



# Group Fitness Schedule

Effective: February 18, 2020

YMCA of Eastern Ontario - St. Lawrence College SHAC

Next expected update: April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Early Bird Bootcamp 6:35-7:30am			
		Beginner Tai Chi 8:00-8:30am				
Extreme Conditioning 10:00-11:00am		Intermediate Tai Chi 8:30-9:00am				
Cycle Express 11:00-11:30am			Yoga 11:30-12:20pm			Barre Fitness 10:30-11:20am
	Flashback Bootcamp 12:30-1:20pm	RIP 12:30-1:20pm	Zumba 12:30-1:20pm	Cyclefit 12:30-1:20pm	Tabata 12:30-1:20pm	Yoga 12:00-1:15pm
	Hip Hop Fever 4:00-4:50pm					
	CSI 5:30-6:20pm	Step Intervals & Stretch 5:30-6:45pm	Yoga 5:00-6:00pm	Step Intervals & Stretch 5:30-6:45pm	Zumba 4:30-5:20pm	
	Yoga 6:30-7:30pm	Cyclefit 7:00-7:50pm				

Class descriptions on back



## Class descriptions

<b>Barre Fitness</b>	A hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Also focuses on high reps of small range movements.
<b>Cyclefit</b>	A cycling workout done on stationary bikes and led by an instructor. Great music and guided drills help you to get the most out of this high-intensity cardio class.
<b>Cycle Express</b>	The same as a regular Cyclefit class except finishes in 30 minutes
<b>CSI</b> (Cardio, Strength, Intervals)	Using Hiit (High Intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods.
<b>Early Bird Bootcamp</b>	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.
<b>Extreme Conditioning</b>	Take your training up a notch and try to keep up!
<b>Flashback bootcamp</b>	Get ready to work hard and sweat in this fast moving full body interval workout using a variety of equipment while reminiscing to your favorite songs from the 70's & 80's.
<b>Hip Hop Fever</b>	A Class Dedicated to celebrating Hip Hop dance culture incorporating choreography, fitness and technique.
<b>Step Intervals &amp; Stretch</b>	A traditional step class with all the options you'll need for a great workout. Great for those who have experience with Step classes. A gentle stretch will be performed to finish the class.
<b>Tabata</b>	A variety of exercises led by an instructor at a fast pace.
<b>Tai Chi</b>	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.
<b>Yoga</b>	An introduction to basic poses and flows. Beginner's as well and experienced yogi's can develop their alignment in various poses while learning to control their breathing. All required equipment is provided (mat, block, strap). Namaste.
<b>Zumba®</b>	A Latin-inspired Dance Fitness Class that incorporates International and pop music, creating a dynamic, exciting and effective workout.