

# Group Fitness Schedule



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