

Kingston East Community Centre // Effective: January 5th, 2026

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
11:00-11:50am Low Impact (Gymnasium)						
5:30-6:20pm Zumba (Gymnasium)						
5:30-6:20pm Circuit (Rm 2/3)		5:30-6:20pm Turf Time (Fitness Centre)		5:30-6:20pm Turf Time (Fitness Centre)		

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>



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.

Balanced Body

Find your strength, stability, and serenity in this full-body conditioning class designed to improve balance, core control, flexibility, and functional strength. Perfect for all fitness levels, helping you build a strong foundation from the inside out.

Ball Sculpt & Core

This class uses stability balls to build strength and flexibility, focusing on core exercises. Suitable for all levels.

Bollywood

A mix of Indian and other dance styles for a fun, high-energy experience. No dance rules—just enjoy the rhythm!

Cardio Blast

A high-energy class alternating between cardio and toning. Burn calories, tone up, and have fun!

Circuit

A full-body workout alternating between different exercises. Build strength, cardio, and mobility.

CSI (Cardio Strength Intervals)

A HIIT class with cycles of intense cardio and strength training for maximum effectiveness.

Cyclefit

Ride a stationary bike to build endurance with high-energy drills and strength rides, all set to music.

Deep Water Running

Get a great cardio workout while running in deep water with a flotation belt, minimizing joint stress.

Early Bird Bootcamp

Challenge yourself with a fun, intense morning workout led by an inspiring instructor.

Flashback Aerobics

Bring out your sweatbands and leg warmers and let's get your heart pumping with this old school 80's/90's cardio class.

Gentle Stretch

Enjoy 50 minutes of gentle stretching to improve flexibility and relaxation.

Gentle Total Body (GTB)

A full-body, low-impact workout using weights and bodyweight exercises to support daily movement.

Healing Waters

In our warm Leisure Pool, enjoy low-impact water exercises that enhance balance and strength.

Kettlebell Kraze

A HIIT-style class with kettlebells or dumbbells, engaging both upper and lower body.

RIP

Use a body bar and weights for a fun, full-hour muscle-conditioning class.

Sit Fit

A chair-based class that incorporates seated and standing exercises for those with limited mobility.

Step/Step & Sculpt

A classic step class with a focus on cardio and strength, using a raised bench.

Tabata

A HIIT-style workout that maximizes calorie burn and strength gains.

Total Body Sculpt (TBS)

A total-body workout using weights and bodyweight exercises.

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.

Yoga for Fitness

Yoga with a focus on strength, balance, and flexibility—ideal for intermediate and advanced levels.

Zumba

A fun, choreographed dance class that keeps you moving to energetic music.