

Fit From Home

FALL 2026

September 21 - December 18

updated sept 9

Monday Closed Oct 12	Tuesday No class Dec 8	Wednesday	Thursday	Friday
Meditation 8:00 – 8:30am SHEILAH *requires separate zoom code Meditation ONLY registration available		Pilates Beyond Breast Cancer * 8:30am – 9:15am ANNE MARIE *requires separate zoom code	Meditation 8:00 - 8:30am SHEILAH *requires separate zoom code Meditation ONLY registration available	
Vertical/ Mat Pilates 9:30 – 10:15am ANNE MARIE	Yoga (Vinyasa) 9:30 – 10:15am STEFANIE	Gentle Fit 9:30– 10:15am YAMILLY	Cardio Dance 9:15 – 10:00am ANNE MARIE	Fit Walk 5000 9:00 – 9:45am DEB
Bones & Balance PLUS 10:30 – 11:30am YAMILLY	Chair Yoga 11:00 – 11:45am STEFANIE	Drum Fit 11:00 – 11:45am ROBIN	Posture & Core 11:45 – 12:30pm ROBIN	Functional Longevity Fit for Life 10:45 – 11:30am YAMILLY
Latino Cardio 11:45-12:30pm YAMILLY		Bones & Balance (gentle) 1:00 – 1:45pm JESUS		*programs & instructors subject to change

For registration or information call: 905-529-7727

Registration Fees & Program Descriptions on following pages

Fit From Home classes run (livestream) on ZOOM. *Zoom link sent upon registration.*
The meeting will be opened by the YWCA Host 10 minutes before classes start.
Classes / Instructors are subject to change.

For registration or information contact:
Jisoo Kim 905-522-9922 ext.170 jkim@ywcahamilton.org
or
Robin Bryce Mech 905-522-9922 ext. 173 rmech@ywcahamilton.org

**If you pay a monthly membership fee, you are automatically registered.*

Fit From Home Program Registration Information

Choose: Term Registration **OR** Monthly Membership Fee

ADULT Membership		55+ Membership
Adult Full Term: \$63.18 + HST = \$71.39	FULL TERM FEE Pay 1x at start of session	55+ Full Term: \$53.70 + HST = \$60.68
Adult Monthly: \$20.00 + HST = \$22.60	MONTHLY MEMBERSHIP • Join anytime • Monthly on-going payment • No renewal required	55+ Monthly Fee: \$17 + HST = \$19.21

Meditation Program: \$12/month or \$36 for Fall Term

HEALTH & WELLNESS PROGRAM DESCRIPTIONS

YWCA Encore Plus Program Descriptions: **Interested in the YWCA Encore Plus programs?*

Please connect with Anne Marie for more information:
acollingwood@ywcahamilton.org

Pilates Beyond Breast Cancer: Restore your mobility and balance! This program is designed to build stamina, improve posture, increase shoulder range of motion, regain function and release neck tension.

YWCA Encore Beyond Breast Cancer Program: A FREE 8-week exercise and education program, that offers learning opportunities, practical advice, and a supportive network of fellow survivors. Classes are designed for women who have experienced mastectomy, lumpectomy, or breast reconstruction surgery at any time in their lives. Each class features an educational presentation by a guest speaker and time for sharing and discussion, followed by gentle exercises with a goal of increasing strength, mobility and flexibility.

Fit From Home PROGRAM DESCRIPTIONS

YWCA **Fit From Home (FFH)** programs are provided at varied levels. Please review the program descriptions for more details & benefits of participating. We encourage participation in any program that works for your body!

Mindfulness	Balance Flexibility	Posture Core	Cardio Movement Dance	Muscle Strength Endurance
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See following pages for program descriptions

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Program	Description	Mindfulness	Balance Flexibility	Posture Core	Cardio Movement Dance	Muscle Strength Endurance
Bones & Balance	Variety of exercises that focus on strengthening the muscles & bones that help us balance. All while maintaining awareness of safe positions for the spine. A great class for those with / concerned about osteoporosis and for improving your ability to balance. Bones & Balance PLUS = a longer class for those with more endurance and strength Bones & Balance INTRO = Keep your balance tuned up to help prevent falls and increase your safety. A gentle intensity for those who are getting back into exercise, those who need a moderate pace and those building strength.		●	●		●
Cardio Dance	Improve your heart function with this fun and energizing cardio workout! Smile your way through this energy blast class!		●	●	●	●
Chair Yoga	The chair is a prop and support to assist with your flexibility, movement and postures. Enjoy the feeling of connecting with yourself in this Chair Yoga class.	●	●	●		●
Drum Fit	Using drum sticks (or wooden spoons) and a stability ball /bosu/yoga bolster or chair cushion, you will enjoy getting your heart rate up, muscles toned and have a great time while finding the beat!		●	●	●	●
Fit Walk 5000	This fun fitness walking class will have you moving in different directions while achieving your goal of 5000 steps. Walk your way to a healthier you!		●	●	●	●

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Functional Longevity	Active Aging requires movement – movement requires mobility and strength. This class will assist your daily movement patterns to provide you with the actions needed for overall longevity. A squat, a reach, a lift are all part of independent living.		●	●	●	●
Gentle Fit	Movement is Medicine! Move your body increase your overall endurance, decrease joint pain and improve your balance. A variety of standing, walking, balance and seated exercises will be enjoyed.	●	●	●	(●)	●
Latino Cardio	A fun way to move your body and get your heart pumping! Did we mention dance is good for the brain too?! This class will have something for everyone!		●	●	●	●
Meditation	Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.	●				
Posture & Core	Posture and Core go together like PBnJ! Using a variety of conditioning methods (weights, bands, Pilates, Yoga, flexibility conditioning and more) you will increase your endurance and strength throughout the entire body. Feel stronger, longer, leaner and more connected!	●	●	●		●

Vertical/ Mat Pilates	Pilates movements taken to a standing position to help with posture, balance, spinal length and core stability. Some mat work may be involved.	●	●	●		●
Yoga	Breath, flexibility, mindfulness and mobility will Improve with this gentle mat based (Vinyasa style) Yoga program. A terrific compliment to your weekly movement plan.	●	●	●		●