

# Group Fit Schedule

Effective: September 6, 2022



**YMCA of  
Eastern Ontario**  
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00-9:50am</b> Tabata (Group Fitness)</p> <p><b>11-11:50am</b> Bollywood (Group Fitness)</p>	<p><b>6:30-7:15am</b> Early Bird Bootcamp (Group Fitness)</p> <p><b>9:30-10:20am</b> Cardio Blast (Gymnasium)</p> <p><b>10:30-11:20am</b> Flow and Roll (Group Fitness)</p> <p><b>5:30-6:20pm</b> Cyclefit</p> <p><b>5:30-6:20pm</b> Step &amp; Sculpt (Group Fitness)</p> <p><b>6:30-7:30pm</b> Yoga for Fitness (Cyclefit)</p>	<p><b>8:00-8:50am</b> Gentle Total Body (Group Fitness)</p> <p><b>9:30-10:20am</b> Kickboxing (Group Fitness)</p> <p><b>10:30-11:330am</b> Yoga (Group Fitness)</p> <p><b>5:30-6:30pm</b> Rip (Gymnasium)</p>	<p><b>9:30-10:20am</b> Circuit (Gymnasium)</p> <p><b>10:30-11:20am</b> Zumba (Group Fitness)</p> <p><b>5:30-6:20pm</b> CSI (Group Fitness)</p> <p><b>6:30-7:20pm</b> CycleFit</p>	<p><b>7-8am</b> Yoga (Cyclefit)</p> <p><b>9:30-10:20am</b> Total Body Sculpt (Group Fitness)</p> <p><b>9:30-10:20am</b> CycleFit</p> <p><b>10:30-11:20am</b> Gentle Stretch (Group Fitness)</p> <p><b>4:30-5:20pm</b> Kettlebell Kraze (Group Fitness)</p> <p><b>5:30-6:20pm</b> Zumba (Group Fitness)</p>	<p><b>6:30-7:15am</b> Early Bird Bootcamp (Group Fitness)</p> <p><b>9:15-10:00am</b> Turf Time (Turf/Rig Area)</p> <p><b>10:30-11:20am</b> Step (Group Fitness)</p> <p><b>4:30-5:20pm</b> Rip (Group Fitness)</p> <p><b>5:30-6:30pm</b> Yoga (Group Fitness)</p>	<p><b>8:30-9:20am</b> CSI (Group Fitness)</p> <p><b>9:30-10:20am</b> Cycle &amp; 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](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

**Barre Fitness** — A hybrid class combining elements of Ballet, Pilates, Yoga, and muscular conditioning. Challenge your balance, flexibility, strength, and muscular endurance using body- and light weights.

**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.

**Boot Camp** — Welcome to a high intensity class that will have you sweating and getting fit in a none stop interval/circuit style workout.

**Calisthenics/Tabata** — Calisthenics is a form of strength training consisting of a variety of movements that exercise large muscle groups, such as standing, grasping, pushing, etc. These exercises are often performed rhythmically and with minimal equipment, as bodyweight exercises.

**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!

**Core & Stretch** — This highly effective class will help work on your core training, as well as stretch and loosen you up. Core & stretch 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.

**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!

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

**Pilates** — An emphasis is placed on the abdominal and back muscles, focusing on postural realignment.

**Tabata** — Get ready to challenge yourself with this high intensity interval workout. Modifications are always provided, and execution of proper form is encouraged over speed. You'll experience a combination of cardio-based and strength-based exercises to work the entire body.

**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.

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

**Senior Fit** — A certified personal trainer will give you a full body workout using a full range of motion and balance exercises providing lots of options and modifications for all levels.

**Senior Start Strong** — A slower paced senior class incorporating light cardio, weighted exercises; sitting or standing, and balance moves. This class will work you at your own pace and have you leaving feeling stronger and refreshed to boost mood and energy levels all day long.

**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.

**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.

**Tone and Balance** — Great for all ages and levels of fitness. In this class you will get a full body workout while improving your coordination, strength and balance.

**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.