



# Group Fitness Class Schedule

March 18 – June 23, 2024

**HOURS** Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 16:00

**HOLIDAYS:** March 29 (Good Friday), March 31 (Easter Sunday), May 20 (Victoria Day)  
Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30 – 09:30 <b>Yoga</b> Conference Room ■	08:30 – 09:15 <b>Core Conditioning</b> Studio ■	08:00 – 08:45 <b>Zumba</b> Studio ■	8:30 – 9:15 <b>Core Conditioning</b> Studio ■	8:30 – 9:15 <b>Total Body Workout</b> Studio ■	09:15 – 10:00 <b>Zumba</b> Studio ■	09:00 – 09:45 <b>Cycle Fit</b> Studio B □
09:30 – 10:15 <b>Core Conditioning</b> Studio ■	09:30 – 10:30 <b>Yoga</b> Conference Room ■	09:00 – 09:45 <b>Step and Strength</b> Studio ■	10:15 – 11:00 <b>Total Body Workout</b> Studio ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	10>15 – 11:15 <b>Yoga</b> Conference Room ■	
09:45 – 10:30 <b>Aqua Fit</b> Pool ■	10:15 – 11:00 <b>Total Body Workout</b> Studio / Conditioning Floor ■	09:30 – 10:30 <b>Yoga</b> Conference Room ■	10:00 – 11:00 <b>Yoga</b> Conference Room ■	10:00 – 11:00 <b>Young at Heart – Strength</b> Studio ■	10:15 – 11:00 <b>Cycle Fit</b> Studio □	
10:15 – 11:15 <b>Young at Heart – Yoga</b> Conference Room ■	11:15 – 12:00 <b>Young at Heart – Cycle Fit</b> Studio □	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	11:15 – 12:00 <b>Young at Heart – Cycle Fit</b> Studio □	10:00 – 11:00 <b>Yoga</b> Conference Room ■		
11:30 – 12:30 <b>Chair Yoga</b> Studio ■		10:00 – 11:00 <b>Young at Heart – Cardio</b> Studio ■		11:15 – 12:00 <b>Zumba</b> Studio ■		
17:45 – 18:45 <b>Yoga</b> Conference Room ■	17:30 – 18:15 <b>Aqua Fit</b> Pool ■	10:45 – 11:45 <b>Chair Yoga</b> Conference Room ■	17:30 – 18:15 <b>Aqua Fit</b> Pool ■			
18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:00 – 18:45 <b>Zumba Strong</b> Studio ■	18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:00-18:45 <b>Family Hip Hop</b> Studio ■		
	19:00 – 19:45 <b>Zumba</b> Studio ■	18:30 – 19:15 <b>Bootcamp</b> Gymnasium ■	19:00 – 20:00 <b>Yoga</b> Studio ■			
19:00 – 19:45 <b>Bootcamp</b> Gymnasium ■	19:45 – 20:45 <b>Yoga</b> Studio ■	19:00 – 20:00 <b>Yoga</b> Conference Room ■				

□ **Booking required.** Day pass fee required for non-members. Bookings can be made up to one week in advance and can be made in person, by phone or online.  
Note: Online bookings can only be made by Y members.

■ **Session registration required.** All group fitness classes are included in a Y membership. Session fee required for non-members. Session registrations can be made in person, by phone or online.

To learn more about registering or booking your spot, visit [ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/](http://ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/) or call or visit your local Y.  
To reserve your spot online, [log in to your account](#). Group Fitness Classes welcome members 13 years and over. Schedule is subject to change.

# Class Descriptions

## Aqua Fit

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

## Bootcamp

An intense, full body workout designed to build strength and improve overall fitness. This class challenges participants with variety, speed, drills, and cardio segments.

## Chair Yoga

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

## Core Conditioning

Abs, back, hips, glutes – this class is all about functional training. Condition your core to work for you with a series of muscle strengthening exercises focusing on your core.

## Cyclefit

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills.

## Hip-Hop

Hip-hop dance is a vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art

## Step and Strength

Train your cardiovascular system performing rhythmic patterns stepping on and off a platform to music. This is supplemented by an overall resistance training workout to improve muscle strength, endurance and functionality using a variety of equipment

## Total Body Workout

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

## Yoga

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

## Young at Heart – Cardio\*

An easy to follow, moderate intensity fitness cardio class. Classes will include exercises for improving strength, balance, cardiovascular fitness and flexibility.

## Young at Heart – Cyclefit\*

An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills. This class is targeted to beginners and those wishing to work at a more gradual pace

## Young at Heart – Strength\*

Weight training increases muscle strength, bone density and stamina at all ages. The exercises in this class are designed to enhance the ability of the participant to perform routine daily tasks and to improve posture and balance.

## Young at Heart – Yoga\*

Enjoy gentle stretching as you move through a series of gentle seated and standing poses designed to increase flexibility, balance and range of motion. Movements will help you develop core strength and improve posture.

## Zumba

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!

## Zumba Gold

This class recreates the original Zumba moves you love at a lower-intensity. Come enjoy easy-to-follow choreography while focusing on balance, coordination, agility and range of motion.



\*Meets specific standards designated by the University of Ottawa Heart Institute