



Health & Fitness

YMCA of
Hamilton | Burlington | Brantford

YMA Health & Fitness

Your YMCA Adult or Student Membership entitles you to:

- Our YMCA Staff will assist you in setting and achieving your health goals. Complimentary YMCA Fitness Coaching sessions and workshops
- Fitness Centre with state of the art equipment
- Open Gym
- Open and Lane Swim
- All Recreational Sports
- Unlimited Fitness & Aquatic Classes
- Guest privileges at all YMCA in Canada
- Specialized health programs

Complimentary YMCA Fitness Coaching

- Receive your own personalized fitness program
- Full orientation to fitness centre
- Open to new and long term members
- Modify or amp up your current fitness routine
- Learn how to use machines and functional equipment safely and independently
- Detailed explanations of our group fitness classes
- Build relationships with staff, volunteers and members
- 3 sessions annually

Core Classes

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

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. Yoga mats are available if needed.

Cardio Classes

WalkFit

A gentle low impact class using Activator walking poles

BodyFit

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

Zumba®

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

CardioFit

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.

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.

Group Blast®

This 60 minutes of cardio training uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

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.

BodyFit

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

Core Strength

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

Group Power®

Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight. Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

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



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.

Balance+

Free community exercise program focusing on strength, balance, flexibility and endurance in an effort to reduce the risk of falling. Open to current members as well.

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 exercise and education program is designed for stroke survivors and their caregivers. Program includes Living with Stroke education designed by the Heart and Stroke Foundation of Canada.

Healthy Hearts

This exercise and education 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.

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.

LiveWell Pilates

Build strength, flexibility and control through the use of stabilization, alignment and breathing techniques.

LiveWell with Diabetes

Designed for individuals with Type 2 Diabetes, as well as those at risk for developing Diabetes. Learn strategies to help manage nutrition, blood sugar, weight and medications in this exercise and education program.

Mobility+

An exercise program designed for individuals with a spinal cord injury or mobility issues.

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.

Mac H2ope Clinic

A specialized clinic available at the Hamilton Downtown Family YMCA that provides complimentary physiotherapy and occupational therapy sessions to the community. Clinic is managed by McMaster University. Hours vary by session.

Certification Courses

Courses run based on a minimum number of participants. Please see 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.

YMCA Health Management



YMCA Right Track

Registration Required

This 12-week nutrition and exercise program is designed to help you meet your short and long-term health and fitness goals with the support of one of our YMCA Fitness Coaches. Sign up and receive personalized exercise goal-setting, 12 weeks of individual fitness support, circuit-style group programs, dietitian-created meal plans and fitness measurements. Included in the cost of membership.



YMCA Personal Training

Registration Required

Need some advice on where to start? Receive three complimentary visits with a YMCA Fitness Coach who will take you through basic fitness activities including cardio and resistance training, to help you feel comfortable at the YMCA and get your active lifestyle off to a successful start.



YMCA Personal Training

Contact your YMCA for fees and appointment bookings.

Looking for greater results, a new challenge or motivation? We have the expertise to help you succeed. YMCA Personal Trainers will work one-to-one with you to understand your health history, short and long-term health goals and develop a customized plan to get you there.

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

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.

Aquafit

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

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! ”