

## Group Fitness Class Schedule

### December 1, 2025 – January 4, 2026

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

**OPEN:** 08:00 – 19:00 Dec 29, 30, Jan 2 | **08:00 – 15:00** Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

### December 1 – December 21

| MONDAY                                                                                            | TUESDAY                                                                                        | WEDNESDAY                                                                             | THURSDAY                                                                       | FRIDAY                                                                          | SATURDAY                                                              | SUNDAY                                                   |
|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------|
| 08:00 – 8:45<br><b>Forever Fit - Total Body Workout</b> ♦<br><i>Gymnasium Etienne</i>             | 08:00 – 8:45<br><b>Core Conditioning</b> ♦ <i>Gymnasium</i><br><b>Sobina</b>                   | 08:00 – 08:45<br><b>HIIT</b> ♦<br><i>Gymnasium Etienne</i>                            | 08:00 – 09:00<br><b>Power Yoga</b> ♦<br><i>Conference Room Sobina</i>          | 08:00 – 08:45<br><b>Core Conditioning</b> ♦<br><i>Gymnasium Sobina</i>          |                                                                       |                                                          |
| 09:00 – 09:45<br><b>Aqua Fit</b> ♦<br><i>Pool Viv</i>                                             | 09:00 – 09:45<br><b>Zumba Strong</b> ♦<br><i>Studio Danielle</i>                               | 09:00 – 09:45<br><b>Aqua Fit</b> ♦<br><i>Pool Etienne</i>                             | 09:00 – 9:45<br><b>Forever Fit - Total Body Workout</b> ♦<br><i>Studio Sam</i> | 09:00 – 09:45<br><b>Aqua Fit</b> ♦<br><i>Pool Sobina</i>                        | 8:30 – 9:15<br><b>Cycle Fit</b> ♦<br><i>Studio Moe</i>                | 09:00 – 09:45<br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i> |
| 10:00 – 11:00<br><b>Young at Heart</b> ♦<br><i>Studio Josee</i>                                   | 10:00 – 10:45<br><b>Forever Fit- Total body Workout</b> ♦<br><i>studio Jen</i>                 | 10:00 – 11:00<br><b>Young at Heart Hatha Yoga</b> ♦<br><i>Conference Room Etienne</i> | 10:00 – 10:45<br><b>Cycle Fit</b> ♦<br><i>Studio Dominique</i>                 | 10:00 – 10:45<br><b>Zumba Gold</b> ♦<br><i>Studio Danielle</i>                  | 10:00 – 11:00<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Sobina</i> | 9:30 – 10:15<br><b>Aqua Fit</b> ♦<br><i>Pool Evelyn</i>  |
| 11:15 – 12:15<br><b>Young at Heart Chair Yoga</b> ♦<br><i>Conference Room Tammy</i>               | 11:15 – 12:00<br><b>Cycle Fit</b> ♦<br><i>Studio Dominique</i>                                 | 11:00-11:45<br><b>Drums Alive</b> ♦<br><i>Studio Josee</i>                            | 10:00 – 11:00<br><b>Chair Yoga</b> ♦<br><i>Conference Room Josee</i>           |                                                                                 |                                                                       |                                                          |
| 17:00-17:<br><b>Ready, Set, Lift Lifting basics &amp; fundamentals 101</b> ♦<br><i>Studio Sam</i> | 5:00 – 5:45<br><b>Lower body conditioning- Glute focused</b> ♦<br><i>Studio Sam &amp; Zara</i> | 5:00 – 5:45<br><b>"5,6,7,8" Dance &amp; Cheer fusion</b> ♦<br><i>Studio Zara</i>      | 11:15 – 12:15<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Nicole</i>          |                                                                                 |                                                                       |                                                          |
| 17:45 – 18:45<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Josee</i>                              | 18:00 – 18:45<br><b>Cycle Fit</b> ♦<br><i>Studio Moe</i>                                       | 18:00 – 18:45<br><b>Zumba Strong</b> ♦<br><i>Studio Danielle</i>                      | 17:30 – 18:15<br><b>Aqua Fit</b> ♦<br><i>Pool Viv</i>                          | 18:15 –19:00<br><b>Fiesta Flow- Cardio &amp; Dance</b> ♦<br><i>Studio Luana</i> |                                                                       |                                                          |
| <b>18:00 – 18:45</b><br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i>                                   | 19:00– 20:00<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Josee</i>                            | 18:00 – 19:00<br><b>Hatha Yoga</b> ♦<br><i>Conference room Tammy</i>                  | 18:00 – 18:45<br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i>                       |                                                                                 |                                                                       |                                                          |
| 19:00 – 19:45<br><b>HIIT</b> ♦<br><i>Gymnasium Hari</i>                                           | 19:00 – 19:45<br><b>Fiesta Flow - Cardio &amp; Dance</b> ♦<br><i>Studio Luana</i>              | 19:00 – 19:45<br><b>Boot Camp</b> ♦<br><i>Gymnasium Moe</i>                           | 19:00 – 19:45<br><b>Zumba</b> ♦<br><i>Studio Claudia</i>                       |                                                                                 |                                                                       |                                                          |

Schedule is subject to change

♦ **Drop-in activity.** Day pass fee required for non-members.

□ **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.** Session fee required for members and non-members. Note: Two free registered programs are included per session in a Y membership. Some exceptions apply. 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.

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**OPEN:** 08:00 – 19:00 Dec 29, 30, Jan 2 | **08:00 – 15:00** Dec 27, 28 | **CLOSED:** December 24, 25, 26, 31, January 1, 3, 4

| MON, DEC 22                                                                           | TUE, DEC 23                                                           | WED, DEC 24                 | THU, DEC 25                 | FRI, DEC 26              | SAT, DEC 27                                                           | SUN, DEC 28                                             |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------|-----------------------------|--------------------------|-----------------------------------------------------------------------|---------------------------------------------------------|
| 08:00 – 8:45<br><b>Forever Fit - Total Body Workout</b> ♦<br><i>Gymnasium Etienne</i> | 08:00 – 8:45<br><b>Core Conditioning</b> ♦<br><i>Gymnasium Sobina</i> | <b>Christmas Eve CLOSED</b> | <b>Christmas Day CLOSED</b> | <b>Boxing Day CLOSED</b> |                                                                       |                                                         |
| 09:00 – 09:45<br><b>Aqua Fit</b> ♦<br><i>Pool Viv</i>                                 | 11:15 – 12:00<br><b>Cycle Fit</b> ♦<br><i>Studio Dominique</i>        |                             |                             |                          | 9:00 – 9:45<br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i>                |                                                         |
| 10:00 – 11:00<br><b>Young at Heart</b> ■<br><i>Studio Josee</i>                       |                                                                       |                             |                             |                          | 10:00 – 11:00<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Sobina</i> | 9:30 – 10:15<br><b>Aqua Fit</b> ♦<br><i>Pool Evelyn</i> |
| 18:00 – 18:45<br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i>                              |                                                                       |                             |                             |                          |                                                                       |                                                         |
| 17:45 – 18:45<br><b>Hatha Yoga</b> ♦<br><i>Conference Room Josee</i>                  |                                                                       |                             |                             |                          |                                                                       |                                                         |
| 19:00 – 19:45<br><b>HIIT</b> ♦<br><i>Gymnasium Hari</i>                               |                                                                       |                             |                             |                          |                                                                       |                                                         |

| MON, DEC 29                                                                           | TUE, DEC 30                                                           | WED, DEC 31                 | THU, JAN 1                  | FRI, JAN 2 | SAT, JAN 3                       | SUN, JAN 4                       |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------|-----------------------------|------------|----------------------------------|----------------------------------|
| 08:00 – 8:45<br><b>Forever Fit - Total Body Workout</b> ♦<br><i>Gymnasium Etienne</i> | 08:00 – 8:45<br><b>Core Conditioning</b> ♦<br><i>Gymnasium Sobina</i> | <b>New Years Eve CLOSED</b> | <b>New Years day CLOSED</b> |            | <b>Annual Maintenance CLOSED</b> | <b>Annual Maintenance CLOSED</b> |
| 09:00 – 09:45<br><b>Aqua Fit</b> ♦<br><i>Pool Viv</i>                                 |                                                                       |                             |                             |            |                                  |                                  |
| 10:00-11:00<br><b>Young at Heart</b><br><i>Studio Josee</i>                           |                                                                       |                             |                             |            |                                  |                                  |
| 17:45-18:45<br><b>Hatha yoga</b><br><i>Conference Room</i>                            |                                                                       |                             |                             |            |                                  |                                  |
| 6:00 – 6:45<br><b>Cycle Fit</b> ♦<br><i>Studio Kim</i>                                |                                                                       |                             |                             |            |                                  |                                  |

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# 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.

## 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.

## Cardio Dance Fusion

Dance Fusion is a high-energy class that combines a variety of dance styles to create a fun and effective full-body workout.

## 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.

## Cycle Fit

Cycle fit refers to the process of optimizing the settings of a bicycle for a rider's comfort, performance, and injury prevention. It involves adjusting various components like saddle height, handlebar position, and pedal placement to align with the rider's body and riding style.

## 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.

## 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.

## HIIT

Get ready to sweat, burn, and push your limits! This High-Intensity Interval Training (HIIT) class combines short bursts of intense exercise with brief recovery periods to maximize calorie burn, improve endurance, and boost metabolism. Each session features a mix of cardio, strength, and bodyweight exercises designed to challenge all fitness levels. Whether you're looking to tone up, slim down, or just feel stronger, this fast-paced, high-energy workout delivers results — fast!

## Lifting basics & fundamentals 101

A beginner-friendly barbell class that teaches proper form, technique, and foundational compound movements like squats, deadlifts, and presses. Build strength and confidence with guided instruction in a supportive environment. Perfect for those new to lifting or looking to sharpen their form.

## Dance and Cheer fusion

Get ready to move, groove, and cheer with pom-poms in hand! This high-energy class blends fun dance routines with cheer-inspired moves for a workout that feels like a celebration. Designed for teens and adults, it's all about building confidence, coordination, and cardio while having an absolute blast. No experience needed, just bring your energy and love of movement.

## 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.

## Total Body Workout

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

## Young at Heart

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.

## 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 Gold

Zumba Gold is a modified, lower-intensity version of the popular Zumba fitness program, specifically designed for active older adults, beginners, and those with physical limitations. It offers a fun, dance-based workout that focuses on improving cardiovascular health, flexibility, balance, and overall well-being, while being gentler on the joints.

## Zumba Strong

STRONG by Zumba, now known as STRONG Nation, is a high-intensity workout program that combines bodyweight, muscle conditioning, cardio, and plyometric training moves synced to original music. It is not a dance class, but rather a HIIT (High Intensity Interval Training) workout where every move is synchronized with the music to maximize effort and motivation.

## Lower Body Conditioning; Glute focused

A targeted workout designed to strengthen and tone your glutes and lower body. Through a mix of resistance exercises and functional movements, this class helps build power, improve stability, and enhance overall lower-body strength.



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