

Brockville YMCA // Effective: August 4, 2026

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
8:30-9:30am Cycle Fit (Fitness Studio)	5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)	8:00-8:45am Cycle Fit (Fitness Studio)	5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)	8:30-9:30am Cycle Fit (Fitness Studio)		
10:00-11:00am Yoga (Gymnasium)	8:30-9:15am Turf Time (Turf)	9:00-9:45am Low Impact (Fitness Studio)	8:30-9:15am Cardio Blast (Fitness Studio)	9:45-10:15am Core Blast (Fitness Studio)		
12:00-12:45pm Chair Yoga (Turf)	9:30-10:15am CSI (Fitness Studio)	10:00-11:00am Yoga (Gymnasium)	9:30-10:15am Strength / Core (Fitness Studio)	10:00-11:00am Yoga (Gymnasium)		
	10:30-11:15am GTB (Fitness Studio)		10:00-11:00am Vintage Martial Arts (Registered Program) (Turf)	12:00-12:45pm Sit Fit (Turf)		
	6:15-7:15pm Strength (Fitness Studio)		10:30-11:15am GTB (Fitness Studio)			
			7:00-8:00pm Karate (Registered Program) (Daycare)			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.cas>
- For a full list of class descriptions, visit: eo.ymca.ca/class-descriptions
- Last Updated: August 4, 2026



SCHEDULES

Class Descriptions

Aquafit

A full-body workout that combines cardio and strength exercises using water resistance. This low-impact class offers both shallow and deep-water options to suit your comfort.

Cardio Blast

A high-energy class alternating between cardio and toning. Burn calories, tone up, and have fun!

Core Blast

This highly effective class will help work on your core training to the next level.

Chair Yoga

Experience yoga while seated or using a chair for balance—ideal for limited mobility or joint pain.

CSI (Cardio Strength Intervals)

A HIIT class with cycles of intense cardio and strength training for maximum effectiveness.

Cycle Fit (Cyclefit)

Ride a stationary bike to build endurance with high-energy drills and strength rides, all set to music.

Cycle & Sculpt

A high-calorie-burning class combining cycling and strength training. Suitable for all fitness levels.

Early Bird Cycle/Sculpt

Start your day with 30 minutes of cycling followed by 30 minutes of strength training.

Gentle Total Body (GTB)

A full-body, low-impact workout using weights and bodyweight exercises to support daily movement.

Low Impact

A total body workout that combines cardio, weight training, and core exercises, easy on the joints.

Sit Fit

A chair-based class that incorporates seated and standing exercises for those with limited mobility.

Strength & Core

Work on proper technique, improve your muscle strength, and core conditioning.

Turf Time

A total-body workout in our functional rig space, challenging all muscle groups with various exercises.

Yoga

Explore different yoga poses to enhance range of motion, flexibility, and breathing in these all-levels classes.

Vintage Martial Arts

Learn Shotokan-style karate, a fun way for older adults to develop a new skill.