



March Break Gymnasium Schedule

Effective March 15-21

This schedule is subject to change based on special events, school breaks (PA Days, March/Winter/Summer break). Please see Membership Services for details.

Sunday March 15	Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	Friday March 20	Saturday March 21
	Open Gym 5:30am - 6:30am	Open Gym 5:30am - 7:15am	Open Gym 5:30am - 6:30am	Open Gym 5:30am - 7:15am	Open Gym 5:30am - 6:30am	
	Early Bird Bootcamp 6:30am - 7:15am		Early Bird Bootcamp 6:30am - 7:15am		Early Bird Bootcamp 6:30am - 7:15am	
Open Gym 7:30am - 9:00am	March Break Camp 7:15am - 5:30pm	March Break Camp 7:15am - 5:30pm	March Break Camp 7:15am - 5:30pm	March Break Camp 7:15am - 5:30pm	March Break Camp 7:15am - 5:30pm	Open Gym 7:00am - 8:00pm
Bootcamp 9:00am - 10:00am						
Open Gym 10:00am - 12:00pm						
Available for Rental 12:00pm - 2:00pm						
Open Gym 2:00pm-3:00pm						
Adult Pickleball 3:00pm - 5:00pm	CLEANING 5:30pm - 6:00pm	CLEANING 5:30pm - 6:00pm	CLEANING 5:30pm - 6:00pm	CLEANING 5:30pm - 6:00pm	CLEANING 5:30pm - 6:00pm	
Open Gym 5:00pm - 6:30pm	Pickleball (All levels) 6:00pm - 8:15pm	Open Gym 6:00pm - 8:30pm	Pickleball (All levels) 6:00pm - 8:15pm	Open Gym 6:00pm - 8:30pm	Pickleball (All levels) 6:00pm - 7:15pm	
Adult Volleyball 6:30pm - 8:00pm	Adult Soccer 8:30pm - 10:30pm	Adult Badminton 8:30pm - 10:30pm	Adult Volleyball 8:30pm - 10:30pm	Adult Basketball 8:30pm - 10:30pm	Adult Soccer 7:30pm - 9:30pm	
Drop In Programs		Group Fitness Classes (Drop In)		Registered Programs/Rental Required		



Winter Group Fitness Schedule

Kingston YMCA | Wright Crescent Branch | March Break - March 15 to 21st, 2020

Last Updated: February 27, 2020
 Next expected Update: March 22nd, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
	Early Bird Bootcamp (GF) 6:30-7:15AM	Cyclefit (C) 6:00-6:50AM	Tabata(GF) 6:00-6:50AM	Cyclefit (C) 6:00-6:50AM	Early Bird Bootcamp (G) 6:30-7:15AM	Cyclefit (C) 6:00-6:50AM	Cardio & Core (GF) 6:00-6:50AM	Cyclefit (C) 6:00-6:50AM	Cyclefit (C) 6:00-6:50AM	
Bootcamp (G & GF) 9:00-10:00AM	Yoga (C) 8:00-9:15AM	SS&Cardio (GF) 8:00-9:25AM	Yoga (GF) 7:00-7:55AM	SS + Cardio (GF) 8:00-9:25AM	Yoga for Fitness (C) 7:00-8:00AM	Early Bird Bootcamp (GF) 6:30-7:15AM				
Yoga (C) 11:15AM-12:30PM	Yoga (C) 9:30-10:30AM	Senior Start Strong (GF) 8:00-8:45AM	Yoga (C) 8:30-9:45AM	Jazz Lines (GF) 9:30-10:20AM	Senior Start Strong(GF) 8:00-8:45AM	SS&Cardio (GF) 8:00-9:25AM	Barre Fintess (C) 8:30-9:20AM	CSI (GF&G) 8:00-9:00AM		
	Barre Fitness(GF) 9:30-10:20AM	Strong by Zumba (C) 9:30-10:25AM	RIP (GF) 9:15-10:25AM	Cyclefit(C) 10:15-11:05AM	Barre Fitness(C) 9:00-9:50AM	Step (GF) 9:30-10:20AM	Cyclefit (C) 9:30-10:20AM	Cyclefit (C) 9:00-9:50AM		
Family Zumba (GF) 2:00-2:45PM	Zumba (GF) 10:30-11:20AM	Cyclefit (C) 10:45-11:35AM	Tabata(GF) 10:30-11:20AM	Zumba (GF) 10:30-11:20AM	Rip(GF) 9:15-10:25AM	Cyclefit (C) 9:30-10:20AM	Power Step (GF) 9:30-10:25AM			
	Gentle Stretch(GF) 11:40-11:20AM	Chair Yoga (C) 1:00-1:45PM	Pilates (C) 10:30-11:20AM	Foam Rolling (GF) 11:30-12:00PM	Gentle Stretch (GF) 10:30-11:30AM	Zumba (GF) 10:30-11:30AM	Yoga (GF) 10:30-11:30AM			
Sunday Night Yoga (GF) 7:00-8:00PM	Senior Start Strong (GF) 1:00-1:50PM	TBS (GF) 12:10-12:50PM	Express Pilates (GF) 12:10-12:50PM	Yoga for Wellness(C) 10:30-11:30AM	Yogalates (C) 11:30-12:20PM					
	Complete Core (GF) 4:30-5:20PM	Senior Fit (GF) 1:00-1:50PM	RIP (GF) 5:30-6:25PM	Zumba(GF) 12:10-12:50PM	Cardio Intervals (C) 12:10-12:50PM	Yoga(C) 12:30-1:20PM				
	Barre Fitness(GF) 5:30-6:20PM	Yoga for Cancer Care (C) (Jan 7- Mar 31) 4:30-5:45PM	Cyclefit (C) 5:30-6:20PM	Senior Fit (GF) 1:00-1:50PM	Tai Chi (C) 1:00-2:00PM	Senior Start Strong (GF) 1:00-1:50PM				
	Cyclefit (C) 5:30-6:20PM	Zumba(GF) 6:30-7:15PM	Bodyfit (GF) 4:30-5:20PM	Step (GF) (Advanced) 5:30-6:25PM	Barre Fitness(GF) 6:30-7:20PM	Zumba (GF) 5:30-6:20P	Cyclefit (C) 5:30-6:20PM	RIP (GF) 5:00-6:00PM		
	Yoga for Fitness (C) 7:15-8:30PM	Cyclefit (C) 6:30-7:20PM	RIP (GF) 6:30-7:30PM	Yoga Power (C) 6:30-7:45PM	Core & Conditioning (GF) 6:30-7:20PM					
										Group Fitness Studio (GF) Cyclefit & Yoga Studio (C) Gymnasium (G) FREE Sign-In Required Available to Members & Non-Members

