

Group Fitness Class Schedule

July 7 – August 24, 2025

HOURS Mon. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | Sat., Sun. : 08:00 – 15:00

HOLIDAYS: August 4 - closed, August 2 and 3 – no classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 07:45 Total Body Workout ■ Studio B Janis	07:00 – 07:45 Core and Glutes ■ Studio B Janis	07:00 – 07:45 Step and Tone ■ Studio B Marina	07:00 – 07:45 Hatha Yoga ■ Studio B Janis	07:00 – 08:30 Super Cycle Fit □ Studio B July 11, 25 Lourdes		
	09:00 – 09:45 Zumba ■ Studio B Nellie	08:45 – 09:45 Young at Heart ■ Studio B Nellie	09:00 – 09:45 Core Conditioning ■ Studio B Nellie	08:45 – 09:45 Young at Heart ■ Studio B Marina		
09:00 – 09:45 Aqua Fit ■ Pool Tracey		09:00 – 09:45 Aqua Fit ■ Pool Nellie		09:00 – 09:45 Aqua Fit ■ Pool Tracey	10:00 – 10:45 HIIT ■ Studio B Devora	
					11:00 – 12:00 Hatha Yoga ■ July 12, 19, 26 Studio B Angela M	
17:30 – 18:15 Zumba ■ July 7, 14, 21, 28 Studio B Angela B	17:30 – 18:30 Yoga and Meditation ■ July 8, 15, 22, 29 Studio B Angela M	17:30 – 18:15 Boot Camp ■ Studio B Rachid	17:30 – 18:15 Total Body Workout ■ Studio B Janis			
17:30 – 18:15 Cycle Fit □ August 11, 18 Studio B Lourdes	17:45 – 18:30 Aqua Fit ■ Pool Cody	18:30 – 19:15 Core Conditioning ■ Studio B Rachid	17:45 – 18:30 Aqua Fit ■ Pool Cody			
09:30 – 11:45 Child Minding □ 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.		08:45 – 11:45 17:00 – 19:00 Child Minding □ 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.

Program 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.

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 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.

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 upbeat music. An instructor will lead a class on stationary bikes that focuses on aerobic and anaerobic training, simulating hills and valleys and including timed, high-intensity intervals.

Hatha Yoga

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.

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.

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!

Super Cycle Fit

A 90 minutes choreographed cycling experience that combines intense cardio strength-base exercises and rhythm-driven moves. It is designed to be fun, empowering, and SWEATY, requiring no prior cycling experience. The class will lead you through various paces and intensities allowing you to adapt to your skill level.

Total Body Workout

Warm-up, cardiovascular workout, full-body resistance training, and flexibility training to top it all off—nothing will be overlooked in this class!

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

Stay strong, balanced, and full of energy with Young at Heart: This low-impact class is designed for active older adults, using stability balls and light bars, weights and other studio equipment 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.

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!