

Fitness Program Schedule

January 5 – May 31 , 2026

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

HOLIDAYS: Feb 14-16 (Family Day) | April 3-5 (Easter) | May 16-18 (Victoria Day) **No programs or group fitness classes**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Group Fitness Classes

07:00 – 07:45 Total Body Workout ■ Studio B Janis	07:00 – 07:45 Core Conditioning and Glutes ■ Studio B Janis	07:00 – 07:45 Step and Strength ■ Studio B Marina	07:00 – 07:45 Hatha Yoga ■ Studio B Janis	07:15 – 08:00 Cycle Fit ■ Studio B Lourdes		
08:45 – 09:45 Young at Heart ■ Studio B Joseph	09:00 – 09:45 Zumba ■ Studio B Nellie	08:45 – 09:45 Young at Heart ■ Studio B Hilary	09:00 – 09:45 Core Conditioning and Pelvic Floor ■ Studio B Nellie	08:45 – 09:45 Young at Heart ■ Studio B Anne		
09:45 – 10:30 Aqua Fit ■ Pool Tracey	10:00 – 10:45 Tabata ■ Studio B Marina	09:45 – 10:30 Aqua Fit ■ Pool Tracey	10:00 – 10:45 Cardio and Stretch ■ Studio B Marina	09:45 – 10:30 Aqua Fit ■ Pool Tracey		09:45 – 10:30 Aqua Fit ■ Pool Cody
17:30 – 18:15 HIIT ■ Studio B	17:30 – 18:30 Yoga and Meditation ■ Studio B Venus	12:00 – 12:45 HIIT ■ Studio B Devora	17:30 – 18:15 Zumba ■ Studio B Chantelle	10:00 – 10:45 HIIT ■ Studio B Devora	10:00 – 10:45 HIIT ■ Studio B Devora	10:00 – 10:45 Cycle Fit ■ Studio B Morgan
18:30 – 19:15 Zumba ■ Studio B Angela	17:45 – 18:30 Aqua Fit ■ Pool Cody	17:30 – 18:15 Boot Camp ■ Studio B Rachid	18:30 – 19:30 Hatha Yoga ■ Studio B Chantelle	17:30 – 18:30 Yoga and Meditation ■ Studio B Angela M	11:00 – 12:00 Hatha Yoga ■ Studio B Angela M	11:00 – 11:45 Total Body Workout ■ Studio B Morgan
	18:45 – 19:30 Cycle Fit ■ Studio B Chantelle	18:30 – 19:15 Core Conditioning ■ Studio B Rachid				

Conditioning Programs

	11:00 – 12:00 Young at Heart Conditioning Conditioning room Gerald ●		11:00 – 12:00 Young at Heart Conditioning Conditioning room Gerald ●	7:00 – 8:00 Weight Training for Women Conditioning Room Janis ●	8:30– 9:30 Turf Time! Conditioning Room Rachid ●	
	16:30 –17:30 Youth Conditioning Ages: 13Y-15Y Conditioning room Gerald ●		16:30 –17:30 Youth Conditioning Ages: 16Y-17Y Conditioning room Gerald ●			

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.

● **Small group training session. Registration required \$\$.**

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.

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 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.

Core Conditioning and Pelvic Floor

Discover the transformative power of pelvic floor conditioning. This exercise program is not just about building muscles; it's about building strength and resilience from within. The pelvic floor is one of the muscles that make up the core. Strong core muscles not only support your internal organs but also aid in mobility. This class will also teach you a wide variety of exercises to strengthen and tone your abdominal muscles while protecting your back and pelvic floor

Core Conditioning and Glutes

Core conditioning and glute exercises are essential for overall strength, stability, and injury prevention. Core muscles, which include the abdominals and muscles of the spine, provide stability for the body, while glute muscles play a crucial role in hip movement, posture, and balance. Strengthening both muscle groups allows for better movement, reduced pain, and improved athletic performance.

Cycle Fit

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills.

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.

Tabata

Push your limits with this high-intensity interval training workout based on the Tabata method — 20 seconds of intense effort followed by 10 seconds of rest. This class is designed to boost your endurance, burn calories, and build strength in a short amount of time. Get ready to sweat and feel amazing!

Step and Strength

Train your cardiovascular system performing rhythmic patterns stepping on and off a platform to music. This is supplemented by an overall resistance training workout to improve muscle strength, endurance and functionality using equipment and body weight.

Cardio and Stretch

This class combines energizing cardio exercises with gentle stretching to improve flexibility, endurance, and overall well-being. It's a balanced workout that keeps you moving, relaxed, and motivated — perfect for all fitness levels!

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.

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

A low-impact, fun, and supportive class designed for older adults or anyone looking for a gentler approach to staying active. This class focuses on improving balance, flexibility, strength, and overall mobility through safe and effective exercises. With upbeat music and a welcoming atmosphere, participants are encouraged to move at their own pace and enjoy the many benefits of staying active — physically, mentally, and socially.

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!

Youth Conditioning

This Personal Trainer led program is specifically for youth and teaches proper technique and safety while training. The focus is on developing functional strength and improving agility, balance and coordination.

· **13Y–15Y** - learning good form, building a foundation, keeping it fun and safe.

Session 1: Tuesday Jan. 6, 13, 20, 27

Session 2: Tuesday Feb. 3, 10, 17, 24

Session 3: Tuesday March 3, 10, 17, 24

Session 4: Tuesday Apr. 7, 14, 21, 28

Session 5: Tuesday May 5, 12, 19, 26

· **16Y–17Y** - more independence, higher intensity, closer to adult fitness programs.

Session 1: Thursday Jan. 8, 15, 22, 28

Session 2: Thursday Feb. 5, 12, 19, 26

Session 3: Thursday March 5, 12, 19, 26

Session 4: Thursday April 9, 16, 23, 30

Session 5: Thursday May 7, 14, 21, 28

Young at Heart Strength and Conditioning

is a guided class that teaches safe and effective use of gym machines to improve strength, endurance, and overall fitness. With a focus on proper form, posture, and technique, participants will work through a balanced routine targeting major muscle groups. This class is ideal for older adults who want to build confidence using fitness equipment, maintain muscle mass, and support everyday movement and independence. All fitness levels are welcome, and individualized guidance is provided.

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Turf Time!

Learn how to utilize the equipment and turf area in our Functional Fitness space. This program will help you improve functional strength, balance, mobility and coordination, while reducing your risk of injury. Join us on the 'playground' and prepare to have fun!

Weight Training for Women

Build strength and confidence in this empowering class designed specifically for women! Learn how to use weight machines safely and effectively to tone muscles, improve posture, and boost overall fitness. Perfect for beginners or anyone looking to get comfortable in the conditioning room.



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