



# 2025–2026 FITNESS SPECIALTY PROGRAMS

For registration and inquiries related to Club Fitness & Aquatic programs, please contact [Fitness@rcyc.ca](mailto:Fitness@rcyc.ca) or [Gary.yang@rcyc.ca](mailto:Gary.yang@rcyc.ca)



## Nutrition Program: Happy Gut, Happy Life

September 24, 2025  
7:15–8:15 pm

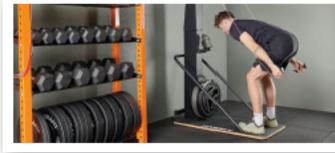
Join us in the Fitness Studio to explore how gut health impacts overall wellness. Learn more about practical nutrition strategies for better digestion, energy, and long-term vitality.



## Women on Weights

Thursdays, October 9–30,  
7:00–8:00 pm

Gain confidence at the Fitness Centre with strength training techniques designed for women, focusing on safe, effective workouts to build strength, endurance, and stability.



## Ski & Fitness

November 27, 2025  
7:00–8:00 pm

Prepare for ski season with a targeted training session in the Fitness Studio. Improve strength, balance, and endurance to hit the slopes with confidence this winter.



## Fitness Bingo & Nutrition Workshop: Sleep Secrets

December, 2025

Celebrate December in the Fitness Centre with a fun Fitness Bingo challenge and a special nutrition workshop on better sleep. Discover strategies to improve rest and recovery during the busy holiday season.



## Fitness Triathlon & Weight Loss Program

January 8–29, 2026

Kick off the new year strong with our month-long Fitness Triathlon in the Fitness Centre. Plus, join our Thursday evening weight loss program to build sustainable habits for long-term results.



## Winter Swim Challenge

February, 2026

Stay motivated through February with our Winter Swim Challenge in the Fitness Centre. Track your progress, improve your endurance, and compete for fun while boosting your fitness in the Club indoor pool.



## Puppy Yoga

March, 2026

Unwind during March Break in the Fitness Studio with Puppy Yoga. Enjoy stress relief, light stretching, and playful interaction with puppies—a perfect combination for body and mind.



## Women on Weights

Thursdays, April 2026,  
7:00–8:00 pm

Return to strength training with April's Women on Weights, in the Fitness Centre. Learn progressive lifting techniques to increase strength, boost confidence, and improve everyday performance.



## Golf & Fitness

May 7, 2026

In May, join us in the Fitness Studio for Golf & Fitness. This session teaches exercises to enhance swing mechanics, flexibility, and stability, helping you play stronger and injury-free this season.