

Group Fit Schedule

Effective: January 2, 2023



**YMCA of
Eastern Ontario**
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00-9:50am Tabata (Group Fitness)</p> <p>10-10:50am Yoga (Cyclefit)</p>	<p>6:30-7:15am Early Bird Bootcamp (Group Fitness)</p> <p>9:30-10:20am Cardio Blast (Gymnasium)</p> <p>10:30-11:20am Flow and Roll (Group Fitness)</p> <p>12:10-12:50pm Cyclefit</p> <p>5:30-6:20pm Cyclefit</p> <p>5:30-6:20pm Step & Sculpt (Group Fitness)</p> <p>6:30-7:30pm Yoga for Fitness (Group Fitness)</p>	<p>8:00-8:50am Gentle Total Body (Group Fitness)</p> <p>9:30-10:20am Kickboxing (Group Fitness)</p> <p>10:30-11:30am Yoga (Group Fitness)</p> <p>5:30-6:30pm Rip (Gymnasium)</p>	<p>9:30-10:20am Circuit (Gymnasium)</p> <p>10:30-11:20am Cardio Core +Stretch (Gymnasium)</p> <p>5:30-6:20pm CSI (Group Fitness)</p> <p>6:30-7:20pm CycleFit</p>	<p>7-8am Yoga (Cyclefit)</p> <p>9:30-10:20am Total Body Sculpt (Group Fitness)</p> <p>9:30-10:20am CycleFit</p> <p>10:30-11:20am Gentle Stretch (Group Fitness)</p> <p>4:30-5:20pm Kettlebell Kraze (Group Fitness)</p> <p>5:30-6:20pm Zumba (Group Fitness)</p>	<p>6:30-7:15am Early Bird Bootcamp (Group Fitness)</p> <p>9:15-10:00am Turf Time (Turf/Rig Area)</p> <p>10:30-11:20am Step (Group Fitness)</p> <p>4:30-5:20pm Rip (Group Fitness)</p> <p>5:30-6:30pm Yoga (Group Fitness)</p>	<p>8:30-9:20am CSI (Group Fitness)</p> <p>9:30-10:20am Cycle & Core (Cyclefit)</p>

- 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

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.

Bollywood — A fusion of various Indian and other styles of dance for a fun, high-energy class. Come feel the music in this class where there are no defined dance rules.

Cardio Blast — Produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between cardio and toning tracks. See real results both physically and mentally and leave this class wanting more because it is so much 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.

Circuit — Looking for a full body fun workout. This is your class; you will go between working in your own spot and moving through out circuits. Increase your strength, cardio, and mobility.

Core & Stretch — This highly effective class will help work on your core training, as well as stretch and loosen you up. Brings both your mind and body into balance!

CSI (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. An effective, induced fat loss training method.

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 Fit & Core — Aerobic workout done on a spin bike. You will be lead through a series of hills sprints and drills, followed by a great core workout done off the bike.

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 — Come burn off some calories and get fit while having fun. Join our Dance Fit class to follow choreographed dance moves to all different style of music from hip-hop to Latin and everything in between.

Deep Water Running — Suspended with a flotation belt (provided) in the deep water with the option of being tethered, participants can improve their cardiovascular fitness and muscular conditioning through a high intensity interval workout. Focuses on correct running posture and movements. New and experienced runners welcome.

Ideal for those recovering from injuries by minimizing stress on joints, bones, muscles, tendons, and ligaments.

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 fun and dynamic instructor who brings her own flavor and personal best to make you sweat!

Flow & Roll — This new restorative class combines elements of yoga, stretching and foam rollers to help you stretch and release any tension you may be carrying. Foam Rollers are provided, and you're always welcome to bring your own.

Gentle Stretch — Be kind to your body, it deserves it! Enjoy 50 minutes of quite gentle stretching while improving flexibility.

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.

Kettlebell Kraze — Join us for a HITT style class using kettlebells or a dumbbell. Change up your favorite exercise while engage your upper and lower body in new ways.

Kickboxing — Feel strong throwing kicks and punches in the kickboxing inspired cardio class. Get your heart bumping in this fun motivating workout.

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.

Rip — Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness.

Step/Step & Sculpt — A traditional step class using the bench with all the options you will need for a great workout! Step & Sculpt will incorporate the moves of a step class including some weighted exercises and core work.

Tabata — HIIT style workout. Change up your training while burning calories and gaining strength.

Total Body Sculpt (TBS) — Looking to have a total body workout this is your class. You will use weights and your own body in this total body resistance class.

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

Yoga for Fitness — Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility, and relaxation. Recommended for more intermediate/advanced levels.

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