



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Group Fitness Schedule

December 20-December 26, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15am Early Bird Bootcamp (Gym)		6:30-7:15am Early Bird Bootcamp (Gym)			
	8-8:50am Yoga (Group Fit)	8-8:50am Senior Fit (Gym)	8-8:50am Cyclefit	CLOSED	CLOSED	Holiday Hours 8:00-1:00pm
	9:30-10:20am Zumba (Group Fit)	9:30-10:20am Total Body Sculpt (Group Fit)	9:30-10:20am Pilates (Group Fit)	No Group Fitness Classes	No Group Fitness Classes	No Group Fitness Classes
	10:45-11:35am Barre Fitness (Group Fit)	10:45-11:35am Yoga (Group Fit)	10:45-11:35am Rip (Gym)			
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3 pm</b>					
	5:30-6:30pm Zumba (Gym)	5:30-6:30pm Rip (Gym)	5:30-6:30pm Tabata & Stretch (Group Fit)			
	6:30-7:30pm Yoga for Fitness (Cyclefit)	6:30-7:20pm Cyclefit (Cyclefit)				
<b>Sanitize all equipment before and after use. Consider bringing your own mat.</b>						

# Group Fitness Schedule

December 27, 2020-January 2, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15am Early Bird Bootcamp (Gym)		6:30-7:15am Early Bird Bootcamp (Gym)	7-7:50am Yoga (Cyclefit)		
	8-8:50am Yoga (Group Fit)	8-8:50am Senior Fit (Gym)	8-8:50am Cyclefit	8-8:50am Senior Fit (Gym)	CLOSED	8-8:50am CSI (Gym)
	9:30-10:20am Zumba (Group Fit)	9:30-10:20am Total Body Sculpt (Group Fit)	9:30-10:20am Pilates (Group Fit)	9:30am- 10:20am Zumba (Group Fit)	No Group Fitness Classes	9:30-10:30am Cycle & Core
	10:45-11:35am Barre Fitness (Group Fit)	10:45-11:35am Yoga (Group Fit)	10:45-11:35am Rip (Gym)	10:45-11:35am Gentle Stretch (Group Fit)		
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3 pm</b>					
	5:30-6:30pm Zumba (Group Fit)	5:30-6:30pm Rip (Gym)	5:30-6:30pm Tabata & Stretch (Group Fit)			
	6:30-7:30pm Yoga for Fitness (Cyclefit)	6:30-7:20pm Cyclefit (Cyclefit)				

**Sanitize all equipment before and after use. Consider bringing your own mat.**

## Class Descriptions

**Barre Fitness-** 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.

**Cardio Blast-** Produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks. See real results both physically and mentally, and leave this class wanting more because it is so much fun!

**CSI (Cardio Strength Intervals)/ Tabata-** Using HIIT (High intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method.

**Cyclefit-** A cycling aerobic workout done on a stationary bike. Your instructor will lead you through a series of hills, sprints and drills.

**Early Bird Bootcamp-** Variety, fun and intensity is the name of the game. If you want to be pushed hard, get strong and achieve new fitness goals, this is the class for you. This class is taught by a couple of different instructors who each bring their own flavour and personal best to make you sweat!

**Gentle Stretch-** Be kind to your body, it deserves it! Enjoy 50 minutes of quite gentle stretching while improving flexibility.

**Pilates-** An emphasis is placed on the abdominal and back muscles, focusing on postural realignment.

**Rip-** Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness.

**Senior Fit-** A certified personal trainer will give you a full body workout using full range of motion and balance exercises providing lots of options and modifications for all levels.

**Step-** A traditional step class using the bench with all the options you will need for a great workout!

**TBS (Total Body Sculpt)-** Gives you a dedicated workout for each of the 3 main areas of your body to individually tighten and firm your arms and shoulders, legs and glutes and your midsection, giving you a slender and toned physique.

**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.

**Yoga for Fitness-** Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility and relaxation. Recommended for more intermediate/advanced levels.

**Zumba-** A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout to leave you smiling all day long!



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Gym Schedule

Holiday Schedule December 20 - 26, 2020

Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
7-11:30am Family Open Gym	6:30-7:15am Early Bird Bootcamp	6-7:30am Open Gym	6:30-7:15am Early Bird Bootcamp	Christmas Eve Closed	Christmas Day Closed	Boxing Day
11:45-3:00pm Rental	7:30am-10:00am Open Gym	8-8:50am Senior Fit	7:30-10:15am Open Gym			Open Gym 9:30-12:30
	10am-11:00am CLOSED	10am-12:30pm Pickleball	10:45-11:35am Rip			
	11am-12:30pm Open Gym					
<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym			
	5:30-6:20pm Zumba	5:30-6:20pm Rip	5:30-7:30pm Pickleball			
	6:30-7:45pm Rental	6:40-7:45pm Rental				

