

Group Fit Schedule

Effective: September 1, 2021



YMCA of
Eastern Ontario
Brockville YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*** NEW ***

6:15-7:00am
Cycle Fit
(Fitness Studio)

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

12:00-12:45pm
Chair Yoga
(Gym)

12:15-12:45pm
Cycle fit
(Fitness Studio)

5:15-6:00pm
Tabata
(Gym)

6:15-7:15pm
Yoga
(Gym)

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

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

5:15-6:00pm
Dancefit
(Fitness Studio)

6:15-7:00pm
Flow & Roll
(Fitness Studio)

*** NEW ***

6:15-7:00am
Cycle Fit
(Fitness Studio)

*** NEW ***

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

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

5:15-6:00pm
Skip Fit
(Gym)

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

10:30-11:15am
Zumba Gold
(Gym)

5:15-6:00pm
Zumba
(Gym)

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

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

12:15-12:45pm
Turf Time
(Turf Rig)

- Clean all equipment after use.
- *** New *** Programs starting the week of October 4th
- Respect class size limits – wait outside of Studio until previous classes are cleared out.
- Class descriptions available at: eo.ymca.ca/brockville-class-descriptions
- Brockville YMCA is closed for deep cleaning Monday to Friday from 1-3pm