Brockville YMCA // Effective: October 15, 2026

Group Fitness Schedule

MON	TUES	WED	THU	FRI	SAT	SUN
8:30-9:30am Cycle Fit (Fitness Studio) **11:00am-12:00pm** Yoga (Gym B) **11:00am-12:00pm** Chair Stretch (Gym A)	**5:45-6:45am** Early Bird Cycle / Sculpt (Fitness Studio) **8:30-9:15am** Turf Time (Turf) **9:30-10:15am** Y Rhythms (Fitness Studio) **10:15-11:15am** Vintage Martial Arts (Fitness Studio) (Registered Program) **10:30-11:15am** GTB (Gym B) **6:15-7:15pm** Strength (Fitness Studio)	**8:00-8:45am** Cycle Fit (Fitness Studio) **9:00-9:45am** Low Impact (Fitness Studio) **11:00am-12:00pm** Yoga (Gymnasium) **11:00am-12:00pm** Chair Yoga (Gymnasium) **5:30-6:30pm** Cycle / Sculpt (Fitness Studio)	**5:45-6:45am** Early Bird Cycle / Sculpt (Fitness Studio) **8:30-9:15am** Cardio Blast (Fitness Studio) **9:30-10:15am** Strength / Core (Fitness Studio) **10:30-11:15am** GTB (Gym B)	**8:30-9:30am** Cycle Fit (Fitness Studio) **9:45-10:15am** Core Blast (Fitness Studio) **11:00am-12:00pm** Yoga (Fitness Studio) **11:00-12:00pm** Sit Fit (Gym B)	**8:30-9:30am** Cycle Fit (Fitness Studio)	**10:00-11:00am** Blackbelt Karate (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: October 15, 2026

SCHEDULES

Brockville YMCA

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.