

Group Fit Schedule

Effective: January 2, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>6:30-7:15am Early Bird Bootcamp (Group Fitness)</p>		<p>8-8:50am Barre Fitness (Group Fitness)</p>	<p>7-8am Yoga (Cyclefit)</p>	<p>6:30-7:15am Early Bird Bootcamp (Group Fitness)</p>	
	<p>9:30-10:20am Cardio Blast (Gymnasium)</p>	<p>8-8:50am Senior Fit (Group Fitness)</p>	<p>9:15-10:15am CSI (Gym)</p>	<p>8-8:50am Senior Fit (Group Fitness)</p>	<p>9:15-10:15am Rip (Gym)</p>	<p>8:30-9:20am CSI (Group Fitness)</p>
	<p>10:30-11:20am Barre Fitness (Group Fitness)</p>	<p>9:30-10:20am Kickboxing (Group Fitness)</p>	<p>10:30-11:30am Pilates (Group Fitness)</p>	<p>9:30-10:20am Total Body Sculpt (Group Fitness)</p>	<p>10:30-11:20am Step (Group Fitness)</p>	<p>9:30-10:20am Cycle & Core</p>
<p>11-11:45am Zumba (Group Fitness)</p>	<p>12-12:45pm Core & Stretch (Group Fitness)</p>	<p>10:30-11:30am Yoga (Group Fitness)</p>	<p>11-11:50am Senior Start Strong (Cyclefit)</p>	<p>10:30-11:30am Stretch and Roll (Group Fitness)</p>		<p>10:30-11:20am Bollywood (Group Fitness)</p>
	<p>5-5:50pm Cyclefit</p>	<p>5:30-6:30pm Rip (Gymnasium)</p>	<p>5:30-6:20pm CSI (Group Fitness)</p>	<p>12-12:45pm Zumba (Group Fitness)</p>	<p>4:30-5:20pm Rip (Group Fitness)</p>	
	<p>5:30-6:20pm Step & Sculpt (Group Fitness)</p>	<p>6:40-7:30pm Barre Fitness (Group Fitness)</p>	<p>6:30-7:30pm Cyclefit</p>	<p>5:30-6:20pm Zumba (Group Fitness)</p>	<p>5:30-6:30pm Yoga (Group Fitness)</p>	
	<p>6:30-7:30pm Yoga for Fitness (Cyclefit)</p>					

- 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
- Kingston YMCA is closed for deep cleaning Monday to Friday from 1-3pm