

# Group Fit Schedule

Effective: January 2, 2022



YMCA of  
Eastern Ontario  
Brockville YMCA

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

|  |   |   |  |  |   |  |
|--|---|---|--|--|---|--|
|  | <p><b>8:45-9:30am</b><br/>Cycle Fit<br/>(Fitness Studio)</p> <p><b>10:00-11:00am</b><br/>Yoga<br/>(Gym)</p> <p><b>12:00-12:45pm</b><br/>Chair Yoga<br/>(Gym)</p> <p><b>12:15-12:45pm</b><br/>Turf Time<br/>(Turf Rig)</p> <p><b>6:15-7:15pm</b><br/>Yoga &amp; Breath<br/>(Gym)</p> | <p><b>5:45-6:30am</b><br/>Cycle fit<br/>(Fitness Studio)</p> <p><b>9:00-9:45am</b><br/>Step<br/>(Fitness Studio)</p> <p><b>10:30-11:15am</b><br/>GTB<br/>(Gym)</p> <p><b>5:15-6:00pm</b><br/>Y Rhythms<br/>(Gym)</p> <p><b>6:15-7:00pm</b><br/>Flow &amp; Roll<br/>(Fitness Studio)</p> | <p><b>8:45-9:30am</b><br/>Cycle Fit<br/>(Fitness Studio)</p> <p><b>9:00-9:45am</b><br/>Low Impact<br/>(Fitness Studio)</p> <p><b>10:00-11:00am</b><br/>Yoga<br/>(Gym)</p> <p><b>5:15-6:00pm</b><br/>Turf Time<br/>(Turf Rig)</p> | <p><b>5:45-6:30am</b><br/>Cycle Fit<br/>(Fitness Studio)</p> <p><b>9:00-9:45am</b><br/>Y Rhythms Silver<br/>(Fitness Studio)</p> <p><b>10:30-11:15am</b><br/>GTB<br/>(Gym)</p> <p><b>5:15-6:00pm</b><br/>Y Rhythms<br/>(Gym)</p> | <p><b>8:45-9:30am</b><br/>Cycle Fit<br/>(Fitness Studio)</p> <p><b>10:00-11:00am</b><br/>Yoga<br/>(Gym)</p> <p><b>12:00-12:45pm</b><br/>Sit Fit<br/>(Gym)</p> |  |
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- 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/class-descriptions](http://eo.ymca.ca/class-descriptions)
- Brockville YMCA is closed for deep cleaning Monday to Friday from 1-3pm