

Kingston YMCA // Effective: July 6th 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 (Group Fitness) 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 CSI (Group Fitness) 10:30-11:20am Gentle Stretch (Group Fitness) 5:30-6:20pm HIIT (Group Fitness)	6:30-7:20am Early Bird Bootcamp (Group Fitness) 9:30-10:20am Cardio, Core and Stretch (Group Fitness) 10:30-11:20am Zumba (Group Fitness) 5:30-6:20pm RIP (Group Fitness)	7-8am Yoga (Group Fitness) 9:30-10:20am Total Body Sculpt (Group Fitness) 9:30-10:20am Cyclefit 10:30-11:20am Gentle Stretch (Group Fitness) 4:30-5:20pm Kettlebell Kraze (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 Total Body Sculpt (Group Fitness)	 8:30-9:20am Bootcamp (Group Fitness) 9:30-10:20am Cyclefit 10:30-11:20am Strength and Core (Group Fitness)	 9:00-9:50am Tabata (Group Fitness) 10:00-10:50am Bollywood (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: June 16 2026



SCHEDULES

Class Descriptions



Early Bird Bootcamp

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

Cardio Blast

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

Sit Fit

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

Bootcamp

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

Cyclefit

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

Step & Sculpt

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

Yoga for Fitness

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

CSI (Cardio Strength Intervals)

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

Gentle Stretch

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

HIIT

A 50-minute, high-intensity workout that includes cardio, strength, and core exercises.

Gentle Total Body (GTB)

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

Cardio Core & Stretch

Go at your own pace, with cardio followed by core and flexibility exercises.

Strength in Motion

A low impact class that blends light strength training with purposeful mobility work. You'll build stability, control, and joint strength through smooth, flowing movements designed to help your body move better in everyday life.

RIP

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

Yoga

Explore different yoga poses to enhance range of motion, flexibility, and breathing in these all-levels classes.

Total Body Sculpt (TBS)

A total-body workout using weights and bodyweight exercises.

Zumba

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

Kettlebell Kraze

A full-body workout that targets the lower body, upper body, and core, combining resistance training with a HIIT-style approach using kettlebells.

Tone and Flow

A rejuvenating class designed to strengthen your body through controlled, low-impact movements.

Turf Time

A total-body workout in our functional rig space, challenging all muscle groups with various exercises.

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.

Strength & Core

Work on proper technique, improve your muscle strength, and core conditioning.

Tabata

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

Bollywood

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