

## Fit From Home WINTER 2026

January 5 – March 31, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Meditation 8:00 – 8:30am  SHEILAH		Pilates Beyond Breast Cancer * 9:30am – 10:15am ANNE MARIE	Meditation 8:00 - 8:30am  SHEILAH	
Vertical/ Mat Pilates 9:30 – 10:15am  ANNE MARIE	Yoga Stretch 9:30 – 10:15am  SHERRI	Gentle Fit 9:30– 10:15am  YAMILLY	Cardio Dance 9:15 - 10:00am  ANNE MARIE	Fitness Walk 5000 9:00 - 9:45am  DEB
Chair Yoga 10:30 – 11:15  SHERRI		Posture & Core 10:30am – 11:30am (Jan 7 – Feb 25) ROBIN		Muscles & More 10:00 - 11:00am  YAMILLY
		Registration Fees & Program Descriptions on following pages		
	Conversational Spanish 11:30 – 12:30 pm Yamilly  <i>*separate registration required, MacNab SALC</i>			French Lessons 10:45 – 11:45am Kirsten  <i>*separate registration required, hybrid option available</i>

**No classes: February 16 (Family Day), Feb 26 (Wellness Fair at Putman)**

**For Registration or information call: 905-529-7727**

**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](mailto:jkim@ywcahamilton.org)  
 or  
 Robin Bryce Mech 905-522-9922 ext. 173 [rmech@ywcahamilton.org](mailto: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

<b>Full Term Registration</b>	<b>Monthly Membership Fees:</b> JOIN ANYTIME! Monthly on-going payment No renewal required
<b>Adult Term Fee:</b> \$60 +hst = \$67.80	<b>Adult Monthly Fee:</b> \$19 +hst = \$21.47
<b>55+ Term Fee:</b> \$51 +hst = \$57.63	<b>55+ Monthly Fee:</b> \$16.15 +hst = \$18.25 (save \$3 off the term fee)

## 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](mailto: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 programs are provided at varied levels. Please review the program descriptions for more details. We encourage participation in any program that works for your body!

• Please see the chart below which outlines areas of benefit for each class.

Program	Description	Mindfulness	Balance Flexibility	Posture Core	Cardio Movement Dance	Muscle Strength Endurance
<b>Cardio Dance</b>	Improve your heart function with this fun and energizing cardio workout! Smile your way through this energy blast class!		●	●	●	●
<b>Fitness Walk 5000</b>	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!		●	●	●	●
<b>Gentle Fit &amp; Balance</b>	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.	●	●	●	( ● )	●

See next page for additional program descriptions

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Program	Description	Mindfulness	Balance Flexibility	Posture Core	Cardio Movement Dance	Muscle Strength Endurance
<b>Heart &amp; Bones</b>	Keep active with a full program including heart pumping moves and exercises to strengthen the bones & muscles. This class will focus on safe positions for the spine and those with osteoporosis. Work at your level daily... "if you don't move it...you lose it"!	●	●	●	●	●
<b>Meditation</b>	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.	●				
<b>Muscles &amp; More</b>	Increase your strength and flexibility to be able to maintain living independently. Weights and resistance training equipment will be used to provide an overall workout for the body.  Balance, Muscle, Endurance & Flexibility!		●	●		●
<b>Posture &amp; Core</b>	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!	●	●	●		●
<b>Vertical/Mat Pilates</b>	Pilates movements taken to a standing position to help with posture, balance, spinal length and core stability. Some mat work may be involved.	●	●	●		●