



Group Fitness Schedule- Effective September 10th, 2018

Last Updated: November 5, 2018
Next expected Update: December 2018

YMCA of Kingston - Wright Crescent Branch

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Early Bird Bootcamp (Group Fit) 6:30-7:15AM	Cyclefit 6:00-6:50AM	Tabata 6:00-6:50AM	Cyclefit 6:00-6:50AM	Cyclefit 6:00-6:50AM	Early Bird Bootcamp (Gym) 6:30-7:15AM	Cardio & Core 6:00-6:50AM		Cyclefit 6:00-6:50AM			
Yoga (Wellness) 8:00-9:15AM		Yoga (Group Fit) 7:00-7:55AM		SS + Cardio (Gym) 8:00-9:20AM		Yoga for Fitness (Wellness) 7:00-8:00AM		Early Bird Bootcamp (Group Fit) 6:30-7:15AM			
SS&Cardio (Gym) 8:00-9:25AM		Senior Start Strong (Group Fit) 8:00-8:45AM	Cardio Intervals 8:30-9:00AM	Yoga (Wellness Studio) 9:00-10:15AM		Senior Start Strong (Group Fit) 8:00-8:45AM	Cardio Intervals 8:30-9:00AM	SS + Cardio (Gym) 8:00-9:25AM		RIP 8:30-9:30AM	
Yoga for Wellness 9:30-10:30AM		RIP (Gym) 9:15-10:25AM		Jazz Lines 9:30-10:20AM		RIP (Gym) 9:15-10:25AM		Step 9:30-10:20AM		Sport Conditioning 9:40-10:40AM	Bootcamp 9:00-10:00AM
CSI 9:30-10:20AM		Strong by Zumba 10:30-11:30AM		567 Sweat 10:30-11:20AM		Healing Yoga (Wellness Studio) 10:30-11:30AM		Yoga (Wellness) 10:30-11:20AM		Cyclefit 10:30-11:20AM	Yoga for Fitness (Wellness) 11:15-12:30 PM
Zumba 10:30-11:20AM		Pilates Foundations (Wellness) 10:30-11:20AM		Foam Rolling (Wellness) 11:30-12:00PM		Cardio Core & Stretch 10:30-11:20AM		Zumba 10:30-11:45AM			Family Zumba 2:00-2:45PM
CycleFit 12:10-12:50PM	Chair Yoga (Wellness) 1:00-1:45PM	CycleFit 12:10-12:50PM	Express TBS (Total Body Sculpt) 12:10-12:50PM	Tai Chi 12:00-1:00PM	CycleFit 12:10-12:50P	Express TBS (Total Body Sculpt) 12:10-12:50PM		Yogalates (Wellness Studio) 12:10-12:50PM			
RIP 5:15-6:15PM		Bodyfit 4:30-5:20PM		Express Pilates (Wellness) 12:10-12:50PM							
CycleFit 5:30-6:20PM		CSI 5:30-6:20PM		CycleFit 5:30-6:20PM		Cycle & Core 5:30-6:30PM					
Zumba 6:30-7:15PM		Yoga for Cancer Care 5:30-6:45PM (Starts Sept.25-Nov. 27)		Step (Advanced) 5:30-6:20PM		Zumba 5:30-6:20PM					
Yoga for Fitness (Wellness) 7:00-8:15PM		CycleFit 6:30-7:20PM		Strong by Zumba 6:30-7:30pm		RIP 6:30-7:30PM		Friday Night Yoga (Group Fit) 6:45-7:45PM			

