



Group Fitness Schedule

YMCA of Kingston - St. Lawrence College SHAC

Effective: December 17, 2018

Next expected update: January 7, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Reduced Hours December 17 - 21
Mon - Fri: 10:00am - 6:30pm
Sat & Sun: CLOSED

Yoga
 11:30-12:20PM

Flashback Bootcamp 12:30-1:20PM	Dance Fitness 12:30-1:20PM	Cyclefit 12:30-1:20PM	Cardio Sculpt 12:30-1:20PM	Total Body Blast 12:30-1:20PM
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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.

YMCA SHAC CLOSED December 22 - January 1
OPEN Wednesday, January 2 @ 10:00am



Program Descriptions

Cardio Sculpt	Using HIIT (High Intensity Interval Training) you will be pushed through cycles of low to high intensity exercises using a variety of equipment and intermittent rest periods
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	Get ready to work hard and sweat in this fast moving full body interval workout using a variety of equipment while reminising to your favorite songs from the 70's & 80's.
Total Body Blast	This interval timed class uses a variety of equipment and a fast pace to deliver a total 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.