

Kingston East Community Centre // Effective: July 2 2024

# Summer Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>11:00-11:50am</b> Low Impact (Rm 1)						
<b>5:30-6:20pm</b> Zumba (Gymnasium)		<b>5:30-6:20pm</b> Turf Time (Fitness Centre)	<b>5:30-6:20pm</b> HIIT (Rm 2/3)	<b>5:30-6:20pm</b> 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** - 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 with this low impact workout that is easier on the joints and allows for a gentle extension of your range of motion.

**Bollywood** - A fusion of various Indian and other styles of dance for a fun, high-energy class. Come feel the music in this class where there are no defined dance rules.

**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!

**Cardio Core & Stretch** - This class is designed for you to go at your own pace. You will begin with cardio exercises then work your core strength and improve your flexibility. There is lots of fun and variety in this class.

**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!

**CSI (Cardio Strength Intervals)** - Using HIIT (High intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method.

**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.

**Cycle Fit & Core** - Aerobic workout done on a spin bike. You will be lead through a series of hills sprints and drills, followed by a great core workout done off the bike.

**Cycle & Sculpt** - Fire up your metabolism, hitting all muscle groups in this calorie burning class. This class is for all levels to get fit and stay fit.

**Dance Fit** - Come burn off some calories and get fit while having fun. Join our Dance Fit class to follow choreographed dance moves to all different style of music from hip-hop to Latin and everything in between. Come burn off some calories and get fit while having fun. Join our Dance Fit class to follow choreographed dance moves to all different style of music from hip-hop to Latin and everything in between.

**Deep Water Running** - Suspended with a flotation belt (provided) in the deep water with the option of being tethered, participants can improve their cardiovascular fitness and muscular conditioning through a high intensity interval workout. Focuses on correct running posture and movements. New and experienced runners welcome. Ideal for those recovering from injuries by minimizing stress on joints, bones, muscles, tendons, and ligaments.

**Early Bird Bootcamp** - Variety, fun and intensity is the name of the game. If you want to be pushed hard, get strong and achieve new fitness goals, this is the class for you. This class is taught by a fun and dynamic instructor who brings her own flavor and personal best to make you sweat!

**Flow & Roll** - A restorative class combines elements of yoga, stretching and foam rollers to help you stretch and release any tension you may be carrying. Foam Rollers are provided, and you're always welcome to bring your own.

**Gentle Step** - A classic cardio workout. Using a slightly raised platform to step up, down, and around, in different, easy to follow patterns. This is great way to keep your muscles strong and to boost your heart rate. This class can be structured for all fitness levels to enjoy.

**Gentle Stretch** - Be kind to your body, it deserves it! Enjoy 50 minutes of quite gentle stretching while improving flexibility.

**Gentle Total Body (GTB)** - 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.

**Healing Waters** - This fun low impact class takes place in our warm Leisure Pool. Simple water exercises and water walking will help improve joint stability, coordination, range of motion, balance and strength. Join us and experience the healing power of water.

**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.

**Kettlebell Kraze** - Join us for a HIIT style class using kettlebells or a dumbbell. Change up your favorite exercise while engage your upper and lower body in new ways.

**Let's Dance!** - Get your dance shoes on and we'll boogie our way through several genres of music, capping off the class with some choreo. The perfect way to boost your mind, mood and muscles. Bring your sense of humour!

**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.

**Step/Step & Sculpt** - A traditional step class using the bench with all the options you will need for a great workout! Step & Sculpt will incorporate the moves of a step class including some weighted exercises and core work.

**Tabata** - A HIIT style workout. Change up your training while burning calories and gaining strength.

**Total Body Sculpt (TBS)** - You will use weights and your own body in this total body resistance class.

**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.

**Yoga** - Move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes.

**Yoga for Fitness** - Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility, & relaxation. Recommended for more intermediate/advanced levels.

**Zumba** - Dance your way to fun and fitness. A choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving.