

# Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<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>12:00-12:45pm</b> Chair Yoga (Gym)</p>	<p><b>5:45-6:30am</b> Cycle &amp; Sculpt (Fitness Studio)</p> <p><b>9:30-10:15am</b> Y Rhythms Silver (Fitness Studio)</p> <p><b>10:30-11:30am</b> Vintage Martial Arts (Fitness Studio)</p> <p><b>10:30-11:15am</b> GTB (Gym)</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>5:45-6:30am</b> Cycle &amp; Sculpt (Fitness Studio)</p> <p><b>8:45-9:30am</b> Turf Time (Rig Room)</p> <p><b>10:30-11:15am</b> GTB (Gym)</p> <p><b>6:00-7:00pm</b> Vintage Martial Arts (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>10:30-11:30am</b> Yoga (Gym)</p> <p><b>12:00-12:45pm</b> Sit Fit (Gym)</p>	<p><b>8:30-9:30am</b> Cycle Endurance (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: April 19, 2024



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 with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion.

**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!

**Cycle Endurance** - Increase your endurance on the bike through sections high intensity cycling. Picture it as a pleasant yet challenging ride along the Thousand Islands Parkway.

**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 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.

**Cycle Endurance** - Increase your endurance on the bike through sections high intensity cycling. Picture it as a pleasant yet challenging ride along the Thousand Islands Parkway.

**Cycle & Sculpt** - Fire up your metabolism, hitting all muscle groups in this calorie burning class. This class is for all levels to get fit and stay fit.

**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.

**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.

**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.

**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!

**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.