



# Group Fitness Class Schedule

## September 8 – 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:** Saturday October 12 – Monday October 14 (Thanksgiving weekend)  
 Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 07:30 <b>Early Bird Ride</b> Studio B ☐	07:00 – 07:45 <b>Bars and Plates</b> Studio B ■	07:00 – 07:45 <b>Step and Strength</b> Studio B ■	06:45 – 07:45 <b>Rise and Shine Yoga</b> Studio B ■	07:00 – 07:45 <b>HIIT</b> Studio B ■		
07:45 – 08:15 <b>Core Express</b> Studio B ■	08:00 – 08:45 <b>Cycle Fit</b> Studio B ☐		08:00 – 08:45 <b>Cycle Fit</b> Studio B ☐			
08:45 – 09:45 <b>Young at Heart</b> Studio B ■	09:00 – 09:45 <b>Dance and Tone</b> Studio B ■	08:45 – 09:45 <b>Young at Heart</b> Studio B ■	09:00 – 09:45 <b>Zumba Gold</b> Studio B ■	08:45 – 09:45 <b>Young at Heart</b> Studio B ■	8:30 – 9:15 <b>Early Bird Ride</b> Studio B ■	
09:45 – 10:30 <b>Aqua Fit</b> Pool ■	10:00 – 10:45 <b>Core Conditioning</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	10:00 – 10:45 <b>Core Conditioning and Pelvic floor</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	10:00 – 10:45 <b>HIIT</b> Studio B ■	
		12:00 – 12:45 <b>HIIT</b> Studio B ■		10:00 – 10:45 <b>Boot Camp</b> Studio B ■	11:00 – 12:00 <b>Yoga</b> Studio B ■	
17:00 – 17:45 <b>Drums Alive</b> Studio B ■	17:00 – 18:00 <b>Hatha Yoga</b> Studio B ■	17:15 – 18:00 <b>Cycle Fit</b> Studio B ☐			12:15 – 13:00 <b>Balletone</b> Studio B ■	
18:00 – 18:45 <b>Zumba</b> Studio B ■	17:45 – 18:30 <b>Aqua Fit</b> Pool ■	18:15 – 19:00 <b>Zumba Tone</b> Studio B ■	17:45 – 18:30 <b>Aqua Fit</b> Pool ■			
19:00 – 19:45 <b>Super Core Boot Camp</b> Studio B ■	18:15 – 19:00 <b>Strength and Stretch</b> Studio B ■	19:15 – 20:15 <b>Power Yoga</b> Studio B ■	18:00 – 18:45 <b>Pilates</b> Studio B ■			
	19:15 – 20:00 <b>Zumba</b> Studio B ■		19:00 – 20:00 <b>Yoga and Meditation</b> 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/](https://ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/) or call or visit your local Y. 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.

## Bars and Plates

Bars and Plates class is low in complexity, but high in results! It will sculpt your muscles, increase metabolism, and increase strength using specially designed bars and weight plates. There's no experience required to join the class, just your desire to build a stronger you.

## 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.

## 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.

## Core Conditioning and Pelvic Floor

Discover the transformative power of pelvic floor conditioning. This exercise program is not just about building muscles; it's about building strength and resilience from within. The pelvic floor is one of the muscles that make up the core. Strong core muscles not only support your internal organs but also aid in mobility. This class will also teach you a wide variety of exercises to strengthen and tone your abdominal muscles while protecting your back and pelvic floor

## Core Express

Enjoy a quick class focused on strengthening the 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.

## Drums Alive

Drum Alive combines traditional aerobic movements with the powerful beat and rhythm. Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy dance and rhythm program.

## Dance and Tone

This class is all about getting a sweat on and having fun while moving your body and using a variety of equipment

## 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.

## Pilates

Pilates will help develop strength, flexibility and muscular endurance through the use of stabilization, alignment and breathing techniques.

## Step and Straight

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 equipment and body weight.

## Strength and Stretch

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 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.

## Yoga Power

All the Zen benefits of your traditional yoga class amped up to provide 100% workout benefit.

## 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.

## 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