

Brockville YMCA // Effective: September 15, 2026

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
8:30-9:30am Cycle Fit (Fitness Studio)	5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)	8:00-8:45am Cycle Fit (Fitness Studio)	5:45-6:45am Early Bird Cycle / Sculpt (Fitness Studio)	8:30-9:30am Cycle Fit (Fitness Studio)	8:30-9:30am Cycle Fit (Fitness Studio)	10:00-11:00am Blackbelt Karate (Fitness Studio)
11:00am-12:00pm Yoga (Gymnasium)	8:30-9:15am Turf Time (Turf)	9:00-9:45am Low Impact (Fitness Studio)	8:30-9:15am Cardio Blast (Fitness Studio)	9:45-10:15am Core Blast (Fitness Studio)		
11:00am-11:45am Chair Stretch (Gymnasium)	9:30-10:15am Y Rhythms (Fitness Studio)	11:00am-12:00pm Yoga (Gymnasium)	9:30-10:15am Strength / Core (Fitness Studio)	11:00am-12:00pm Yoga (Gymnasium)		
	10:15-11:15am Vintage Martial Arts (Fitness Studio) (Registered Program)	11:00am-12:00pm Chair Yoga (Gymnasium)	10:30-11:15am GTB (Gymnasium)	11:00-11:45am Sit Fit (Gymnasium)		
	10:30-11:15am GTB (Gymnasium)					
	6:15-7:15pm Strength (Fitness Studio)					

- 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: September 14, 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!

Chair Stretch

Experience a gentle seated stretch class, standing to incorporating balance & mobility.

Chair Yoga

Experience yoga while seated or using a chair for balance—ideal for limited mobility or joint pain.

Core Blast

This highly effective class will help work on your core training to the next level.

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.

Vintage Martial Arts

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