom of 4 children all under age 6, so being able to come to a place where there is something going on for EVERYONE is fabulous. Thanks for the ME time! ”

## Creating Balance (Registration Required)

Creating Balance is a Weight Management Program designed to assist you with the behavioral changes needed to maintain a healthy lifestyle. Our program is designed to provide practical weight management techniques in a supportive and safe environment. Our focus is on fun, healthy habits and long term success. It is not just about LOSING inches, it is about GAINING back your own health & wellness!

## Certification Courses

Courses run based on a minimum number of participants. Please see [www.ymcahbb.ca](http://www.ymcahbb.ca) for fees, dates, times and locations.

### Fitness Instructor Training

If you enjoy group fitness classes or strength training in the Fitness Centre and would like to motivate others to achieve a healthier lifestyle, become a national certified YMCA Fitness Leader.

### Standard First Aid and CPR Certification

Pre-requisite: Emergency First Aid and CPR B is an asset.

## Additional Services

**\*Please contact branch for program fees**

### Body Composition Analysis

A non-invasive test will provide percent body fat, lean weight, fat weight, basal metabolic rate, total body water and target recommendations. By appointment only.

### Fitness Assessments

Includes body composition, cardiovascular fitness, muscle endurance, flexibility testing, an interpretation of results and fitness counseling by a Certified Fitness Appraiser. By appointment only.

### Personal Training

Personal training at the YMCA is exclusive to YMCA Personal Trainers. Our Certified Personal Trainers can help you achieve the results you want, regardless of your fitness level, by creating a program specifically for you.

## Recreational Sports

### Youth & Teen

• Basketball	• Floor Hockey	• Racquetball*
• Soccer	• Squash*	• Volleyball

### Adult

• Basketball	• Racquetball*
• Squash*	• Volleyball

\*For Racquetball and Squash Court bookings, please phone the Membership Desk: Hamilton Downtown Family YMCA: 905-529-7102 | Ron Edwards Family YMCA: 905-632-5000