

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>8:30-9:30am Cycle Fit (Fitness Studio)</p> <p>10:00-11:00am Yoga (Fitness Studio)</p> <p>12:00-12:45pm Chair Yoga (Daycare Room)</p>	<p>5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)</p> <p>8:30-9:15am Turf Time (Turf Area)</p> <p>9:30-10:15am CSI (Fitness Studio)</p> <p>10:00-11:30am Vintage Martial Arts (Registered Program) (Daycare Room)</p> <p>10:30-11:15am GTB (Fitness Studio)</p> <p>6:00-8:30pm Karate (Registered Program) (Daycare Room)</p> <p>6:15-7:15pm Strength (Fitness Studio)</p>	<p>8:00-8:45am Cycle Fit (Fitness Studio)</p> <p>9:00-9:45am Low Impact (Fitness Studio)</p> <p>10:00-11:00am Yoga (Fitness Studio)</p> <p>11:00am-12:15pm Vintage Martial Arts – Weapons (Private Group) (Fitness Studio)</p> <p>5:30-6:30pm Cycle / Sculpt (Fitness Studio)</p>	<p>5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)</p> <p>8:30-9:15am Cardio Blast (Fitness Studio)</p> <p>9:30-10:15am Strength / Core (Fitness Studio)</p> <p>10:00-11:30am Vintage Martial Arts (Registered Program) (Daycare Room)</p> <p>10:30-11:15am GTB (Fitness Studio)</p> <p>6:00-8:30pm Karate (Registered Program) (Daycare Room)</p>	<p>8:30-9:30am Cycle Fit (Fitness Studio)</p> <p>9:45-10:15am Core Blast (Turf Area)</p> <p>10:00-11:00am Yoga (Fitness Studio)</p> <p>12:00-12:45pm Sit Fit (Daycare Room)</p> <p>4:00-5:00pm Youth Fitness (Registered Program) (Turf Area)</p>	<p>8:00-9:00am Yoga (Fitness Studio)</p> <p>9:15-10:15am Cycle Fit (Fitness Studio)</p>	<p>9:00-10:30am Blackbelt Karate (Registered Program) (Fitness Studio)</p>

- 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: April 7, 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.

Youth Fitness

A registered program for youth to learn about and increase their fitness capabilities. Using machines, weights & body weight exercises.

Vintage Martial Arts

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