

Group Fit Schedule

Effective: September 1, 2021



YMCA of
Eastern Ontario
Brockville YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10:00-11:00am

Yoga
(Gym)

12:00-12:45pm

Chair Yoga
(Gym)

12:15-12:45pm

Cycle fit
(Fitness Studio)

5:15-6:00pm

Tabata
(Gym)

6:15-7:15pm

Yoga
(Gym)

8:45-9:30am

Cycle fit
(Fitness Studio)

10:30-11:15am

GTB
(Gym)

5:15-6:00pm

Dancefit
(Fitness Studio)

6:15-7:00pm

Flow & Roll
(Fitness Studio)

10:00-11:00am

Yoga
(Gym)

5:15-6:00pm

Skip Fit
(Gym)

8:45-9:30am

Cycle fit
(Fitness Studio)

10:30-11:15am

Zumba Gold
(Gym)

5:15-6:00pm

Zumba
(Gym)

10:00-11:00am

Yoga
(Gym)

12:00-12:45pm

Sit Fit
(Gym)

12:15-12:45pm

Turf Time
(Turf Rig)

- Clean all equipment after use.
- Respect class size limits – wait outside of Studio until previous classes are cleared out.
- Class descriptions available at: eo.ymca.ca/brockville-class-descriptions
- Brockville YMCA is closed for deep cleaning Monday to Friday from 1-3pm