

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 – 08:45 Total Body Workout ♦ Studio Etienne	08:00 – 08:45 Core Conditioning ♦ Studio Sezen	08:00 – 09:00 Boxing Fundamentals □ Gymnasium Tresor Aug 5th & 18th 10\$ per members		08:00 – 09:00 Boxing Fundamentals □ Gymnasium Tresor Aug 14th & 28th 10\$ per members		
09:00 – 09:45 Aqua Fit ♦ Pool Leanne	09:00 – 09:45 Aquafit ♦ Pool Fendlay	08:00 – 08:45 HIIT ♦ Studio Etienne	09:00 – 09:45 Total Body Workout ♦ Studio Sam	08:00 – 08:45 Core Conditioning ♦ Studio Sezen	09:15 – 10:00 Zumba ♦ Studio Danielle	09:00 – 09:45 Cycle Fit □ Studio Kim
10:00 – 10:45 Young at Heart ♦ Studio Sam	10:00 – 10:45 Total body Workout ♦ Studio Sezen	09:00 – 09:45 Aqua Fit ♦ Pool Etienne	10:00 – 11:00 Chair Yoga ♦ Studio Nancy	09:00 – 09:45 AquaFit ♦ Pool Leanne	10:15 – 11:15 Hatha Yoga ♦ Studio Nancy	10:00 – 10:45 Aqua Fit ♦ Pool Leanne
11:00 – 12:00 Hatha Yoga ♦ Studio Nancy	11:00 – 12:00 Hatha Yoga ♦ Studio Nancy	10:00 – 11:00 Hatha Yoga ♦ Studio Etienne	11:15 – 12:15 Hatha Yoga ♦ Studio Nancy	09:00 – 09:45 Mobility & Strength ♦ Studio Sam & Zara	11:30 – 12:15 Family Yoga Studio Nancy 8,15,22,29 Août 6Y+	
12:15 – 11:00 Chair Yoga ♦ Studio Nancy	12:15 – 13:15 Chair Yoga ♦ Studio Nancy		17:30 – 18:15 Aqua Fit ♦ Pool Leanne	10:00 – 10:45 Zumba Gold ♦ Studio Danielle		
17:45 – 18:45 Hatha Yoga ♦ Studio Nicole	18:00 – 18:45 Core, Cardio & Strength ♦ Hari	17:45 – 18:30 Power Barbell ♦ Studio TBD	18:00 – 18:45 Cycle Fit □ Studio Kim	17:30 – 18:15 YogaFit ♦ Studio Nancy		
19:00 – 19:45 HIIT ♦ Gymnasium Hari			19:00 – 19:45 Bootcamp ♦ Gymnasium 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

AquaFit

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.

Boxing Fundamentals

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!

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, 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.

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.

Family Yoga

A fun and interactive class designed for parents, caregivers, and children to enjoy together. Through playful poses, partner activities, breathing exercises, and relaxation, families build strength, flexibility, balance, and mindfulness while creating lasting memories. Suitable for all ages and experience levels.

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!

Mobility and Strength

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.

Power Barbell

A strength-focused class designed to build power, endurance, and confidence through barbell-based training. Participants will perform a variety of compound movements targeting the entire body while improving muscular strength, stability, and technique. Expect a challenging yet accessible workout with guided instruction and modifications available 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.

YogaFit

A full-body fitness class that combines traditional yoga poses with strength, balance, and flexibility training. Improve posture, build core strength, increase mobility, and reduce stress through a dynamic flow designed to enhance both physical fitness and overall well-being. Suitable for all fitness levels.

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 dance styles that creates a dynamic and effective fitness workout. This unique class will get you moving in ways you never imagined!

Zumba Gold

Zumba Gold is a modified, lower-intensity version of the popular Zumba fitness program, specially designed for active older adults, beginners, and individuals with limited mobility. This fun, dance-based workout improves cardiovascular health, flexibility, balance, and overall well-being while being gentle on the joints.