

Fit From Home SPRING 2026 April 6 – June 26

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	Latino Cardio 9:15– 10:00am YAMILLY	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 – 11:15am SHERRI	Bones & Balance PLUS 10:15 -11:15am YAMILLY	Posture & Core 11:00 -11:45am ROBIN		Muscles & More 10:00 -11:00am YAMILLY
		Bones & Balance (gentle/intro) 1:00 – 1:45pm JESUS	Yoga Stretch 11:30 – 12:15pm SHERRI	
Registration Fees & Program Descriptions on following pages	Conversational Spanish 1:00 – 2:00 pm Yamilly <i>*separate registration required, program takes place at MacNab SALC</i>			

~ no classes Monday May 18 & week of June 29 – July 3, 2026

For Registration or information call: 905-529-7727

YWCA HAMILTON, MacNab Location
75 MacNab Street South
Hamilton, ON L8P 3C1
Tel. 905-522-9922

**YWCA HAMILTON PROVIDES MEANINGFUL,
ACCESSIBLE SERVICES TO CREATE
OPPORTUNITIES, AMPLIFY VOICES, AND
CO-CREATE GENDER INCLUSIVE AND
EQUITABLE COMMUNITIES.**
Charitable Registration BN: 11923 6792 RR0001

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: \$63.17 + 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 <ul style="list-style-type: none"> • Join anytime • Monthly on-going payment • No renewal required 	55+ Monthly Fee: \$17 + HST = \$19.21

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	<p>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.</p> <p>Bones & Balance PLUS = a longer class for those with more endurance and strength</p> <p>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.</p>		●	●		●
Cardio Dance	Improve your heart function with this fun and energizing cardio workout! Smile your way through this energy blast class!		●	●	●	●
Chair Yoga	Flexibility, breathing, mobility and mindfulness. Done with the support of a chair. A versatile program to help you maintain your mobility and function.	●	●	●		●
Fitness 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!		●	●	●	●
Gentle Fit & Balance	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.	●	●	●	(●)	●

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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.	●				
Muscles & More	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!		●	●		●
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 Stretch	Flexibility, mobility, mindfulness and more! A terrific addition to your weekly movement plan.	●	●	●		●