

Group Fitness Class Schedule

June 2 – June 29, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 08:45 Themed Aqua Fit <i>Pool</i> ■ Etienne	09:00 – 09:45 Yoga Core <i>Studio</i> ■ Sobina	08:00 – 08:45 Kick Box Intervals <i>Pool</i> ■ Etienne	07:00 – 07:45 Cardio Box and Flow <i>Studio</i> ■ Etienne	09:00 – 09:45 Aqua Fit <i>Pool</i> ■ Evelyn	09:00 – 09:45 Themed Cycle Fit <i>Studio</i> <input type="checkbox"/> Moe	09:00 – 09:45 Themed Cycle Fit <i>Studio</i> <input type="checkbox"/> Kim
09:00 – 09:45 Themed Aqua Fit <i>Pool</i> ■ Etienne	10:00 – 10:45 Dance and Tone <i>Studio</i> ■ Danielle	09:00 – 09:45 Themed Aqua Fit <i>Pool</i> ■ Etienne	09:00 – 09:45 Fitness Barre <i>Studio</i> ■ Marina	10:00 – 10:45 Zumba <i>Studio</i> ■ Danielle	10:00 – 11:00 Hatha Yoga <i>Conference Room</i> ■ Sobina	
10:00 – 11:00 Young at Heart Cardio and Strength <i>Studio</i> ■ Josee	11:00 – 11:45 Themed Young at Heart Cycle Fit <i>Studio</i> <input type="checkbox"/> Dominique	10:00 – 10:45 Themed Aqua Fit <i>Pool</i> ■ Etienne	10:00 – 10:45 Tabata <i>Conference Room</i> ■ Marina	11:00 – 12:00 Young at Heart – Yoga <i>Conference Room</i> ■ Josee	08:45 – 11:45 Child Minding <input type="checkbox"/> Ages: 2Y-6Y Child minding is a service we offer while you enjoy our Y facilities and programs. Bring your children for supervised play! Booking required.	
11:15 – 11:45 Drums Alive <i>Studio</i> ■ Josee	11:00 – 12:00 Yoga Variation <i>Conference Room</i> ■ Josee	10:00 – 11:00 Yoga HIIT <i>Conference Room</i> ■ Tammy	11:00 – 12:00 Hatha Yoga <i>Conference Room</i> ■ Nicole			
11:15 – 12:15 Chair Yoga <i>Conference Room</i> ■ Tammy	17:30 – 18:15 Themed Aqua Fit Aqua Games <i>Pool (June 3)</i> ■ Viv-	11:15 – 12:15 Chair Yoga <i>Conference Room</i> ■ Tammy	17:30 – 18:15 Themed Aqua Fit <i>Pool (June 5)</i> ■ Viv			
17:45 – 18:45 Hatha Yoga <i>Conference Room</i> ■ Josee	17:30 – 18:30 Yoga and Meditation <i>Conference Room</i> June 10, 17, 24 ■ Nicole	18:00 – 18:45 Zumba Strong <i>Studio</i> ■ Danielle	17:30 – 18:30 Yoga and Meditation <i>Conference Room</i> June 12, 19, 26 ■ Sobina	18:30 – 19:30 Yoga Variation <i>Conference Room</i> ■ Etienne		
18:00 – 18:45 Themed Cycle Fit <i>Studio</i> <input type="checkbox"/> Kim	18:00 – 18:45 Themed Cycle Fit <i>Studio</i> <input type="checkbox"/> Moe	19:00 – 19:45 Themed HIIT <i>Gymnasium A</i> ■ Moe	18:00 – 18:45 Themed Cycle Fit <i>Studio</i> <input type="checkbox"/> Kim			
19:00 – 19:45 Themed Boot Camp <i>Gymnasium</i> ■ Moe	19:00 – 19:45 Zumba Burst and Glutes <i>Studio</i> ■ Claudia		19:00 – 19:45 Zumba Burst and Glutes <i>Studio</i> ■ Claudia			
	17:00 – 20:00 Child Minding <input type="checkbox"/> Ages: 2Y-6Y Child minding is a service we offer while you enjoy our Y facilities and programs. Bring your children for supervised play! Booking required.		17:00 – 20:00 Child Minding <input type="checkbox"/> Ages: 2Y-6Y Child minding is a service we offer while you enjoy our Y facilities and programs. Bring your children for supervised play! Booking required.			

Schedule is subject to change

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/programs-and-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.

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.

Themed Aqua Fit

Have even more fun with themed classes on Mondays and Wednesdays:

- **Jun 2 & 4:** Aqua Zumba and fit (a mix of dance and traditional aqua fitness exercises)
- **Jun 9 & 11:** Aqua fit '80s dance party,
- **Jun 16 & 18:** Aqua fit '70s classic rock party,
- **Jun 23 & 25:** Aqua Power and Flow (aqua 25 mins power fitness and 20 mins gentle aqua yoga)

Evening themes:

- **Tue Jun 3:** Aqua games with a variety of equipment,
- **Thu Jun 5:** Aqua Fitness class that will take you back to the '70s!

Themed 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 with very special themes:

- **Jun 2:** '70s – '80s
- **Jun 9:** Dice Game
- **Jun 16:** Outdoor Bootcamp
- **Jun 25:** Team games

Themed Cycle Fit

Get your legs pumping with this indoor cycling class set to themed energetic music.

Monday, Thursday, Sunday themes:

- **Jun 2, 5, 8:** Wedding Season
- **Jun 9, 12, 15:** Game of Thrones
- **Jun 16, 19, 22:** Techno
- **Jun 23, 26, 29:** Pride Ride

Tuesday at 11:00 themes:

- **Jun 3:** Summer Ride
- **Jun 10:** Rock 'n' Roll
- **Jun 17:** Beach Ride
- **Jun 24:** Rock'n'Roll

Tuesday at 18:00 themes:

- **Jun 3:** Favorite sport Team
- **Jun 10:** Spin and Core
- **Jun 17:** Competition!!!
- **Jun 24:** Latin Theme

Saturday themes:

- **Jun 7:** Crazy Loud Outfit
- **Jun 14:** Spin and Stretch
- **Jun 21:** Summer ash
- **Jun 28:** Outdoor Pride Ride

Hatha Yoga

Hatha refers to the physical practice of yoga. Classes focus on breathwork, postures, relaxation, and meditation. This is an excellent class to learn the foundations of yoga in a safe and supportive environment.

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.

Yoga HIIT

Yoga HIIT is a cardio and whole-body workout that helps build your muscles while increasing your lung capacity. The cardio-based flows, counter stretches, dynamic movements, and HIIT moves also help burn calories.

Yoga Core

Core yoga focuses on strengthening and engaging the deep core muscles, which are crucial for stability, balance, and posture.

Yoga Variation

Enjoy a variety of yoga classes, from traditional meditation to fun 80s pop-inspired sessions!

Yoga and Meditation

Yoga provides the physical groundwork, with poses and breathing exercises that prepare the body and mind. Meditation then steps in to deepen this connection, guiding us into a state of inner peace and awareness

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 Strong

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

Zumba Burst and Glutes

Get ready to sweat with Zumba Burst & Glutes—a high-energy combo of short dance cardio bursts and targeted glute work. Shake it to upbeat rhythms, then sculpt and strengthen your lower body with moves designed to lift and tone. It's the perfect mix of fun and fire

Fitness Barre

This ballet-inspired class uses the barre and classic ballet music to provide a full-body stretch and strength workout.

Drums Alive

Unleash your inner rockstar with Drums Alive—a fun and dynamic workout that combines cardio, rhythm, and drumming on stability balls. Set to energizing music, this class boosts coordination, burns calories, and lifts your mood with every beat. No drumming experience needed—just bring your energy.

Kick Box Intervals

Enjoy a blend of cardio boxing and bootcamp intervals, using the step and dumbbells.

Cardio Box and Flow

Enjoy 25 minutes of dance, followed by 25 minutes of yoga stretching tailored to cardio boxing movements.



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

Class Descriptions

Tabata

Push your limits with a high-intensity Tabata workout—20 seconds of all-out effort followed by 10 seconds of rest, repeated for multiple rounds. This fast-paced, full-body workout is designed to boost your endurance, burn calories, and build strength!

Dance and Tone

A high-energy workout that combines aerobics choreography with strengthening exercises to improve muscle strength, endurance and functionality using a variety of equipment.

Young at Heart – Cyclefit *

An instructor will lead a stationary bike course that offers aerobic and anaerobic training that simulates hills and valleys and includes timed high intensity intervals. This course is intended for beginners and those who wish to work at a more progressive pace.

Young at Heart – Yoga *

Slightly stretch your entire body with a series of gentle sitting and standing postures designed to increase flexibility, balance and range of motion. The movements will strengthen your core muscles and improve your posture.

Flow and Sound Yoga

Immerse yourself in a calming journey with Flow & Sound Yoga. This class combines graceful, flowing yoga sequences with the healing power of sound. As you move through mindful poses, soothing instruments like singing bowls and gentle rhythms help deepen your practice, promote relaxation, and restore balance. Perfect for those seeking a peaceful yet energizing experience

Themed 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.

Themes:

Jun 4: Kickboxing

Jun 11: AMRAP (As many reps as possible)

Jun 18: Fabulous 50's

Jun 25: Outdoor Bootcamp



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