

# Group Fit Schedule

Effective: June 13, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**8:45-9:30am**  
Cycle Fit  
(Fitness Studio)

**10:00-11:00am**  
Yoga  
(Gym)

**12:00-12:45pm**  
Chair Yoga  
(Gym)

**5:45-6:30am**  
Cycle fit  
(Fitness Studio)

**10:30-11:15am**  
GTB  
(Gym)

**5:30-6:15pm**  
Turf Time  
(Turf Rig Room)

**9:00-9:45am**  
Low Impact  
(Fitness Studio)

**10:00-11:00am**  
Yoga  
(Gym)

**10:00-10:45am**  
Cycle Fit  
(Fitness Studio)

**5:30-6:15pm**  
Y Rhythms  
(Gym)

**5:45-6:30am**  
Cycle Fit  
(Fitness Studio)

**10:30-11:15am**  
GTB  
(Gym)

**5:30-6:15pm**  
Turf Time  
(Turf Rig Room)

**8:45-9:30am**  
Cycle Fit  
(Fitness Studio)

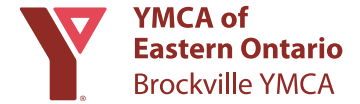
**10:00-11:00am**  
Yoga  
(Gym)

**12:00-12:45pm**  
Sit Fit  
(Gym)

- Clean all equipment after use.
- Respect class size limits – wait outside of Studio until previous classes are cleared out.
- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](http://eo.ymca.ca/class-descriptions)

# Group Fitness

# 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.

**Chair Yoga** — Experience the benefits of yoga while seated in a chair or using the chair as a balance aid. This yoga is ideal for those who have limited mobility, joint pain, loss of balance or are recovering from an injury and looking for a supported variation of yoga.

**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.

**Flow & Roll** — This new 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 Total Body (GTB)** — Gentle Total Body is 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.

**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.

**Sit Fit** — This chair-based class offers a variety of seated and standing exercises that use the chair for balance. It is designed for those with limited mobility, balance concerns, or who are recovering from an injury. Naturally low-impact, this class uses weights and bodyweight to improve and maintain functional fitness.

**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.

**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.

**Yoga** — Join us for Yoga as we move through different poses with different focuses each class. Explore your range of motion, flexibility and breath in these all-levels classes.

**Yoga & Breath** — Experience a meditative journey through some yoga poses with a focus on breath and presence. This practice is suitable for all levels.

**Y Rhythms** — Dance your way to fun and fitness. This is a choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving.

**Y Rhythms Silver** — Dance your way to fun and fitness with a lower impact version of YRhythms. This is a choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving.