






Group Fitness Schedule

Effective: January 7, 2019

YMCA of Kingston - St. Lawrence College SHAC

Next expected update: April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Early Bird Bootcamp 6:30-7:20AM				
			FAHP 2600 8:30-10:30AM			OPEN STUDIO TIMES The aerobic studio is available for use by everyone when no scheduled classes are taking place.
		FAHP 2600 10:30-11:30AM				
	GENE 184 11:30-12:30PM	Yoga 11:30-12:20PM				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 Mix 12:30-1:20PM	Cyclefit 12:30-1:20PM	Cardio Sculpt 12:30-1:20PM	Total Body Blast 12:30-1:20PM	Learn 2 Meditate 1:00-2:30PM	
	Yoga Nidra 1:30 - 2:15pm		FAHP 2600 1:30-2:30PM			
	GENE 59 2:30-5:00pm		GENE 59 2:30-5:00pm			
Yoga 5:00-5:50PM	Cyclefit 5:00-5:50PM	RIP 5:00-5:50PM	Yoga 5:00-5:50PM			
Ball Fit 6:00-6:50PM	Strong by Zumba 6:00-7:00PM	Yogalates 6:00-6:50PM	Dance Mix 6:00-7:00PM			
					  	
					Colour Code =	
					College Programming	
					SLC Students Only	

Class descriptions on back

Class descriptions

Ball fit	Using Stability balls, this class will give you a great workout while incorporating your core strength and balance and great tunes to keep you engaged.
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 Mix	This fun dance class features a different style of dance every week. If you enjoy a great workout while getting your groove on and maybe learning some new moves then this class is for you.
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.
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.
Learn 2 Meditate	Gentle relaxtion techniques and soothing sounds to help you de-stress and improve breathing.
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!
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.
Yogalates	A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga.
Yoga Nidra	A five stage process that begins with a body scan and incorporates focus on breath, while balancing emotions to achieve a full body relaxation to promote self-healing. It is said that 45 minutes of Yoga Nidra is equivalent to 3 hours of sleep, enhancing the functioning of the immune and metabolic systems. No experience with yoga is required.