



Group Fitness Schedule- Effective January 6th, 2019

YMCA of Kingston - Y West

Last Updated: January 10, 2019

Next expected Update: Spring 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle & Sculpt 6:00-7:00AM	CycleFit 6:00-7:00AM	Yoga (Beginner) 9:00-10:00AM	CycleFit 6:00-6:50AM	Strong 30 (Starts Jan. 18th) 8:30-9:00AM	CSI 8:00-8:50AM	
CycleFit 9:30-10:20AM	Tai Chi (Advanced) 8:30-9:00AM	Zumba 9:30-10:20AM	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	CycleFit 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	Sculpt & Core 10:30-11:20AM	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	Healing Yoga and Meditation 10:30-11:45PM	Yoga (Beginner/Intermediate) 9:30-10:30AM	Senior Fitness 10:30-11:20AM		
Tai Chi Beginner 12-12:30PM Tai Chi Intermediate 12:30-1PM	Senior Fitness 10:30-11:30AM	Tai Chi Beginner 12-12:30PM Tai Chi Intermediate 12:30-1PM	Gentle Stretch 10:30-11:20AM	Boot Camp 12:10-12:50PM		
	Cardio & Abs 12:10-12:50PM	CSI(Cardio Strength Intervals) 12:10-12:50PM S.I.T.S	Zumba 12:10-12:50PM			
Senior Start Strong 1:00-1:50PM		(Step Intervals & Tabata Sculpt) 5:30-6:20PM		Senior Start Strong 1:00-1:50PM		
Sculpt & Core 4:30-5:20PM	Yoga (Intermediate) 5:30-6:30PM	CycleFit 5:30-6:20PM				
Cycle Express 5:30-6:00PM	Body Shred 5:30-6:20PM	Zumba 6:30-7:20PM	Step Intervals (Advanced) 5:30-6:45PM	CSI(Cardio Strength Intervals) 5:30-6:20PM		
Step Intervals (Advanced) 5:30-6:30PM	Pilates (Yoga Studio) 6:40-7:30PM	Yoga (Intermediate) 6:30-7:30PM				



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 free weights 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	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.
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 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.
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.	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 Intervals incorporates all the great step choreography but adds high intensity intervals to elevate your heart rate and fitness intensity!
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.	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!
Extreme Conditioning	Movements are simple, but intense and provide cross-training including athletic drills, challenging agility, power, & speed.	Strong 30	Strong 30 incorporates 30 minutes of choreographed cardio and plyometric work. With the beat synced with every move, this class will push you to new limits.
Healing Yoga & Meditation	This gentle healing 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 practice involves mainly seated and some standing (option) explorations.	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.
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 style is for all abilities with an emphasis on achievable and appropriate Yoga poses to ease symptoms of specific health issues.
Foam Rolling	This class focuses 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.		