

Group Fitness Class Schedule

June 1– 28, 2026

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
08:00 – 8:45 Aqua Fit ♦ <i>Pool</i> Etienne	08:00 – 8:45 Core Conditioning ♦ <i>Studio</i> Sezen	08:00 – 08:45 HIIT ♦ <i>Studio</i> Etienne	7:30 – 8:15 Power barbell ♦ <i>Studio</i> Etienne	08:00 – 08:45 Core Conditioning ♦ <i>Studio</i> Sezen	8:30 – 9:15 Core, cardio & Strength ♦ <i>Studio</i> Hari	
09:00 – 09:45 Total Body Workout ♦ <i>Studio</i> Etienne	9:00 – 9:45 Aqua Fit ♦ <i>Pool</i> Viv	09:00 – 09:45 Aqua Fit ♦ <i>Pool</i> Etienne	09:00 – 9:45 Total Body Workout ♦ <i>Studio</i> Sam	09:00 – 09:45 Aqua Fit ♦ <i>Pool</i> Marta	9:30- 10:15 Zumba Strong ♦ <i>Studio</i> Danielle	9:00 – 9:45 Cycle Fit □ <i>Studio</i> Kim
9:00 – 9:45 Aqua Fit ♦ <i>Pool</i> Leanne	9:00 – 9:45 Cycle Fit □ <i>Studio</i> Marta	10:00 – 11:00 Hatha Yoga ♦ <i>Conference Room</i> Etienne	10:00- 10:45 Cycle Fit □ <i>Studio</i> Marta	9:00 – 9:45 Mobility & Stretch ♦ <i>Studio</i> Sam & Zara	10:00 – 11:00 Hatha Yoga ♦ <i>Conference Room</i> Nancy	10:00 – 10:45 Aqua Fit ♦ <i>Pool</i> Leanne
10:00 – 11:00 Young at Heart ♦ <i>Studio</i> Sezen	10:00-10:45 Total body Workout ♦ <i>studio</i> TBD	10:00 – 10:45 Drums Alive ♦ <i>Studio</i> Sam	10:00 – 11:00 Chair Yoga ♦ <i>Conference Room</i> Nicole	9:55 – 10:40 Young at Heart Strength Group □ Conditioning floor Sezen		11:00 AM – 11:45 Power Barbell ♦ <i>Studio</i> Etienne
10:00 – 11:00 Hatha Yoga ♦ <i>Conference Room</i> Tammy	10:15 – 11:15 Hatha Yoga ♦ <i>Conference Room</i> Viv	11:00-11:45 Drums Alive ♦ <i>Studio</i> Sam	11:15 – 12:15 Hatha Yoga ♦ <i>Conference Room</i> Nicole	10:00- 10:45 Zumba Gold ■ <i>Studio</i> Danielle		
11:15 – 12:15 Chair Yoga ♦ <i>Conference Room</i> Tammy		17:45 – 18:30 Power Barbell ♦ <i>Studio</i> Marta	17:30 – 18:15 Aqua Fit ♦ <i>Pool</i> Leanne			
17:45 – 18:45 Hatha Yoga ♦ <i>Conference Room</i> Nicole	18:00 – 18:45 Cycle Fit ♦ <i>Studio</i> Moe	18:00 – 19:00 Hatha Yoga ♦ <i>Conference room</i> Tammy	18:00 – 18:45 Cycle Fit □ <i>Studio</i> Kim			
18:00 – 18:45 Step & Sculpt Lower body focused ♦ <i>Studio</i> Marta & Zara	19:00 - 19:45 Fiesta Flow - Cardio & Dance ♦ <i>Studio</i> Luana	18:30 – 19:30 Boxing Fundamentals ♦ <i>Studio</i> Tresor *June 3,10		20:00 – 21:00 Boxing Fundamentals ♦ Conference room Tresor *June 19 , 26		
19:00 – 19:45 HIIT ♦ <i>Gymnasium</i> Hari		19:00 – 19:45 Bootcamp ♦ <i>Gymnasium</i> Annabelle				

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.

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.

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!

Power Barbell

A MOSSA-inspired beginner barbell class focused on building strength, confidence, and solid technique. Learn foundational lifts like squats, deadlifts, presses, and rows in a supportive environment, with guided strength sets designed to develop control, endurance, and safe lifting habits. No prior experience required.

Boxing fundamentals & conditioning

A beginner-friendly boxing workout focused on pad work, basic technique, footwork, and conditioning rounds. Participants will learn proper punching form while building endurance, core strength, and coordination at a guided pace. Gloves are provided, but personal gloves are recommended for comfort and hygiene. All levels are welcome!

Young at Heart group training

A small-group training program designed for participants who want to build strength, confidence, and independence in the gym. Over 4 weeks, "Young at Heart" introduces safe and effective use of gym machines, with a focus on fall prevention, functional strength, and everyday movement. Led by a knowledgeable personal trainer in a welcoming environment, this progressive program supports proper technique, improves balance, and strengthens key muscle groups for long-term health and mobility.

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 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.

Mobility and stretch class

A restorative mobility and stretch class designed to improve flexibility, joint mobility, and strength through full ranges of motion. Blending guided stretching, controlled mobility drills, light strength-based movements, and barre-inspired work, this class helps release tension, improve posture, and support recovery. Emphasis is placed on joint health, stability, and long-term movement quality. Suitable for all fitness levels, especially for injury prevention and overall movement longevity.

Core, Cardio and Strength

A full-body conditioning class combining cardio intervals, core activation, and strength training. This workout is designed to boost endurance, build muscular strength, and develop a solid, functional core. Expect a balanced mix of intensity and control with modifications for all levels.

Step and Sculpt Lower body focused

A beginner-friendly lower body workout that blends step training with simple rhythmic movement and sculpting exercises. This class focuses on building strength in the glutes, legs, and core while improving coordination, endurance, and confidence on the step. Movements are broken down at a comfortable pace and guided to the beat of the music, making it easy to follow even if you're new to group fitness. Expect a fun, supportive environment where you can move, learn, and build fitness foundations while feeling the rhythm.