

YMCA FREDERICTON NORTH



Shine On

Facility Rental

WELCOME TO THE YMCA FREDERICTON NORTH

The YMCA Fredericton North location, inside Willie O'Ree Place, is an innovative approach to training by providing access to training methods typically offered in a private/semi-private setting.

This model provides an excellent opportunity to elevate one's training intensity, diversity, and effectiveness on their own or with a Personal Trainer.

Please be advised that the information throughout this booklet is subject to change based on facility demand



RENTAL OFFERING OPTIONS AT THE YMCA FREDERICTON NORTH



- You have the option to rent the facility with or without a YMCA Certified Personal Trainer. The benefit of the Trainer would be to guide you through a workout and how to use the equipment.



- Opportunity for training methods not available at our Southside location with a focus on functional fitness (Athletic Performance training, Olympic Lifting, Powerlifting, Strongman training, and older adult)



- Facility Rentals can be made for one-on-one training or for teams and or groups.

EFFECTIVE DESIGN

The general design of the Fitness Centre is separated in 8 sections, each focusing on a specific area of physical performance. These sections include a stretch and core section, a power and plyometric section, an agility section, a strength rig section, a strength machine section, a free weights section, a conditioning section, and a coaching and socialization section.



LETS GET FUNCTIONAL

Functional fitness training offers a holistic approach to strength training by focusing on mobility, stabilization, flexibility, and often missed muscle groups. By incorporating exercises that mimic real-life movements, functional fitness training enhances overall functional capacity, improves daily activities and sports performance, and reduces the risk of injuries. Whether you're an athlete, a fitness enthusiast, or simply looking to improve your everyday functionality, embracing functional strength training can benefit your fitness journey and enhance your quality of life.

Did you know:

Functional strength and conditioning design also allows for functional training for older adults. This type of strength exercise is important for fall prevention, chronic disease prevention and management, or being able to call for help in the event of a fall



Gym Equipment

Strength Machines

Chest Press
Diverging Back Row
Diverging Lat Pulldown
Shoulder Press
Leg Curl (Seated)
Leg Extension
Leg Press (Selectorized)

Plyometrics

Plyo Boxes
Battle Ropes
Kettlebells
Medicine Balls
Resistance Bands
Rogue Interval Timer
Speed Ropes

Free Weights

Bumper Plates	Yes
Dumbbells	5-100lbs
Squat Racks	6
Adjustable Benches	12
Deadlift Platforms	6 (racks)
Flat Bench Press	6 (racks)

Stretch and Core

Thick Stretch Mats (2")
BOSU Balls
Ab Wheels
Stability Balls
Foam Rollers

Cardio Machines

Treadmill
Spin Bikes
Concept2 Bike
Concept2 Rowers
Rogue Echo Bike

COMMUNITY ENGAGEMENT

We are pleased to offer private and semi-private designated time slots for community engagement with-in our facility. Local sport teams, community groups, and recreation leaders can make us of the facility at affordable rates.

Options

Availability

Pricing

Pricing w/ 1 PT

Private Rental (Entire Facility) Ideal for larger groups 10+ people

Saturdays and Sundays
6am-8am, 6pm-9pm

\$110/hr +tax

\$135/hr +tax

Semi-Private Rental (3 squat racks + floor space) Ideal for small groups 1-9 people

Please contact us for availability (dependent on peak times)

\$85/hr +tax

\$110/hr +tax

Personal Trainer Add-On

Personal trainers may be booked as an enhancement to your facility rental. An additional fee of \$25.00 plus applicable taxes per hour, per trainer will apply. For larger groups, up to two personal trainers may be scheduled, with the fee applied individually to each trainer.

All personal training requests must be arranged in advance.

For more information or to book the facility, please contact Wayne Warren at wayne.warren@ymcafredericton.org