**Pickleball and Group Fitness classes are drop-in programs. A limit of 10 participants per class.**



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Gym Schedule

Holiday Schedule December 27 – January 2, 2021

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
7-11:30am Family Open Gym	6:30-7:15am Early Bird Bootcamp	6-7:30am Open Gym	6:30-7:15am Early Bird Bootcamp	6-7:30am Open Gym	New Year's Day Closed	7-7:30am Open Gym
11:45-3:00pm Rental	7:30am-10:00am Open Gym	8-8:50am Senior Fit	7:30-10:15am Open Gym	8-8:50am Senior Fit		8-8:50am CSI
	10am-11:00am CLOSED	10am-12:30pm Pickleball	10:45-11:35am Rip	10am-12:30pm Pickleball		9:30am-2:30pm Open Gym
	11am-12:30pm Open Gym					
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>					
	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym			
	5:30-6:20pm Zumba	5:30-6:20pm Rip	5:30-7:30pm Pickleball	Closed at 1:00pm		
	6:30-7:45pm Rental	6:40-7:45pm Rental				

**Pickleball and Group Fitness classes are drop-in programs. A limit of 10 participants per class.**



# Lap Pool Schedule

December 20 – December 26, 2020

**NEW\* Sign-in & out for lane swim & aquafit is now required**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	<b>Closed</b>		8-10:15am Lane Swim Open Lanes: 6
8:15-9am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit			
9:15-11:30am Lane Swim Open Lanes: 6	10am-12:30pm Lane Swim Open Lanes: 6	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4			
11:30am-2pm Public Swim Open Lanes: 2		11-11:45am Aquafit	11-11:45am Aquafit			
		Public Swim 12-12:30pm Open Lanes: 2	Public Swim 12-12:30pm Open Lanes: 2			
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>					
	3-7pm Public Swim Open Lanes: 2 Penguins Lanes: 1 (5:30-6:30)	3-7pm Public Swim Open Lanes: 1 Penguins Lanes: 1 (3:30-5:00)	3-7pm Public Swim Open Lanes: 2 Penguins Lanes: 1 (5:30-6:30)			

All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.

"Open lanes" indicate lanes available for lane swims throughout the day.



**YMCA of  
Eastern Ontario**  
Kingston YMCA

## Leisure Pool Schedule

December 20 – December 26, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	<b>Closed</b>		
11am-2pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim			10:30am-12:30pm Public Swim
<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
	3:00-5pm Public Swim	3:00-7pm Public Swim	3:00-7pm Public Swim			
	5-5:30pm Penguins					
	5:30pm-7pm Public Swim					



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Lap Pool Schedule

**December 27, 2020 – January 2, 2021**

**NEW\* Sign-in & out for lane swim & aquafit is now required**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am Lane Swim Open Lanes: 6	6-10:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	6-8:45am Lane Swim Open Lanes: 6	<b>Closed</b>	7-9am KBM Swim Club
8:15-9am Aquafit		9-9:45am Aquafit	9-9:45am Aquafit	9-9:45am Aquafit		
9:15-11:30am Lane Swim Open Lanes: 6	11-11:45am Aquafit	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4	10-10:45am Public Swim Open Lanes: 4		9-11:30am Lane Swim Open Lanes: 6
	12-12:30pm Lane Swim Open Lanes: 6	11-11:45am Aquafit	11-11:45am Aquafit	11-11:45am Aquafit		
11:30am-2pm Public Swim Open Lanes: 2		Public Swim 12-12:30pm Open Lanes: 2	Public Swim 12-12:30pm Open Lanes: 2	Public Swim 12-12:30pm Open Lanes: 2		
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>					
	3-7pm Public Swim Open Lanes: 2 Penguins Lanes: 1 (5:30-6:30)	3-7pm Public Swim Open Lanes: 1 Penguins Lanes: 1 (3:30-5:00)	3-7pm Public Swim Open Lanes: 2 Penguins Lanes: 1 (5:30-6:30)	<b>Closed</b>		

All Aquafit classes are held in shallow and deep water at the same time to accommodate class sizes and physical distancing.  
"Open lanes" indicate lanes available for lane swims throughout the day.





**YMCA of  
Eastern Ontario**  
Kingston YMCA

## Leisure Pool Schedule

December 27, 2020 – January 2, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	8:30-9:45am Public Swim	<b>Closed</b>	
11am-2pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim	11:30am-12:30pm Public Swim		11am-2pm Public Swim
<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
	3:00-5pm Public Swim	3:00-7pm Public Swim	3:00-7pm Public Swim	<b>Closed</b>		
	5-5:30pm Penguins					
	5:30pm-7pm Public Swim					