Program Descriptions			
Program	Description	Program	Description
5,6,7 Sweat	A beginner to intermediate level class for those who love to move, dance and have fun incorporating a mix of choreography based cardio, aerobics, light muscular conditioning and stretching.	Pilates	An emphasis is placed on the abdominal and back muscles, focusing on postural realignment.
Barre Fitness	This workout will tone your body and burn fat, all while improving your range of motion and flexibility. Barre classes involve performing small, isometric movements, using your body weight and small dumbbells as well as resistance bands and holding our body postions to "feel the burn". This is a great workout for all levels!	RIP	Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness. High reps and great music will push you to a new limit.
Body Fit/Sports Conditioning	A full body workout every week using weights, body weight, intervals. Get ready to sweat!	Sculpt & Tone/ TBS (Total Body Sculpt)	Use of weights, bands, and stability balls gives these classes a muscular endurance component ensuring a total body workout.
Cardio Intervals/ Tabata/CSI	Using HIIT (High Intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method!	SS&C/Senior Fit	A Certified Fitness Instructor will to give you a full body workout using full range of motion and balance exercises providing options and modifications. This class is for the more active senior. The cardio portion of the class is the first half hour followed by an hour of resistance training. Senior Fit is only 50 minutes, SS&C is 1.30 minutes approx.
Chair Yoga	This gentle chair yoga practice is suitable for anyone. Learn to combine breathing with movement followed by relaxation. Participants develop mobility, strength, balance, and an overall sense of wellbeing. The pain management class will include techniques proven through medical research to support management of pain. Props are limited and you may wish to bring your own pillow or blanket for optimal comfort.	Senior Start Strong	Strength training class for seniors geared to those new or returning to fitness. This class gently incorporates range of motion exercise & balance exercises. Chair & standing exercises are included.
Core & Conditioning	Conditioning with controlled movements that help shape, sculpt and tone muscles. Specific focus on core and muscles that assist with everyday balance, strength and movement.	Step	A traditional step class with all the options you will need for a great workout. Great for those who have experience with Step classes.
Complete Core	A core strenghening class and intense training for the whole body using different fitness apparatuses to improve core strength, muscles, stability, balance and posture.	Strong by Zumba®/Strong	Strong by Zumba mixes high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout. Discover the athlete within you; feel the force, the energy and get fit!
CycleFit	A cycling aerobic workout done on stationary bike. Your instructor will lead you through a series of hills, sprints and drills. Each instructor has their own style so come out and try the variety.	Tai Chi	Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements for the beginner or intermediate participants and is a great way to reduce stress.
Early Bird Bootcamp	Variety, fun, and intensity is the name of the game. If you want to be pushed hard, get strong, and achieve new fitness goals, this is the class for you. This class is taught by a variety of personal trainers that each bring their own flavour and personal best to make you sweat.	Yoga	Our Yoga program offers a variety of classes each week. We suggest that you try a few classes in order to find the right one for your experience and level. Our skilled instructors offer traditional Hatha Yoga classes including Chair Yoga, Ashtanga, Sivananda, Viniyoga and Healing Yoga styles. Your instructor will take you through a series of poses & postures to improve body alignment, strength & flexibility.
Family Zumba	This program is designed for anyone who's looking to get their sweat on either solo or with friends and family. All ages.	Yoga for Cancer Care	This class is specific to addressing the physical and emotional needs left by Cancer and its treatments. Our intention is to address the holistic needs of the individual, physical, mental,emotional and spiritual, in order to foster a balanced state of well-being.
Foam Rolling	This class focusses on using the foam roller for deep tissue massage to relieve muscle tightness, improve circulation and to release tension.	Yoga for Fitness/Power	Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility and relaxation. Options for various levels will be provided by the instructor. Recommended for more intermediate/advanced levels.
Gentle Stretch	Be kind to your body. It deserves it. Enjoy 40 or 60 minutes of quite gentle stretching while improving flexibility.	Yogalates	A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga.
Jazz Lines (Line Dance)	Jazz Lines is a dance fitness class that incorporates a wide range of music, including jazz, swing, pop and soul. The dance is taught to all four walls. Wear shoes that allow you to slide a bit.	Zumba®	A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout.