

Kingston YMCA // Effective: September 8th 2026

# Group Fitness Schedule



| MON                                                                                                                                                                                                                                                                                                                                                                                                                       | TUES                                                                                                                                                                                                               | WED                                                                                                                                                                                                                                                      | THU                                                                                                                                                                                                                                                                                                                                                                                                       | FRI                                                                                                                                                                                                                                                                                                                                                                              | SAT                                                                                                                                                                                                          | SUN                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>6:30-7:20am</b><br>Early Bird<br>Bootcamp<br>(Group Fitness)<br><br><b>9:30-10:20am</b><br>Cardio Blast<br>(Gymnasium)<br><br><b>10:30-11:20am</b><br>Sit Fit<br>(Group Fitness)<br><br><br><br><b>4:30-5:20pm</b><br>Bootcamp<br>(Group Fitness)<br><br><b>5:30-6:20pm</b><br>Cyclefit<br><br><b>5:30-6:20pm</b><br>Step & Sculpt<br>(Group Fitness)<br><br><b>6:30-7:30pm</b><br>Yoga for Fitness<br>(Group Fitness) | <br><br><b>9:30-10:20am</b><br>CSI<br>(Gymnasium)<br><br><b>9:30-10:20am</b><br>Cyclefit<br><br><b>10:30-11:20am</b><br>Gentle Stretch<br>(Group Fitness)<br><br><br><br><b>5:30-6:20pm</b><br>HIIT<br>(Gymnasium) | <b>6:30-7:20am</b><br>Early Bird<br>Bootcamp<br>(Group Fitness)<br><br><b>9:30-10:20am</b><br>Cardio, Core and<br>Stretch<br>(Gymnasium)<br><br><b>10:30-11:20am</b><br>Zumba<br>(Group Fitness)<br><br><br><br><b>5:30-6:20pm</b><br>RIP<br>(Gymnasium) | <b>7-8am</b><br>Yoga<br>(Group Fitness)<br><br><b>9:30-10:20am</b><br>Total Body Sculpt<br>(Gymnasium)<br><br><b>9:30-10:20am</b><br>Cyclefit<br><br><b>10:30-11:20am</b><br>Gentle Stretch<br>(Group Fitness)<br><br><br><br><b>4:30-5:20pm</b><br>Kettlebell Kraze<br>(Group Fitness)<br><br><b>5:30-6:20pm</b><br>Zumba<br>(Group Fitness)<br><br><b>6:30-7:20pm</b><br>Tone & Flow<br>(Group Fitness) | <b>6:30-7:20am</b><br>Early Bird<br>Bootcamp<br>(Group Fitness)<br><br><b>9:15-10:00am</b><br>Turf Time<br>(Turf/Rig Area)<br><br><b>10:30-11:20am</b><br>Flashback<br>Aerobics<br>(Group Fitness)<br><br><b>12-12:50pm</b><br>Sit Fit<br>(Group Fitness)<br><br><b>4:30-5:20pm</b><br>Total Body Sculpt<br>(Group Fitness)<br><br><b>5:30-6:30pm</b><br>Yoga<br>(Group Fitness) | <br><br><b>8:30-9:20am</b><br>Bootcamp<br>(Group Fitness)<br><br><b>9:30-10:20am</b><br>Cyclefit<br><br><b>10:30-11:20am</b><br>Strength and Core<br>(Group Fitness)<br><br><br><br><br><br><br><br><br><br> | <br><br><br><br><b>9:00-9:50am</b><br>Tabata<br>(Group Fitness)<br><br><b>10:00-10:50am</b><br>Bollywood<br>(Group Fitness)<br><br><b>11:00-11:50am</b><br>Yoga<br>(Group Fitness) |

- To ensure you are viewing the most up to date schedule, always visit: [eo.ymca.ca/schedules](https://eo.ymca.ca/schedules)
- For a full list of Class Descriptions, visit: [eo.ymca.ca/class-descriptions](https://eo.ymca.ca/class-descriptions)
- Last Updated: August 18 2026



SCHEDULES

# Class Descriptions



## **Early Bird Bootcamp**

Challenge yourself with a fun, intense morning workout led by an inspiring instructor.

## **Cardio Blast**

A high-energy class alternating between cardio and toning. Burn calories, tone up, and have fun!

## **Sit Fit**

A chair-based class that incorporates seated and standing exercises for those with limited mobility.

## **Bootcamp**

Challenge yourself with a fun, intense workout led by an inspiring instructor.

## **Cyclefit**

Ride a stationary bike to build endurance with high-energy drills and strength rides, all set to music.

## **Step & Sculpt**

A classic step class with a focus on cardio and strength, using a raised bench.

## **Yoga for Fitness**

Yoga with a focus on strength, balance, and flexibility—ideal for intermediate and advanced levels.

## **CSI (Cardio Strength Intervals)**

A HIIT class with cycles of intense cardio and strength training for maximum effectiveness.

## **Gentle Stretch**

Enjoy 50 minutes of gentle stretching to improve flexibility and relaxation.

## **HIIT**

A 50-minute, high-intensity workout that includes cardio, strength, and core exercises.

## **Gentle Total Body (GTB)**

A full-body, low-impact workout using weights and bodyweight exercises to support daily movement.

## **Cardio Core & Stretch**

Go at your own pace, with cardio followed by core and flexibility exercises.

## **Strength in Motion**

A low impact class that blends light strength training with purposeful mobility work. You'll build stability, control, and joint strength through smooth, flowing movements designed to help your body move better in everyday life.

## **RIP**

Use a body bar and weights for a fun, full-hour muscle-conditioning class.

## **Yoga**

Explore different yoga poses to enhance range of motion, flexibility, and breathing in these all-levels classes.

## **Total Body Sculpt (TBS)**

A total-body workout using weights and bodyweight exercises.

## **Zumba**

A fun, choreographed dance class that keeps you moving to energetic music.

## **Kettlebell Kraze**

A full-body workout that targets the lower body, upper body, and core, combining resistance training with a HIIT-style approach using kettlebells.

## **Tone and Flow**

A rejuvenating class designed to strengthen your body through controlled, low-impact movements.

## **Turf Time**

A total-body workout in our functional rig space, challenging all muscle groups with various exercises.

## **Flashback Aerobics**

Bring out your sweatbands and leg warmers and let's get your heart pumping with this old school 80's/90's cardio class.

## **Strength & Core**

Work on proper technique, improve your muscle strength, and core conditioning.

## **Tabata**

A HIIT-style workout that maximizes calorie burn and strength gains.

## **Bollywood**

A mix of Indian and other dance styles for a fun, high-energy experience. No dance rules—just enjoy the rhythm.