

# Group Fit Schedule

Effective: January 2nd, 2023



**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)

**5:15-6:00pm**  
Turf Time  
(Turf Rig Room)

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

**9:30-10:20am**  
Y Rhythms Silver  
(Fitness Studio)

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

**5:30-6:15pm**  
Dance Fit  
(Fitness Studio)

**8:00-8:45am**  
Cycle Fit  
(Fitness Studio)

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

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

**11:30-12:15pm**  
Baby & Me  
(Fitness Studio)

**5:45-6:45am**  
Cycle and Sculpt  
(Fitness Studio)

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

**11:30-12:15pm**  
Cardio Core &  
Stretch  
(Fitness Studio)

**5:30-6:15pm**  
Cycle Fit  
(Fitness Studio)

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

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

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

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

- 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.

**Baby & Me** — Hey babies, bring an adult to this fun fitness class. Your adult will work on cardiovascular and strength training as well as flexibility all while including you in the fun!

**Cardio Core & Stretch** — This class is designed for you to go at your own pace. You will begin with cardio exercises then work your core strength and improve your flexibility. There is lots of fun and variety in this class.

**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.

**Cycle Endurance** — Increase your endurance on the bike through sections high intensity cycling. Picture it as a pleasant yet challenging ride along the Thousand Islands Parkway.

**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.

**Cycle & Sculpt** — Fire up your metabolism, hitting all muscle groups in this calorie burning class. This class is for all levels to get fit and stay fit.

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

**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.

**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.

**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.