

# Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>8:45-9:30am</b> Cycle Fit (Fitness Studio)</p> <p><b>10:00-11:00am</b> Yoga (Gym)</p> <p><b>12:00-12:45pm</b> Chair Yoga (Gym)</p>	<p><b>5:45-6:45am</b> Early Bird Cycle / Sculpt (Fitness Studio)</p> <p><b>8:45-9:30am</b> Turf Time (Rig)</p> <p><b>9:30-10:15am</b> Y Rhythms Silver (Fitness Studio)</p> <p><b>10:15-11:30am</b> Vintage Martial Arts (Registered Program) (Fitness Studio)</p> <p><b>10:30-11:15am</b> GTB (Gym)</p> <p><b>6:15-7:15pm</b> RIP (Fitness Studio)</p>	<p><b>8:00-8:45am</b> Cycle Fit (Fitness Studio)</p> <p><b>9:00-9:45am</b> Low Impact (Fitness Studio)</p> <p><b>10:00-11:00am</b> Yoga (Gym)</p> <p><b>11:00-11:45am</b> Vintage Martial Arts – Weapons (Registered Program) (Gym)</p> <p><b>12:10-12:40pm</b> Express Step / Strength / Core (Fitness Studio)</p>	<p><b>5:45-6:45am</b> Early Bird Cycle / Sculpt (Fitness Studio)</p> <p><b>8:45-9:30am</b> Cardio Blast (Fitness Studio)</p> <p><b>9:45-10:30am</b> Strength / Core (Fitness Studio)</p> <p><b>10:30-11:15am</b> GTB (Gym)</p> <p><b>12:10-12:45</b> Express Cycle (Fitness Studio)</p> <p><b>6:00-7:30pm</b> Vintage Martial Arts (Registered Program) (Fitness Studio)</p>	<p><b>8:45-9:30am</b> Cycle Fit (Fitness Studio)</p> <p><b>9:45-10:15am</b> Core &amp; Stretch (Fitness Studio)</p> <p><b>10:00-11:00am</b> Yoga (Gym)</p> <p><b>10:00-11:00am</b> Yoga (Fitness Studio)</p> <p><b>12:00-12:45pm</b> Sit Fit (Gym)</p> <p><b>4:30-5:30pm</b> Youth Fitness (ages 10-13) (Registered Program)</p>	<p><b>8:30-9:45am</b> Endurance Cycle (Fitness Studio)</p> <p><b>10:00-11:00am</b> Yoga (Fitness Studio)</p>	<p><b>9:00-10:30am</b> Blackbelt Karate (Registered Program) (Fitness Studio)</p>

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](https://eo.ymca.ca/class-descriptions)
- Last Updated: February 7, 2025



SCHEDULES

# Class Descriptions



**Aquafit** - This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. It is taught 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 that is easier on the joints and allows for a gentle extension of your range of motion.

**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!

**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 recovering from an injury and looking for a supported variation of yoga.

**Core & Stretch** - This highly effective class will help work on your core training, as well as stretch and loosen you up. Core & stretch brings both your mind and body into balance.

**Cyclefit** - Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train for endurance, get your heart pumping, and your legs moving. In this 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.

**Early Bird Cycle/Sculpt** - Start your day off right with a well-balanced class. 30 minutes of cycle and 30 minutes of strength training. This high energy class is sure to get your body primed for excellence throughout your day.

**Endurance Cycle** - Advanced class. Increase your endurance on the bike through longer drills, strength climbs and high intensity cycling. Picture it as a pleasant yet challenging ride along the Thousand Islands Parkway.

**Express Cycle** - 30 minutes of intense cardio. Great way to burn some calories before eating lunch.

**Express Step/Strength/Core** - This class is short and fast moving. 10 minutes each of Step, Strength & Core. Perfect lunch-time class.

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

**Low Impact** - Join us for a total body workout that is easy on the joints. This class combines cardio training with weight training and balance/core conditioning.

**RIP** - Grab a body bar and weights and get ready for an hour of fun and muscle conditioning fitness.

**Sit Fit** - This chair-based class offers a variety of seated and standing exercises that use the chair for balance. It is designed for those with limited mobility, balance concerns, or who are recovering from an injury. Naturally low impact, this class uses weights and bodyweight to improve and maintain functional fitness.

**Strength & Core** - Work on proper technique, improve your muscle strength and core conditioning.

**Turf Time** - Join us in the functional rig space for a total body conditioning workout that uses a variety of equipment and planes of movement to challenge you.

**Vintage Martial Arts** - Progress your way through all levels of Shotokan Style Karate. This class is geared for older adults who are looking to learn a new skill and have some fun.

**Vintage Martial Arts Weapons** - A beginner's overall view on how to use martial arts weapons.

**Yoga** - Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes.

**Y Rhythms Silver** - Dance your way to fun and fitness with a lower impact version of Dance Fit. This is a choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving.