GROUP FITNESS SCHEDULE

YMCA OF KINGSTON & ULSTER COUNTY

GROUP FITNESS ROOMS

CYCLE STUDIO | YOGA STUDIO | ROW STUDIO | GROUP EXERCISE STUDIO | STR · REGISTRATION REQUIRED

SUN	MON	TUE	WED	THU	FRI	SAT
9:30AM Cycle45	5:15AM TRX	5:15AM Cycle45	5:30AM Kick Butt Kettlebells	5:15AM Cycle45	5:15AM TRX	8AM Cycle60
10:30AM Dance	6:15AM TRX	8AM Row Zone	9AM Sit & Get Fit	8AM Row Zone	6:15AM TRX	8AM **Yoga**
	9AM Strength	9AM Cardio & Strength	10:30AM Qi Gong	9AM Cardio & Strength	8AM Mat Pilates	8:15AM Morning Mix
	10:15AM Cycle30	10:15AM Cycle45	12:15PM Row Zone	12PM Strength & Stability	9:30AM Tai Chi	9:30AM Yoga
	12:15PM Cycle60	11:30AM Strength & Stability	4:30PM Mat Pilates		12:15PM Cycle60	9:30AM Pump & Core
	4:30PM Dance Xcross		5:30PM Cycle60	5:30PM TRX Bootcamp	4:30PM Cycle60	
	5:30PM Sit & Get Fit	5:30PM Cardio & Strength	5:30PM Yoga	5:30PM Row Zone		
	5:30PM Cycle60	5:30PM Row Zone		6:30PM Zumba		
	Monthly **Yoga Nidra** **6:30PM** 10/26, 11/23, 12/28, 1/25, 3/22 *no Feb class					

GROUP FITNESS CLASS GUIDE

Cycle30 · Cycle Studio
A welcoming beginner-friendly ride that builds confidence, rhythm, and strength — perfect if you're new, rehabbing, or short on time.

Cycle45 / Cycle60 · Cycle Studio
An energizing mix of intervals, climbs, and endurance that pushes your power and leaves you feeling unstoppable.

Strength · Group Exercise Studio
A powerful full-body strength workout designed to build muscle, confidence, and functional movement.

Low Impact Cardio & Strength · Group Exercise Studio
A low-impact blend of cardio and strength that boosts energy while keeping joints happy.

Sit & Get Fit · Group Exercise Studio
A seated fitness class focused on mobility, light strength work, and feeling steady and strong.

Prime Strength & Stability · Group Exercise Studio
A smart, supportive workout for active older adults — improving balance, core strength, and everyday confidence.

Qi Gong · Group Exercise Studio
A gentle, flowing movement practice that restores energy, balance, and a grounded sense of calm.

Row Zone · Row Studio
A coached interval rowing class that sharpens technique, builds endurance, and delivers a surprisingly powerful full-body burn.

Mat Pilates · Yoga Studio / Group Exercise Studio
A mat-based Pilates class that builds core strength, improves posture, and develops controlled, confident movement.

Dance / Dance Xcross · Group Exercise Studio
High-energy, music-driven cardio that feels more like fun than fitness — move, sweat, and let go!

TRX · STR
Bodyweight suspension training that builds strong, stable muscles and challenges your core every step of the way.

TRX Bootcamp · STR
A high-energy fusion of TRX, floor work, and dynamic conditioning for a powerful full-body challenge.

Kick Butt Kettlebells · STR
Hard-hitting kettlebell training that builds power, strength, and athletic conditioning.

All Levels Yoga · Yoga Studio
A grounding, accessible flow that strengthens the body, opens tight spaces, and settles the mind.

Yoga Nidra · Yoga Studio
A deeply restful guided meditation that calms the nervous system and resets the body.

Pump & Core · Group Exercise Studio
A strength-driven workout focused on building muscular endurance and a rock-solid core.

Tai Chi · Group Exercise Studio
Slow, controlled, meditative movement that enhances balance, coordination, and calm focus.

Morning Mix · Group Exercise Studio
A dynamic blend of dance, strength training, and kickboxing for a lively, full-body morning workout.

the YMCA