

Group Fitness Program Schedule

June 1 – 28, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Group Fitness Classes

07:00 – 07:45 Total Body Workout 15-15-15 ♦ Studio B Janis	07:00 – 07:45 Core and Glutes ♦ Studio B Janis	07:00 – 07:45 Step up and Sweat ♦ Studio B Marina	07:00 – 07:45 Yin-Yang Yoga ♦ Studio B Janis			
08:45 – 09:45 Young at Heart ♦ Studio B Joseph	9:00 – 9:45 Decades Fitness Dance Party ♦ Studio B Nellie	08:45 – 09:45 Young at Heart Instructor Team teaching ♦ Studio B Hilary	09:00 – 09:45 Core Conditioning and Pelvic Floor ♦ Studio B Nellie	08:45 – 09:45 Young at Heart Ball and Body Weight Training ♦ Studio B Anne		
09:45 – 10:30 Aqua Fit Move More ■ Pool Tracey	10:00 – 10:45 Mobility, Balance and Functional Stretch ♦ Studio B Nellie	09:45 – 10:30 Cardio Blast Aqua Fit ■ Pool Tracey	10:00 – 10:45 Aqua Zumba ■ Pool Nellie	09:45 – 10:30 Aqua Fit Feel Good! ♦ Pool Tracey		09:45 – 10:30 Family Aqua Fun ■ Pool Cody Ages: 6+
18:00 – 18:45 Zumba ♦ Studio B Angela	17:30 – 18:15 HIIT the Limit ♦ Studio B Venus	12:00 – 12:45 Pop Icons HIIT ♦ Studio B Devora	17:45 – 18:30 Legs and Core Power ♦ Studio B Rachid	10:00 – 10:45 Pop Eras HIIT ♦ Studio B Devora	10:00 – 10:45 HIIT fiesta ♦ Studio B Devora	10:00 – 10:45 Cycle into Summer ♦ Studio B Morgan
19:00 – 19:45 Super Drums ♦ Studio B Angela		17:45 – 18:30 Fitness Dance Party ♦ Studio B Chantell	18:45 – 19:30 Upper Body Burn ♦ Studio B Rachid		11:00 – 12:00 Hatha Yoga ♦ Studio B Angela M	11:00 – 11:45 Core Conditioning Pilates inspiration ♦ Studio B Morgan
19:00 – 19:45 Aqua Fit Pool Marina/Cody/Tracey	18:30 – 19:30 Flow through the Elements Yoga ♦ Studio B Venus	18:30 – 19:15 Total Body Fire ♦ Studio B Chantelle				

Recreational Programs in Studio B

10:00 – 11:00 Pickleball ♦	8:00 – 8:45 Pickleball ♦	8:00 – 8:45 Pickleball ♦	8:00 – 8:45 Pickleball ♦	11:00 – 12:30 Pickleball ♦		
16:30 – 17:45 Pickleball ♦	19:45 – 20:45 Pickleball ♦	19:30 – 20:45 Pickleball ♦	16:30 – 17:45 Pickleball ♦			

Schedule is subject to change

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

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.

Aqua Zumba

A fun, low-impact cardio workout in the pool that combines Zumba dance moves with the resistance of water to tone your body and boost your energy.

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 Legs and Core Power

Legs, 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.

Super Drums

A high-energy cardio workout using drumming movements on exercise balls to strengthen your core, improve coordination, and burn calories—fun for all fitness levels!

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 up and Sweat!

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

Fitness Dance Party

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!

Total Body Workout

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

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.

Mobility, Balance and Functional Stretch

Improve mobility, balance, and functional strength through simple exercises that support everyday movement. Suitable for all levels.

Inspiration Pilates

A mindful Pilates class focused on core strength, posture, flexibility, and controlled movement. Suitable for all levels.

Upper Body Burn

A strength-focused class targeting your arms, shoulders, chest, and back to tone, sculpt, and build endurance. Perfect for all fitness levels!

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.

Yin-Yang Yoga

A balanced yoga practice combining gentle, deep-stretch Yin poses with dynamic, strength-building Yang sequences to improve flexibility, strength, and inner calm.

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!

Legs and Core Power

A dynamic, strength-focused workout designed to build lower-body power and a rock-solid core. This session targets key muscle groups—including the glutes, quads, hamstrings, and abdominals—through a mix of compound movements, stability exercises, and explosive drills.