

# Group Fit Schedule

Effective: September 1, 2021



YMCA of  
Eastern Ontario  
Kingston YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p><b>6:30-7:15am</b> Early Bird Bootcamp (Group Fitness)</p> <p><b>8-8:50am</b> Yoga (Group Fitness)</p> <p><b>9:30-10:20am</b> Cardio Blast (Group Fitness)</p> <p><b>11-11:45am</b> Zumba (Group Fitness)</p> <p><b>10:30-11:20am</b> Barre Fitness (Group Fitness)</p> <p><b>12-12:45pm</b> Core &amp; Stretch (Group Fitness)</p> <p><b>5-5:50pm</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>8-8:50am</b> Senior Fit (Group Fitness)</p> <p><b>9:30-10:20am</b> Calisthenics/Tabata (Group Fitness)</p> <p><b>9:30-10:20am</b> Cyclefit</p> <p><b>10:30-11:30am</b> Yoga (Group Fitness)</p> <p><b>5:30-6:30pm</b> Rip (Group Fitness)</p> <p><b>6:40-7:30pm</b> Barre Fitness (Group Fitness)</p>	<p><b>9:15-10:15am</b> Rip (Gym)</p> <p><b>10:30-11:30am</b> Pilates (Group Fitness)</p> <p><b>11-11:50am</b> Senior Start Strong (Cyclefit)</p> <p><b>12-12:45pm</b> Zumba (Group Fitness)</p> <p><b>5:30-6:20pm</b> CSI (Group Fitness)</p> <p><b>6:30-7:30pm</b> Cyclefit</p>	<p><b>7-8am</b> Yoga (Cyclefit)</p> <p><b>8-8:50am</b> Senior Fit (Group Fitness)</p> <p><b>9:30-10:20am</b> Zumba (Group Fitness)</p> <p><b>9:30-10:20am</b> Cyclefit</p> <p><b>10:30-11:30am</b> Gentle Stretch (Group Fitness)</p> <p><b>12-12:45pm</b> Barre Fitness (Group Fitness)</p> <p><b>5:30-6:20pm</b> Zumba (Group Fitness)</p> <p><b>6:30-7:20pm</b> Ball Sculpt (Group Fitness)</p>	<p><b>6:30-7:15am</b> Early Bird Bootcamp (Group Fitness)</p> <p><b>9:15-10:15am</b> Rip (Gym)</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>9-10am</b> Cycle &amp; Core</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/kingston-class-descriptions](http://eo.ymca.ca/kingston-class-descriptions)
- Kingston YMCA is closed for deep cleaning Monday to Friday from 1-3pm