

# Group Fitness Class Schedule

## June 29 – September 6, 2026

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

**HOLIDAYS:** Canada Day – July 1 (Closed), Civic Holiday – August 3 (Closed), August 1st and 2nd – no classes, Labour Day – September 7 (Closed), September 5th and 6th – no classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 8:45 <b>Total Body Workout</b> ♦ Studio Etienne	08:00 – 8:45 <b>Core Conditioning</b> ♦ Studio Sam	08:00 – 08:45 <b>HIIT</b> ♦ Studio Etienne	08:00 – 8:45 <b>Barre, Balance &amp; Strength</b> ♦ Studio Sam	08:00 – 8:45 <b>Core Conditioning</b> ♦ Studio Sam		
9:00 – 9:45 <b>Aqua Fit</b> Pool ♦ Leanne	9:00 – 9:45 <b>Aquafit</b> Pool ♦ Fendlay	09:00 – 09:45 <b>Aqua Fit</b> ♦ Pool Etienne	9:00 – 9:45 <b>Total Body Workout</b> ♦ Studio Sam	09:00 – 09:45 <b>Aqua Fit</b> ♦ Pool Marta	9:15 – 10:00 <b>Zumba Strong</b> ♦ Studio Danielle	9:00 – 9:45 <b>Cycle Fit</b> □ Studio Kim
10:00 – 10:45 <b>Young at Heart</b> ♦ Studio Sam	9:00 – 9:45 <b>Cycle Fit</b> □ Studio Marta	10:00 – 11:00 <b>Hatha Yoga</b> ♦ Studio Etienne	10:00 – 11:00 <b>Chair Yoga</b> ♦ Studio Nicole	9:00 – 9:45 <b>Mobility &amp; Stretch</b> ♦ Studio Sam & Zara	10:15– 11:15 <b>Hatha Yoga</b> ♦ Studio Nancy	10:00 – 10:45 <b>Aqua Fit</b> ♦ Pool Leanne
	10:00-10:45 <b>Total body Workout</b> ♦ Studio Sam	11:15 – 12:00 <b>Drums Alive</b> ♦ Studio Sam	11:15 – 12:15 <b>Hatha Yoga</b> ♦ Studio Nicole	10:00– 10:45 <b>Zumba Gold</b> ♦ Studio Danielle		
	11:00 – 12:00 <b>Hatha Yoga</b> ♦ Studio Nancy		17:30 – 18:15 <b>Aqua Fit</b> ♦ Pool Leanne			
17:45 – 18:45 <b>Hatha Yoga</b> ♦ Studio Nicole	12:15 – 13:15 <b>Chair Yoga</b> ♦ Studio Nancy	17:45 – 18:30 <b>Power Barbell</b> ♦ Studio Marta	18:00 – 18:45 <b>Cycle Fit</b> □ Studio Kim			
19:00 – 19:45 <b>HIIT</b> ♦ Gymnasium Hari	18:00 – 18:45 <b>Core, cardio &amp; Strength</b> ♦ Studio Hari	18:30 – 19:30 <b>Boxing Fundamentals</b> □ Studio Tresor	19:00 – 19:45 <b>Bootcamp</b> ♦ Gymnasium Annabelle	20:00 – 21:00 <b>Boxing Fundamentals</b> □ Studio Tresor		

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](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.

## **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!

## **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.

## **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.

## **Barre, balance & strength**

A full-body class combining barre-inspired movements, balance training, and strength exercises. Using bodyweight, light equipment, and controlled movements, participants will improve posture, stability, strength, and mobility in a fun and motivating environment suitable for all fitness levels.