



Group Fitness Schedule

YMCA of Kingston - St. Lawrence College SHAC

Effective: October 4, 2018

Next expected update: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Early Bird Bootcamp 6:30-7:20AM				
	FAHP 1200 10:30-12:30PM	FAHP 1200 9:30-11:30AM	FAHP 1200 9:30-11:30AM	FAHP 1200 8:30-12:30PM	Learn 2 Meditate 11:00am - 12:30pm	OPEN STUDIO TIMES The aerobic studio is available for use by everyone when no scheduled classes are taking place. Please note: Some temporary bookings may not be reflected on this schedule and the board listings outside the studio will be considered accurate.
Flashback Bootcamp 12:30-1:20PM	Dance Fitness 12:30-1:20PM	Yoga 11:30-12:20PM		TRiX with Kettlebells 12:30-1:20PM		
	GENE 59 2:30-4:00PM			Learn 2 Meditate 2:30 - 4:00pm		
Dance Fitness 5:00-5:50PM	Cyclefit 5:00-5:50PM	RIP 5:00-5:50PM	Yoga 5:00-5:50PM			
	Strong by Zumba 6:00-7:00PM	Yogalates 6:00-6:50PM	Capoeira 6:00-7:00PM			

COLOR CODE =

College Programming

SLC Students Only

Program Descriptions

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 trainer that brings their own flavour and personal best to make you sweat.
Capoeira	Brazilian martial arts that combines elements of dance, acrobatics and music.
CycleFit	A cycling workout done on stationary bikes and led by an instructor. Great music and guided drills help you to get the most out of this high-intensity cardio class.
Dance Fitness	This fun dance class will give you a great workout while getting your groove on and maybe learning some new moves. Space priority is given to SLC students, but if there is room then the more the merrier.
Flashback Bootcamp	Grab your leg warmers and get ready to take them off because you will sweat in this full body interval workout with a variety of equipment while reminising to your favorite songs from the 70's & 80's.
Learn 2 Meditate	Join us for gentle and mindful relaxation techniques to help you de-stress.
RIP	Grab a body bar or our new plates and bars and get ready for 50 minutes of fun and fitness. High reps and great music will push you to a new limit!
Strong by Zumba®	Srong by Zumba mixes high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout. Discover the athlete within you; feel the force, the energy and get fit!
TRiX with Kettlebells	This interval timed class switches back and forth from TRX suspension trainers to kettlebell exercises to deliver a full body workout that will leave you feeling great and wanting more.
Yoga	An introduction to basic poses and flows. Beginner's as well and experienced yogi's can develop their alignment in various poses while learning to control their breathing. All required equipment is provided (mat, block, strap). Namaste.
Yogalates	A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga.