

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
07:00 – 07:45 High Intensity RT Studio B ■ Janis	07:00 – 07:45 Core and Glutes Studio B ■ Janis	07:00 – 07:45 Tabata Step Studio B ■ Marina	07:00 – 07:45 Yin/Yang Yoga Studio B ■ Janis	07:30 – 08:15 Themed Cycle Fit Studio B □ Lourdes		
08:45 – 09:45 Themed Young at Heart – Stage and Screen Studio B □ Joseph		08:45 – 09:45 Young at Heart Studio B ■ Hilary		08:45 – 09:45 Young at Heart Bars and Balls Studio B ■ Marina		
09:45 – 10:30 Aqua Fit Pool ■ Marina	9:00 – 9:45 Zumba Gold Studio B ■ Nellie	09:45 – 10:30 Aqua Fit Pool ■ Marina	9:00 – 9:45 Pelvic Conditioning Studio B ■ Nellie	09:45 – 10:30 Aqua Fit Pool ■ Marina	9:15 – 9:45 Cardio Bomba Studio B ■ Devora	
	10:00 – 10:45 Super Ball and Super Core Studio B ■ Nellie		10:00 – 10:45 Dance and Tone Studio B ■ Nellie		10:00 – 10:45 HIIT Studio B ■ Devora	
					11:00 – 12:00 Hatha Yoga Studio B ■ Angela	
17:30 – 18:15 Drums Alive Studio B ■ Angela	17:45 – 18:45 Yoga Variations Studio B ■ Angela	17:30 – 18:15 Zumba Tone Studio B ■ Maria				
18:30 – 19:15 Zumba Themes Studio B ■ Angela	17:45 – 18:30 Aqua Boot Camp Pool ■ Chantelle	18:30 – 19:15 Boot Camp Variations Studio B ■ Rachid	17:45 – 18:30 Aqua Zumba Pool ■ Chantelle			
	18:45 – 19:30 Step and Tone Studio B ■ Chantelle	19:30 – 20:30 Hatha Yoga Studio B ■ Jodi	18:45 – 19:30 Ride and Tone Studio B ■ Chantelle			

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.

Aqua Boot Camp

Dive into intensity with Aqua Boot Camp—a high-energy, water-based workout that combines strength, cardio, and endurance challenges. Using the resistance of water, this class is designed to sculpt muscles, improve flexibility, and burn calories—all while being easy on the joints. Whether you're pushing through sprints, squats, or resistance drills, Aqua Boot Camp will leave you feeling stronger and refreshed!

Aqua Zumba

Make a splash with Aqua Zumba—the pool party workout that blends the fun of Zumba with the low-impact benefits of water exercise! Set to energizing Latin and international beats, this class combines dance moves with water resistance to tone muscles, boost cardio, and keep you cool while you move. It's high energy, low impact, and all fun!

Young at Heart: Bars and Balls

Stay strong, balanced, and full of energy with Young at Heart: Bars and Balls! This low-impact class is designed for active older adults, using stability balls and light bars to improve strength, coordination, flexibility, and core stability. With fun, functional movements and a supportive atmosphere, it's the perfect way to stay fit, feel confident, and enjoy every moment.

Boot Camp Variations

Break out of your routine with Boot Camp Variation! This high-energy, ever-changing workout keeps your body guessing and your mind engaged. Each class features a fresh mix of strength training, cardio bursts, agility drills, and functional movements—no two sessions are ever the same.

Cardio Bomba

Get ready to sweat, and party in Cardio Bomba! This high-energy class combines fun, heart-pumping dance moves with cardio drills set to a lively mix of Latin and international beats. It's a fitness celebration where you'll torch calories, improve your endurance, and have a blast while moving to the rhythm. No dance experience needed—just bring your energy and let the fiesta begin.

Core and Glutes

Strengthen your center and sculpt your backside in our Core & Glutes class! This focused workout targets your abs, obliques, lower back, and glutes with a mix of bodyweight exercises, resistance training, and functional moves. Whether you're building stability, toning up, or boosting performance, this class is all about core control and booty power.

Themed Cycle Fit

Pedal to the beat in Themed Cycle Fit—a high-energy indoor cycling class where the music sets the mood! From Whitney Houston and Taylor Swift hits to Latin vibes and ultimate *Mission: Impossible* themes, each session keeps you motivated and moving. Expect heart-pumping intervals, hill climbs, and sprints.

Drums Alive

Drum Alive combines traditional aerobic movements with a 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

Shake, sculpt, and sweat with Dance & Tone! This upbeat class combines easy-to-follow dance routines with targeted toning exercises to give you a full-body workout. Move to the rhythm, boost your cardio, and strengthen your muscles—all while having a blast on the dance floor. No dance experience needed—just bring your energy and smile!

High Intensity Resistance Training

Challenge your strength and stamina with High-Intensity Resistance Training! This class combines powerful resistance exercises with minimal rest to maximize muscle building, fat burning, and endurance. Using weights, bands, and bodyweight moves, you'll push your limits and leave feeling stronger every time.

Themed Young at Heart

Step into the spotlight with our Stage & Screen-themed fitness class on Mondays and sweat, stretch, and shine as you move to iconic hits from Broadway musicals and blockbuster movies. Whether you're channeling your inner starlet or action hero, this class blends cardio, dance, and toning in a performance-worthy workout that's as entertaining as it is effective.

Young At Heart

Groove to rock 'n' roll, disco, and retro pop hits as you sweat through fun, dance-inspired cardio and classic toning moves. From sock-hop vibes to funky aerobic flair, this class brings vintage energy and full-body fitness together in one totally tubular workout.

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.

Pelvic Conditioning

Strengthen from the inside out with Pelvic Conditioning. This class focuses on exercises that target the pelvic floor, core, and lower back to improve stability, posture, and overall functional strength. Ideal for all fitness levels, including postpartum and those recovering from injury, this gentle yet effective workout helps enhance balance, prevent discomfort, and support daily movement with confidence.

Super Ball and Super Core

Get ready to strengthen and sculpt with Super Ball/Super Core! This class uses stability balls to challenge your balance, engage your core, and tone your entire body. Focus on strengthening your abs, back, and glutes through dynamic, core-centric exercises that improve posture, flexibility, and stability—while having a blast.

Step and Tone

Step up your fitness with Step & Tone! This class combines the classic step aerobics moves with body-toning exercises to sculpt and strengthen your entire body. Step up to the beat, burn calories, and tone muscles with a mix of cardio and strength training, all while keeping the energy high and the fun flowing!

Ride and Tone

Get the best of both worlds with Ride & Tone! This combo class starts with an energizing cycling session to boost your heart rate and burn calories, followed by off-the-bike strength training to tone and sculpt your entire body. It's the perfect mix of cardio and resistance for a balanced, full-body workout that keeps you moving and motivated!

Class Descriptions

Tabata Step

Take your cardio to new heights with Tabata Step! This fast-paced class combines the power of Tabata intervals with dynamic step aerobics. Experience 20 seconds of all-out effort followed by 10 seconds of rest, alternating between high-intensity step moves and recovery. It's a full-body workout that boosts endurance, burns fat, and tones muscles in a fun, challenging way

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.

Yin/Yang Yoga

Find harmony in motion and stillness with Yin/Yang Yoga. This class blends the active, flowing sequences of Yang yoga to build heat and strength, with the slow, deep stretches of Yin yoga to release tension and increase flexibility. It's the perfect combination of energy and calm—designed to balance body, mind, and breath

Yoga Variations

This class explores creative and accessible variations of traditional yoga poses to suit all levels and body types. Whether you're a beginner looking for gentle modifications or a more experienced yogi wanting to deepen your practice, this class offers options for everyone. We'll use props, mindful movement, and breathwork to help you build strength, flexibility, and confidence in your personal practice.

Themed Zumba

Turn up the heat with Zumba—a dance fitness party set to sizzling Latin and international rhythms! This high-energy class blends easy-to-follow choreography with cardio, toning, and tons of fun. Whether you're a seasoned dancer or just love to move, Zumba will leave you smiling, sweating, and feeling the beats

Themed Zumba Tone

Feel the rhythm and the burn with Themed Zumba Toning! This dance party adds light weights and targeted toning moves to your favorite Zumba beats, sculpting your arms, core, and lower body while keeping the fun going. With themes like Latin Pop, Disco Fever, or 90s Throwback, every class brings fresh vibes and full-body results!

Zumba Gold

Zumba Gold is a lower-impact, easy-to-follow version of the classic Zumba class, designed for active older adults, beginners, or anyone looking for a gentler groove. Move to vibrant Latin and international rhythms at your own pace while improving balance, flexibility, and cardiovascular health—all in a fun, friendly atmosphere!