

Brockville YMCA // Effective: September 16, 2024

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>8:45-9:30am Cycle Fit (Fitness Studio)</p> <p>9:45-10:15am Core & Stretch (Fitness Studio)</p> <p>10:00-11:00am Yoga (Gym)</p> <p>12:00-12:45pm Chair Yoga (Gym)</p> <p>6:15-7:00pm Turf Time (Rig)</p>	<p>5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)</p> <p>8:45-9:30am Turf Time (Rig)</p> <p>9:30-10:15am Y Rhythms Silver (Fitness Studio)</p> <p>10:15-11:00am Vintage Martial Arts (Registered Program) (Fitness Studio)</p> <p>10:30-11:15am GTB (Gym)</p> <p>6:15-7:15pm RIP (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 (Gym)</p>	<p>5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)</p> <p>8:45-9:30am Cardio Blast (Fitness Studio)</p> <p>10:30-11:15am GTB (Gym)</p> <p>6:00-6:15pm Vintage Martial Arts (White/Yellow belts)</p> <p>6:15-7:00pm (All levels) (Fitness Studio)</p>	<p>8:45-9:30am Cycle Fit (Fitness Studio)</p> <p>9:45-10:15am Core & Stretch (Fitness Studio)</p> <p>10:00-11:00am Yoga (Gym)</p> <p>12:00-12:45pm Sit Fit (Gym)</p>	<p>8:30-9:45am Endurance Cycle (Fitness Studio)</p> <p>10:00-11:00am Yoga (Fitness Studio)</p>	

- **Early Bird Cycle / Sculpt is back!**
- 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
- Last Updated: September 11, 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 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 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.

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.

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.

HIIT - If you like a challenge, this is the class for you! Get ready to work hard at this high intensity intervals class. In 50 minutes, you'll get it all – cardio, strength and core work.

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 or our plates and bars 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.

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.