

# 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 08:45 <b>Total Body Workout</b> ■ Studio Etienne						
09:00 – 09:45 <b>Aqua Fit</b> ■ Pool Marina/Viv	09:00 – 09:45 <b>Core Conditioning</b> ■ Studio Josee	09:00 – 09:45 <b>Aqua Fit</b> ■ Pool Etienne Start July 16	09:00 – 09:45 <b>Total Body Workout</b> ■ Studio Marina/Viv	09:00 – 09:45 <b>Core Conditioning</b> ■ Studio Sobina	09:00 – 09:45 <b>Cycle Fit</b> □ Studio Kim	
10:00 – 11:00 <b>Young at Heart Cardio and Strength</b> ■ Studio Josee	10:00 – 10:45 <b>Total Body Workout</b> ■ Studio Marina/Viv	10:00 – 10:45 <b>Total Body Workout</b> ■ Studio Etienne	10:00 – 11:00 <b>Hatha Yoga</b> ■ Studio Nicole	10:00 – 11:00 <b>Young at Heart Yoga</b> ■ Studio Sobina	10:00 – 11:00 <b>Hatha Yoga</b> ■ Studio Sobina	
		11:00 – 12:00 <b>Hatha Yoga</b> ■ Studio Josee	11:15 – 12:15 <b>Chair Yoga</b> ■ Studio Nicole			
			17:30 – 18:15 <b>Aqua Fit</b> ■ Pool Marina/Viv			
18:00 – 18:45 <b>Cycle Fit</b> □ Studio Kim	18:30 – 19:30 <b>Power Yoga</b> ■ Studio Josee	18:00 – 18:45 <b>Cycle Fit</b> □ Studio Kim	18:30 – 19:30 <b>Power Yoga</b> ■ Studio Sobina			
		08:45 – 11:00 <b>Child Minding</b> □ 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.	17:15 – 19:45 <b>Child Minding</b> □ 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 – 11:15 <b>Child Minding</b> □ 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](http://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.

## **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.

## **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.

## **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!

## **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.

## **Power Yoga**

Power yoga is typically focused on increasing heart rate and burning calories through a full-body workout and is sometimes referred to as gym yoga.

## **Young at Heart Yoga**

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

## **Young at Heart – Cardio and Strength**

This workout that combines aerobics choreography with strengthening exercises to improve muscle strength, endurance and functionality using a variety of equipment. Weight 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.

## **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.