



Group Fitness Class Schedule

January 9 to April 2, 2023

HOURS: Mon. – Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 09:00 – 15:00
HOLIDAYS: Mon., Feb. 20, 2023 (Family Day) – Open 09:00 – 15:00 (No programs or group fitness classes)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|----------------------------------------------|
| 07:00 – 07:45 Total Body Workout Studio B ■ | 08:00 – 08:45 Core Conditioning Studio B ■ | 07:00 – 07:45 Step Studio B ■ | 08:00 – 08:45 Cyclefit Studio B □ | 07:00 – 07:45 HIIT Studio B ■ | | |
| 08:45 – 09:45 Young at Heart Studio B ■ | 09:00 – 09:45 Zumba Studio B ■ | 08:45 – 09:45 Young at Heart Studio B ■ | 09:00 – 09:45 Core Conditioning Studio B ■ | 08:45 – 09:45 Young at Heart Studio B ■ | 09:30 – 10:15 HIIT Studio B ■ | |
| 09:45 – 10:30 Aqua Fit Pool ■ | 10:00 – 10:45 Young at Heart - 'Fun Camp' Studio B ■ | 09:45 – 10:30 Aqua Fit Pool ■ | 10:00 – 10:45 Young at Heart - 'Fun Camp' Studio B ■ | 09:45 – 10:30 Aqua Fit Pool ■ | | 10:30 – 11:15 Aquafit Pool ■ |
| | 12:00 – 12:45 Cyclefit Studio A □ | | 12:00 – 12:45 Stretch and Strength Studio B ■ | 10:00 – 10:45 HIIT Studio B ■ | 11:00 – 12:00 Yoga Studio B ■ | |
| | 17:15 – 18:00 Aqua Fit Pool ■ | | 17:15 – 18:00 Aqua Fit Pool ■ | | | |
| 17:45 – 18:30 Zumba Studio B ■ | 18:00 – 18:45 Total Body Workout Studio B ■ | 17:45 – 18:30 Zumba Tone Studio B ■ | 18:00 – 18:45 HIIT Studio B ■ | | | |
| 18:45 – 19:45 Yoga and Meditation Studio A ■ | 19:00 – 19:45 Zumba Studio B ■ | 18:45 – 19:45 Yoga Studio B ■ | 19:00 – 19:45 Core Conditioning Studio B ■ | | | |

- **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/ or call or visit your local Y. To reserve your spot online, [log in to your account](#). 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.

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.

HIIT

High Intensity Interval Training –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. This method reaps maximum gain with maximum efficiency. Make the most of your workout time with HIIT!

Step

Enjoy the rhythmic patterns and workout benefits of stepping up and down on the step platform to music. Before you know it, the class is over and you've challenged your heart, lungs, legs and mind.

Stretch and Strength

This class focuses on overall muscle improvement with exercises that enhance muscular strength, endurance and flexibility 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 and Meditation

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/Young at Heart 'Fun Camp' *

Resistance 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. All ages and abilities welcome. / An all round fitness class in a circuit or 'military style' format open to all ages and fitness levels.

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 Tone

Zumba Tone combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.



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