



# Group Fitness Class Schedule

## September 9 – December 22, 2024

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

**HOLIDAYS:** **October 12 – October 14** (Thanksgiving weekend)  
Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 8:00 <b>Early Bird Hatha Yoga</b> Conference Room ■		07:45 – 08:45 <b>Early Bird Power Yoga</b> Conference Room ■				
8:15 – 9:00 <b>Balletone</b> Studio ■	08:00 – 8:45 <b>Zumba</b> Studio ■	08:00 – 08:45 <b>Cardio Combo</b> Studio ■	8:00 – 8:45 <b>Cycle Fit</b> Studio □	08:00 – 08:45 <b>Step and Strength</b> Studio ■	9:00 – 9:45 <b>Cycle Fit</b> Studio B □	09:00 – 09:45 <b>Cycle Fit</b> Studio B □
09:00 – 9:45 <b>Aqua Fit</b> Pool ■	09:00 – 10:00 <b>Hatha Yoga</b> Conference Room ■	09:00 – 9:45 <b>Aqua Fit</b> Pool ■	09:00 – 9:45 <b>Total Body Workout</b> Studio ■	09:00 – 9:45 <b>Aqua Fit</b> Pool ■	10:00 – 11:00 <b>Hatha Yoga</b> Conference Room ■	
10:00 – 11:00 <b>Yoga HIIT</b> Conference Room ■	10:15 – 11:00 <b>Functional Fitness</b> Studio ■	09:00 – 9:45 <b>Step and Strength</b> Studio ■	10:00 – 11:00 <b>Hatha Yoga</b> Conference Room ■	10:00 – 10:45 <b>Core Conditioning</b> Studio ■	11:15 – 12:00 <b>Zumba Strong</b> Studio B ■	
10:00 – 11:00 <b>Young At Heart Strength</b> Studio ■	11:15 – 12:00 <b>Young at Heart Cycle Fit</b> Studio □	10:00 – 11:00 <b>Young at Heart Yoga</b> Conference Room ■	11:15 – 12:15 <b>Chair Yoga</b> Conference Room □	11:00 – 11:45 <b>Zumba Gold</b> Studio ■		
11:15 – 12:15 <b>Chair Yoga</b> Conference Room ■						
17:30 – 18:30 <b>Yoga and Meditation</b> Conference Room ■	17:30 – 18:15 <b>Aqua Fit</b> Pool ■		17:30 – 18:15 <b>Aqua Boot Camp</b> Pool ■	17:00 – 18:00 <b>Hatha Yoga</b> Conference Room ■		
18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:00 – 19:00 <b>Hatha Yoga</b> Conference Room ■	18:00 – 18:45 <b>Cycle Fit</b> Studio □	18:15 – 19:15 <b>Cardio Kick Box</b> Studio ■		
19:00 – 19:45 <b>Bootcamp</b> Gymnasium ■	19:00 – 20:00 <b>Hatha Yoga</b> Conference Room ■	19:00 – 19:45 <b>HIIT</b> Gymnasium ■	19:00 – 20:00 <b>Power Yoga</b> Studio ■			

□ **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.

## Balletone

Balletone is a fusion of cardio and strength that blends techniques from ballet, Pilates and Fitness.

## Boot Camp

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

## Cardio Combo

A mixed impact cardio workout that includes a variety of sport specific moves as well as muscular, strength and endurance exercises. Steps may be used in some classes.

## Cardio Kick Box

A high energy, mixed impact workout includes a combination of modified boxing and kickboxing moves. This intense, total-body workout improves strength, fitness, flexibility, coordination and balance.

## 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.

## Cycle Fit

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.

## Functional Fitness

This program teaches participants how to improve their strength, stamina, balance and coordination and helps maintain their independence.

## 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

## HIIT

This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods Push yourself as hard as you can for a short interval, then move gently for the next interval

## 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 Hatha

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.

## Yoga HIIT

This Yoga Style Class that combines intensive and heart-pumping exercises and traditional yoga poses

## Yoga Power

Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance.

## Young at Heart – Cycle Fit

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.

## ZumbaStrong

It's a full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises.