



**YMCA of
Eastern Ontario**
Brockville YMCA

Group Fitness Schedule

Effective: September 1, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10am Aquafit* (Pool)	9-9:45am Aquafit* (Pool)	8:45-9:30am Cycle Fit (Studio)	9-9:45am Aquafit* (Pool)	8:45-9:30am Cycle Fit (Studio)	9-9:45am Aquafit* (Pool)	
	10-11am Yoga (Gym)	9:45-10:30am Zumba Gold (Gym)	10-11am Yoga (Gym)	9:45-10:30am Gentle Total Body (Gym)	10-11am Yoga (Gym)	
	11:15-12pm Chair Yoga (Gym)	11:30-12:15pm Aquafit* (Pool)	12:20-12:40pm TB20 Cardio (Gym)	11:30-12:15pm Aquafit* (Pool)	11:15-12pm Sit Fit (Gym)	
					12:20-12:40pm TB20 Power (Gym)	
	CLOSED FOR CLEANING Monday to Friday from 1-3pm					
	5:30-6:15pm Barre (Gym)	5:30-6:15pm Tabata (Gym)	5:30-6:15pm Yoga-Lates (Gym)	5:30-6:15pm Zumba (Gym)		
*All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.						

CLASS DESCRIPTIONS

Aquafit— This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. Run with both shallow and deep water (suspended) options so you can choose which end of the pool is best for you! Experience the benefits of water exercise with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion.

Barre— A hybrid class combining elements of ballet, Pilates, Yoga and muscular conditioning. Challenge your balance, flexibility, strength and muscular endurance using body- and light weights.

Chair Yoga— Experience the benefits of Yoga while seated in a chair or using the chair as a balance aid. This Yoga is ideal for those who have limited mobility, joint pain, loss of balance or are recovery from an injury and looking for a low-impact variation of Yoga.

Cyclefit—Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train endurance, get your heart pumping, and the legs moving. In a class, you will experience high-intensity drills, strength climbs and endurance rides, with the ability to do it all at a pace that suits you best.

Gentle Total Body (GTB) - Gentle Total Body is a total body workout using weights, bodyweight exercises and balance exercises. The focus is on low-impact, functional exercises that will help you improve or maintain your activities of daily living.

Sit Fit—This chair-based class offers the option of standing exercises, using the chair for balance. It is designed for those with limited mobility, balance concerns, or recovering from an injury. Naturally low-impact, it uses weights and bodyweight to improve and maintain functional fitness, aiding in activities of daily living.

Tabata—Get ready to sweat, with this higher intensity interval workout. You'll push yourself with the Tabata protocol timing, where you'll perform 20 seconds of work with 10 seconds rest. Modifications are always provided, and execution of proper form is encouraged over speed. You'll experience a combination of cardio based and strength-based exercises to challenge the entire body.

TB20 (Cardio and Power)- Have 20 minutes to spare? Get in and out with this high intensity interval style class. Cardio focuses a little more on cardio and core exercises, while still having a total body focus, and Power will challenge you with a focus on strength exercises. Modifications are always provided, and if you have 3-4 minutes extra, you can stay for a simple stretch session after the class.

Yoga—Allow yourself to relax and decompress in a Yoga class. Each instructor is unique in their practice, so try them all out to find the class that resonates best with you. The classes are based in Hatha style, and modifications can be provided to make each class appropriate for your own personal level. Leave feeling refreshed and relaxed.

Yoga-lates— This class combines Pilates exercises to strengthen and stabilize the core, with Yoga poses to stretch and lengthen the body. Allow your mind and body to connect in powerful and relaxing poses. This is a low-impact workout that allows you to gently explore your powerhouse.

Zumba/Zumba Gold— Dance your way to fun and fitness. This is a choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving. The Gold class offers a lower impact version that's high energy and motivating.