

Kingston East Community Centre // Effective: August 31st, 2026

# Group Fitness Schedule



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

## **Low Impact**

A total body workout that combines cardio, weight training, and core exercises, easy on the joints.

## **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.