Program Descriptions

Program	Description	Program	Description
5,6,7 Sweat	A beginner to intermediate level class for those who love to move, dance and have fun incorporating a mix of choreography based cardio, aerobics, light muscular conditioning and stretching.	RIP	Grab a body bar or our plates and bars and get ready for an hour of fun and muscle conditioning fitness. High reps and great music will push you to a new limit.
Body Fit	A full body workout every week using weights, body weight, intervals. Get ready to sweat!	Sculpt & Tone/ TBS (Total Body Sculpt)	Use of weights, bands, and stability balls gives these classes a muscular endurance component ensuring a total body workout.
Cardio, Core 'n' Stretch	Start with a great cardio class to get your heart rate up and follow up with core-conditioning exercises followed by a full body stretch.	Sports Conditioning	Movements are simple, but intense and provide cross-training including athletic drills, challenging agility, power, & speed.
Cardio Intervals/ Tabata	Using HIIT (High Intensity Interval Training) you will be pushed through cycles of low to high intensity exercises with intermittent rest periods. An effective, induced fat loss training method!	Senior Strength and Cardio	A Certified Fitness Instructor will give you a full body workout using full range of motion and balance exercises providing options and modifications. This class is for the more active senior. The cardio portion of the class is the first half hour followed by an hour of resistance training.
CSI-Cardio Strength & Intervals	This high intensity class will challenge your fitness and bring you to new levels of training. Not for the faint at heart, get revved up, toned, and push your cardiovascular fitness to new heights.	Senior Start Strong	Strength training class for seniors geared to those new or returning to fitness. This class gently incorporates range of motion exercise & balance exercises. Chair & standing exercises are included.
CycleFit	A cycling aerobic workout done on stationary bike. Your instructor will lead you through a series of hills, sprints and drills. Each instructor has their own style so come out and try the variety.	Step	A traditional step class with all the options you'll need for a great workout. Great for those who have experience with Step classes.
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 variety of personal trainers that each bring their own flavour and personal best to make you sweat.	Strong by Zumba®	Strong 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!
Family Zumba	This program is designed for anyone who's looking to get their sweat on either solo or with friends and family. All ages.	Tai Chi	Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movement, for the beginner or intermediate participant and is a great way to reduce stress.
Urban Poling for Fitness	Nordic Pole Walking exercises 90% of your muscles and reduces stress on lower joints, works your core muscles and burns 47% more calories than walking without poles! Try this outdoor class with certified instructors to help you with technique to receive the benefits from this program which include cardiovascular health, diabetes management, cancer rehab and much more.	Yoga	Our Yoga program offers a variety of classes each week. We suggest that you try a few classes in order to find the right one for your experience and level. Our skilled instructors offer traditional Hatha Yoga classes including Chair Yoga, Ashtanga, Sivananda, Viniyoga and Healing Yoga styles. Your instructor will take you through a series of poses & postures to improve body alignment, strength & flexibility.
Foam Rolling	This class focusses on using the foam roller for deep tissue massage to relieve muscle tightness, improve circulation and to release tension.	Yoga for Cancer Care	Classes are tailored to address the specific physical and emotional needs left by cancer & its treatments. This unique approach focuses on how to stimulate the immune system through movement, improve flexibility & strength, along with reducing anxiety and boosting overall well-being. Mindfulness and meditation practices are included in these classes. Our intention is to address the holistic needs of the individual, physical, mental, emotional and spiritual, in order to foster a balanced state of well-being.
Chair Yoga	This gentle chair yoga practice is suitable for anyone. Learn to combine breathing with movement followed by relaxation. Students develop mobility, strength, balance, and an overall sense of wellbeing. The pain management class will include techniques proven through medical research to support management of pain. Props are limited and you may wish to bring your own pillow or blanket for optimal comfort.	Yoga for Fitness	Emphasis is on the physical postures and is designed for proper body alignment, strengthening, balance, flexibility and relaxation. Options for various levels will be provided by the instructor. Recommended for more intermediate/advanced levels.
Jazz Lines (Line Dance)	Jazz Lines is a dance fitness class that incorporates a wide range of music, including jazz, swing, pop and soul. The dance is taught to all four walls. Wear shoes that allow you to slide a bit.	Yogalates	A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga.
Pilates/Pilates Foundations	An emphasis is placed on the abdominal and back muscles, focusing on postural realignment.	Zumba®	A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout.