



Adult Programs

Register today!

Kettlebell Basics (16+ years)

Take your workout to a new level with this new 6-week session! Kettlebell training will develop strength, flexibility, core control and stamina. Register for Kettlebell and watch your energy and body transform!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 27-Mar 3	Tues	10:30-11:30 am	6	included	\$50
Apr 7-May 12					
May 26-June 30					

Kettlebell WOW (Workout of the Week) (16+ years)

Once you have mastered Kettlebell Basics, join us for WOW and build even more strength, agility and endurance. There will be a different workout each week that will challenge you as an individual. Prerequisite: Completion of basics program or previous Kettlebell training. Speak to the instructor prior to program start date.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 29-Mar 5	Thurs	10:30-11:30 am	6	included	\$50
Apr 9-May 14					
May 28-July 2					

Get to the Core of it (16+ years)

Start your day with a 45-minute class that will give you a stronger, more stable core. A solid, flexible core increases balance and stability, improves posture and prevents injuries, plus increases self-esteem, confidence and feelings of overall wellness.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 30-Mar 6	Fri	7:00-7:45 am	6	included	\$50

Early Bird Yoga (16+ years)

Research shows that yoga can have a deep and powerful impact by elevating mood and decreasing blood pressure. Try Early Bird Yoga and you'll leave class feeling more limber, aligned and more positive!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 13-Mar 3	Tues	6:00-6:45 am	8	included	\$50



Voted Oakville's Best Fitness Programs

Nordic Pole Walking Club (16+ years)

Nordic Pole Walking will pump up your cardio by increasing oxygen consumption, reduce stress to your knees and lower joints and improve posture while strengthening your upper body to create resistance to build better bone density. Bring your poles and join us for a weekly walk through Oakville.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
May 5-June 9	Tues	9:30-10:30 am	6	included	\$40**

** \$75 if you need to purchase poles

Self Defense for Women

Learn practical techniques on how to protect yourself in various situations. Dan Poirier, 7th degree Black Belt Chief Instructor Chimo Ryu Jiu-Jitsu will teach a variety of ways on how to defend yourself. This program will not only give you confidence, it's a great workout and guaranteed to be fun and interactive.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
May 4, 11, 25, June 1	Mon	11:30-12:30 pm	4	\$30	\$40

Adult Boot Camp (16+ years)

Join us for a 6-week boot camp class that will motivate you to reach a new level of fitness. Classes consist of a combination of strength, cardio, muscle endurance, core, flexibility and functional training. No matter your starting point, we'll get you disciplined and loving this fitness challenge.

Location: Our Lady of Peace Catholic Elementary School - 391 River Glen Blvd

Session	Day	Time	Classes	Cost
Jan 26- Mar 9	Mon	6:30-7:30 pm	6	\$50
Mar 23- May 11				

No class Feb. 16, Mar. 30 and Apr. 6

Adult Outdoor Boot Camp (16+ years)

As the weather gets warmer, take your fitness regime outside! Classes consist of a combination of strength, cardio, muscle endurance, core, flexibility and functional training. No matter your starting point, we'll motivate you to reach a new fitness level and get you ready for summer activities.

Location: North Park - 3070 Neyagawa Blvd

Session	Day	Time	Classes	Cost
May 25-June 29	Mon	6:30-7:30 pm	6	\$50

Registered Programs Winter/Spring 2015

Register online at ymcafoakville.org or at the Membership Services Desk.

ymcafoakville.org



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5K Running Clinic (16+ years)

Get ready to run with a six-week training schedule that will motivate you to improve your own personal speed. Meet other like-minded runners and enjoy a team atmosphere as we train to complete a 5km run.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
May 2-June 6	Sat Wed	9:30-10:30 am 7:00-8:00 pm	11	included	\$50

10K Running Clinic (16+ years)

Take on a new challenge with a 10-week training schedule! You should be able to run a steady 3 km or run/walk 4 km at the start of the clinic. We recommend three or four runs per week to slowly build up mileage.

Location: Meet at the Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Feb 21-Apr 25	Sat Wed	9:00-10:30 am 7:00-8:00 pm	19	included	\$50

Indoor & Outdoor Triathlon Clinic (16+ years)

Your NCCP Certified Coach will coach you through a weekly 90 minute workout, plus provide you with a 10 week training program in all three sports: swimming, biking and running. This clinic is aimed to any level of triathlete who enjoys group training. Come out and meet our team!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Apr 7-June 9	Tues	8:00-9:30 pm	10	\$50	\$75

Indoor Brick Training (16+ years)

Triathlon-based training that will incorporate drills that focus on the transition from cycling to running. Come prepare to cycle and run during this high energy workout. Class size is limited to 30 participants. Option: For those cyclists who want to ride their own road bike during the workout- you can bring your own trainer for your road bike.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 6-Feb 24	Tues	8:30-9:30 pm	6	included	\$50



Voted Oakville's Best Personal Trainer
Charlotte Barker

Personal Training at the Y

YMCA personal trainers are here to help you build a better you. No matter your skill level, specific training need or motivation we can help you achieve your individual health and fitness goals.

All of our personal trainers are certified through accredited certifying associations such as YMCA Canada, Certified Professional Trainers Network, CSEP-CPT or canfitpro. Our personal trainers are also current in First Aid/CPR. We offer one on one training and two on one training.

Pricing

	5 Sessions	10 Sessions
One-on-one training	\$245	\$450
Two-on-one training	\$145	\$245

Family Zumba (7+ years)

Join us and awaken the inner dancer in you! You and your family will enjoy Latin and international dance routines and discover how easy it is to combine simple dance moves with fitness-based movements. A fun way to get active with the whole family!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jan 24-Mar 7	Sat	10:00-10:45 am	6	included	\$50

No class Feb. 14

Child Minding Service

Available for children 4 weeks to 10 years at an additional charge.

Cost \$6/hr per child. Save with a 20 hr child minding card: \$70 for single child or \$100 two children. Parent/guardian must remain on site while children are in care.

Monday to Wednesday: 8:30 am-12 pm, 1-3 pm, 6-8 pm

Thursday and Friday: 8:30 am-12 pm, 1-3 pm

Saturday: 8:30 am-12 pm

Sunday: closed

Holidays: 9 am-12 pm



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Registered Programs Winter/Spring 2015