

# Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p><b>8:30-9:30am</b> Cycle Fit (Fitness Studio)</p> <p><b>10:00-11:00am</b> Yoga (Fitness Studio)</p> <p><b>12:00-12:45pm</b> Chair Yoga (Daycare Room)</p>	<p><b>5:45-6:45am</b> Early Bird Cycle / Sculpt (Fitness Studio)</p> <p><b>8:30-9:15am</b> Turf Time (Turf Area)</p> <p><b>9:30-10:15am</b> CSI (Fitness Studio)</p> <p><b>10:30-11:15am</b> GTB (Fitness Studio)</p> <p><b>6:00-8:30pm</b> Karate (Registered Program) (Daycare Room)</p> <p><b>6:15-7:15pm</b> Strength (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 (Fitness Studio)</p>	<p><b>5:45-6:45am</b> Early Bird Cycle / Sculpt (Fitness Studio)</p> <p><b>8:30-9:15am</b> Cardio Blast (Fitness Studio)</p> <p><b>9:30-10:15am</b> Strength / Core (Fitness Studio)</p> <p><b>10:00-11:30am</b> Vintage Martial Arts (Registered Program) (Daycare Room)</p> <p><b>10:30-11:15am</b> GTB (Fitness Studio)</p> <p><b>6:00-8:30pm</b> Karate (Registered Program) (Daycare Room)</p>	<p><b>8:30-9:30am</b> Cycle Fit (Fitness Studio)</p> <p><b>9:45-10:15am</b> Core Blast (Turf Area)</p> <p><b>10:00-11:00am</b> Yoga (Fitness Studio)</p> <p><b>12:00-12:45pm</b> Sit Fit (Daycare Room)</p> <p><b>4:00-5:00pm</b> Youth Fitness (Registered Program) (Turf Area)</p>	<p><b>8:30-9:30am</b> Cycle Fit (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.cas>
- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](https://eo.ymca.ca/class-descriptions)
- Last Updated: June 6, 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.