



**YMCA of  
Eastern Ontario**  
Brockville YMCA

# RED ZONE

# Group Fitness Schedule

Effective: March 22, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45-10:30am Aquafit (Pool)	8:45-9:20a Aquafit Class #1	8:45-9:30am Cycle Fit (Studio)	8:45-9:20a Aquafit Class #1	8:45-9:30am Cycle Fit (Studio)	8:45-9:20a Aquafit Class #1	
	10-11a Yoga Class #1 (Gym)  Yoga Class #2 (Fitness Studio)	9:45-10:30am Zumba Gold Class #1 (Gym)  Zumba Gold Class #2 (Fitness Studio)	10-11a Yoga (Gym)	9:45-10:30am GTB Class #1 (Gym)  GTB Class #2 (Fitness Studio)	10-11a Yoga Class #1 (Gym)  Yoga Class #2 (Fitness Studio)	
	11:30-12:15pm Chair Yoga (Gym)	11:00-11:35a Aquafit Class #1	12:20-12:40p Skip Fit (Gym)	11:00-11:35a Aquafit Class #1	11:20-12:05p Sit Fit (Gym)	
					12:20-12:40pm TB20 Power (Gym)	
	12:45-1:20p Aquafit Class #2	12:45-1:20p Aquafit Class #2	12:45-1:20p Aquafit Class #2	12:45-1:20p Aquafit Class #2	12:45-1:20p Aquafit Class #2	
<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
	5:20-5:45pm Fitness Foundations (Gym)	5:30-6:15pm Tabata (Gym)	5:30-6:15pm Yoga-Lates (Gym)	5:30-6:15pm Zumba (Gym)		
	5:50-6:20pm Total Body (Gym)					

**PRE-REGISTRATION is REQUIRED for all classes. Double classes and shortened Aquafit classes are being offered during the busiest times to accommodate the most members. Time changes may occur, please refer to schedule weekly.**

**10 person limit for all classes and Fitness Floor. 6 person limit during Open Gym/Pickleball**

## **CLASS DESCRIPTIONS**

**Aquafit**— This total body conditioning class combines cardiovascular training with strength benefits using the water as resistance. Run 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 recovery from an injury and looking for a low-impact variation of Yoga.

**Cyclefit**—Train your cardiovascular system on the stationary bike. Join the instructor in a class that is music-driven to train endurance, get your heart pumping, and the 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.

**Fitness Foundations** - This class is a great introduction for beginners, new-to-exercisers and those of all levels looking to fine tune their form! Classes are slower paced and offer specific feedback to prepare you for other classes.

**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.

**Sit Fit**—This chair-based class offers the option of standing exercises, using the chair for balance. It is designed for those with limited mobility, balance concerns, or recovering from an injury. Naturally low-impact, it uses weights and bodyweight to improve and maintain functional fitness, aiding in activities of daily living.

**Skip Fit** – Jump on in and great ready for a great cardio workout! In this class, you jump rope for a cardio burn (don't worry if you have two-left feet, it is a great workout even without the rope!) Get ready to sweat and have fun!

**Tabata**—Get ready to sweat, with this higher intensity interval workout. Modifications are always provided, and execution of proper form is encouraged over speed. You'll experience a combination of cardio based and strength-based exercises to challenge the entire body.

**TB20 Power**- Have 20 minutes to spare? Get in and out with this high intensity interval style class. TB20 Power will challenge you with a focus on strength exercises. Modifications are always provided so all levels can benefit from this 20 minute blast!

**Total Body** – This workout will target all of the muscles, using a combination of bodyweight and equipment exercises.

**Yoga**—Allow yourself to relax and decompress in a Yoga class. Each instructor is unique in their practice, so try them all out to find the class that resonates best with you. The classes are based in Hatha style, and modifications can be provided to make each class appropriate for your own personal level. Leave feeling refreshed and relaxed.

**Yoga-lates**— This class combines Pilates exercises to strengthen and stabilize the core, with Yoga poses to stretch and lengthen the body. Allow your mind and body to connect in powerful and relaxing poses. This is a low-impact workout that allows you to gently explore your powerhouse.

**Zumba/Zumba Gold**– Dance your way to fun and fitness. This is a choreographed, fun class that uses upbeat music to keep you motivated, moving and grooving. The Gold class offers a lower impact version that's high energy and motivating.