



Group Fitness Schedule- Effective September 10th, 2018

YMCA of Kingston - Y West

Last Updated: November 5, 2018

Next expected Update: December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--------------------------------------|--------------------------------------|
| Cycle & Sculpt 6:00-7:00AM | CycleFit 6:00-7:00AM | | CycleFit 6:00-6:50AM | | Strong by Zumba 8:00-9:00AM | |
| CycleFit 9:30-10:20AM | Tai Chi (Advanced) 8:30-9:00AM | Yoga (Beginner) 9:00-10:00AM | Tai Chi (Beginner) 8:00-8:30AM | Yoga (Beginner/Intermediate) 9:00-10:15AM | CycleFit 9:00-9:50AM | Extreme Conditioning 9:30-10:45AM |
| 5, 6, 7 Sweat 9:30-10:20AM | Tai Chi (Intermediate) 9:00-9:25AM | Zumba 9:30-10:20AM | Tai Chi (Advanced) 8:30-9:15AM | RIP 9:20-10:20AM | Power Step 9:30-10:30AM | |
| RIP 10:30-11:30AM | Jazz Lines 9:30-10:20AM | CycleFit 9:30-10:20AM | CSI/Tabata 9:30-10:20AM | CycleFit 9:30-10:20AM | Yoga (Intermediate) 10:30-11:45AM | |
| Yoga (Beginner/Intermediate) 10:30-11:45AM | Yin Yoga (Beginner) 10:00-11:00AM | Sculpt & Core 10:30-11:20AM | Yoga (Beginner/Intermediate) 9:30-10:30AM | Senior Fitness 10:30-11:20AM | | |
| Tai Chi (Beginner) 12:00-12:30PM(Group Fit Studio) | Senior Fitness & Foam Rolling 10:30-11:45AM | Chair Yoga and Meditation (Yoga Studio) 10:45-12:00PM | Gentle Stretch 10:30-11:20AM | Boot Camp 12:10-12:50PM | | |
| Tai Chi (Intermediate) 12:30-1:00PM (Yoga Studio) | Cardio & Abs 12:10-12:50PM | CSI-Cardio Strength Intervals 12:10-12:50PM | Zumba 12:10-12:50PM | | | |
| Senior Start Strong 1:00-1:50PM | | | | Senior Start Strong 1:00-1:50PM | | |
| Sculpt & Core 4:30-5:20PM | Yoga (Intermediate) 5:30-6:30PM | S.I.T.S (Step Intervals & Tabata Sculpt) 5:20-6:20PM | | | | |
| Cycle Express 5:30-6:00PM | Body Shred 5:30-6:20PM | CycleFit 5:30-6:20PM | Step Intervals (Advanced) 5:30-6:45PM | | | |
| Step Intervals (Advanced) 5:30-6:30PM | Pilates (Yoga Studio) 6:40-7:30PM | Zumba 6:30-7:20PM | | | | |

Program Descriptions

| Program | | Description | |
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| Prorgam | Description | Prorgam | 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 Shred | JILLIAN MICHAELS BODYSHRED is a high intensity and endurance based 30 minute workout. Utilizing Jillian's 3-2-1 interval approach: 3 minutes of strength. 2 minutes of cardio. 1 minute of abs. This 50-min class will start with a warm-up and jump into Jillian's intense, effective 3-2-1 interval approach then finish off with a good cool-down. Get ready to sweat because Effort = Results! | Sculpt & Core | A challenging workout focused on abdominal and core. |
| Boot Camp | Popular for people who want a great full body workout to boost metabolism and burn calories while building muscle endurance and strength. | Senior Fitness | For the more active senior this class will give you a full body workout using full range of motion and balance exercises. |
| Chair Yoga & Meditation | 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. | 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. |
| 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! | Power Step/ Step Intervals | A traditional Power step class with all the options you'll need for a great workout. Great for those who have experience with step classes. Step Intervlas incorporates all the great step choreography but adds high intensity intervals to elevate your heart rate and fitness intensity! |
| 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. | S.I.T.S (Step Intervals with Tabata & Sculpt) | The first 20 minutes are dedicated to Step. You'll burn calories and shape your body with lots of varied basic choreography moves. Tabata is simple movements of 8 sets and 2 types of exercises. 30 seconds as fast as you can go, followed by a 10 second rest period....quick, and intense. The class finishes with sculpting where we are toning and using resistance exercises for the glutes, legs, torso and arms. This class is for all fitness levels! |
| 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. | 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! |
| Extreme Conditioning | Movements are simple, but intense and provide cross-training including athletic drills, challenging agility, power, & speed. | Tai Chi | Often decribed as meditaiton in motion, tai chi promotes serenity through gentle, flowing movement, for the beginner or intermediate partipant and is a great way to reduce stress. |
| Gentle Stretch | A full body gentle stretch using full range of motion to increase blood flow to muscles and help prevent injury while taking a gentle approach to accommodate all participants. | Yin Yoga | This yoga styles is for all abilities with an emphasis on achievable and appropriate Yoga poses to ease symptoms of specific health issues. |
| 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 | 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. |
| 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. | Zumba® | A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout. |
| Pilates | An emphasis is placed on the abdominal and back muscles, focusing on postural realignment. | | |
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