

Kingston YMCA // Effective: January 5 2026

Group Fitness Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
6:30-7:20am Early Bird Bootcamp (Group Fitness) 9:30-10:20am Cardio Blast (Gymnasium) 10:30-11:20am Sit Fit (Group Fitness) 4:30-5:20pm Bootcamp (Group Fitness) 5:30-6:20pm Cyclefit 5:30-6:20pm Step & Sculpt (Group Fitness) 6:30-7:30pm Yoga for Fitness (Group Fitness)	9:30-10:20am Cyclefit 9:30-10:20am CSI (Gymnasium) 10:30-11:20am Gentle Stretch (Group Fitness) 5:30-6:20pm HIIT (Gymnasium) 5:45-8:00pm Youth Dance (Registered Program)	6:30-7:20am Early Bird Bootcamp (Group Fitness) 8:30-9:20am Gentle Total Body (Group Fitness) 9:30-10:20am Cardio, Core and Stretch (Gymnasium) 10:30-11:20am Strength in Motion (Group Fitness) 5:30-6:20pm RIP (Gymnasium) 6:30-8:30pm Youth Karate (Registered Program)	7-8am Yoga (Group Fitness) 9:30-10:20am Total Body Sculpt (Gymnasium) 9:30-10:20am Cyclefit 10:30-11:20am Gentle Stretch (Group Fitness) 5:30-6:20pm Zumba (Group Fitness) 6:30-7:20pm Tone & Flow (Group Fitness)	6:30-7:20am Early Bird Bootcamp (Group Fitness) 9:15-10:00am Turf Time (Turf/Rig Area) 10:30-11:20am Flashback Aerobics (Group Fitness) 12-12:50pm Sit Fit (Group Fitness) 4:30-5:20pm RIP (Group Fitness) 5:30-6:30pm Yoga (Group Fitness)	8:30-9:20am Bootcamp (Group Fitness) 9:30-10:20am Cyclefit 10:30-11:20am Sculpt & Core (Group Fitness) 11:30am-1:30pm Youth Karate (Registered Program)	 9:00-9:50am Tabata (Group Fitness) 11:00-11:50am Yoga (Group Fitness)

- To ensure you are viewing the most up to date schedule, always visit: eo.ymca.ca/schedules
- For a full list of Class Descriptions, visit: eo.ymca.ca/class-descriptions
- Last Updated: December 4 2025



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.

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.

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.