

# Group Fit Schedule

Effective: September 1, 2021



YMCA of  
Eastern Ontario  
Kingston YMCA

## Sunday

**\* NEW \***  
**11-11:45am**  
Zumba  
(Group Fitness)

## Monday

**6:30-7:15am**  
Early Bird  
Bootcamp  
(Group Fitness)

**8-8:50am**  
Yoga  
(Group Fitness)

**9:30-10:20am**  
Cardio Blast  
(Group Fitness)

**10:30-11:20am**  
Barre Fitness  
(Group Fitness)

**\* NEW \***  
**12-12:45pm**  
Core & Stretch  
(Group Fitness)

**\* NEW \***  
**5-5:50pm**  
Cyclefit (Cyclefit)

**\* NEW \***  
**5:30-6:20pm**  
Step & Sculpt  
(Group Fitness)

**6:30-7:30pm**  
Yoga for Fitness  
(Cyclefit)

## Tuesday

**8-8:50am**  
Senior Fit  
(Group Fitness)

**\* NEW \***  
**9:30-10:20am**  
Calisthenics/Tabata  
(Group Fitness)

**\* NEW \***  
**9:30-10:20am**  
Cyclefit  
(Cyclefit)

**10:30-11:30am**  
Yoga  
(Group Fitness)

**5:30-6:30pm**  
Rip  
(Group Fitness)

**\* NEW \***  
**6:40-7:30pm**  
Barre Fitness  
(Group Fitness)

## Wednesday

**9:15-10:15am**  
Rip  
(Gym)

**10:30-11:30am**  
Pilates  
(Group Fitness)

**\* NEW \***  
**11-11:50am**  
Senior Start Strong  
(Cyclefit)

**12-12:45pm**  
Zumba  
(Group Fitness)

**\* NEW \***  
**5:30-6:20pm**  
CSI  
(Group Fitness)

**\* NEW \***  
**6:30-7:30pm**  
Cyclefit  
(Cyclefit)

## Thursday

**7-8am**  
Yoga (Cyclefit)

**8-8:50am**  
Senior Fit  
(Group Fitness)

**9:30-10:20am**  
Zumba  
(Group Fitness)

**\* NEW \***  
**9:30-10:20am**  
Cyclefit  
(Cyclefit)

**10:30-11:30am**  
Gentle Stretch  
(Group Fitness)

**12-12:45pm**  
Barre Fitness  
(Group Fitness)

**5:30-6:20pm**  
Zumba  
(Group Fitness)

**\* NEW \***  
**6:30-7:20pm**  
Ball Sculpt  
(Group Fitness)

## Friday

**6:30-7:15am**  
Early Bird  
Bootcamp  
(Group Fitness)

**9:15-10:15am**  
Rip  
(Gym)

**10:30-11:20am**  
Step  
(Group Fitness)

**\* NEW \***  
**4:30-5:20pm**  
Rip  
(Group Fitness)

**5:30-6:30pm**  
Yoga  
(Group Fitness)

## Saturday

**8-8:50am**  
CSI  
(Group Fitness)

**9-10am**  
Cycle & Core  
(Cyclefit)

- 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/kingston-class-descriptions](http://eo.ymca.ca/kingston-class-descriptions)
- Kingston YMCA is closed for deep cleaning Monday to Friday from 1-3pm