

Group Fitness Class Schedule

June 29 - September 6 ,2026

HOURS Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | **Sat., Sun. and Statutory Holidays:** 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
07:00 – 07:45 Total Body Workout ■ <i>Studio B</i> Janis	07:00 – 07:45 Core and Glutes ■ <i>Studio B</i> Janis		07:00 – 07:45 Hatha Yoga ■ <i>Studio B</i> Janis	07:00 – 07:45 Total Cardio ■ <i>Studio B</i> Marina		
08:45 – 09:45 Young at Heart ■ <i>Studio B</i> Marina	09:00 – 09:45 Zumba ■ <i>Studio B</i> Nellie	08:45 – 09:45 Young at Heart ■ <i>Studio B</i> Hilary	09:00 – 09:45 Core Conditioning ■ <i>Studio B</i> Nellie	08:45 – 09:45 Young at Heart ■ <i>Studio B</i> Marina		
09:45 – 10:30 Aqua Fit ■ <i>Pool</i> Tracey	10:00 – 10:45 Balletone ■ <i>Studio B</i> Marina	09:45 – 10:30 Aqua Fit ■ <i>Pool</i> Tracey		09:45 – 10:30 Aqua Fit ■ <i>Pool</i> Tracey	10:00 – 10:45 HIIT ■ <i>Studio B</i> Devora	
17:45 – 18:30 HIIT ■ <i>Studio B</i> Marina		12:00 – 12:45 HIIT ■ <i>Studio B</i> Devora			11:00 – 12:00 Hatha Yoga ■ <i>Studio B</i> Angela M	
19:00 – 19:45 Aqua Fit ■ <i>Pool</i> Marina/Cody	18:00 – 19:00 Walking Club ■ <i>Outdoor</i> Marina	17:45 – 18:45 Yoga Foundation ■ <i>Studio B</i> Angela M	17:45 – 18:30 Boot Camp ■ <i>Studio B</i> Rachid			

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.

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.

Program 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.

Balletone

Experience a unique blend of ballet-inspired movements, fitness, and music in this fun and graceful workout. Balletone combines elements of ballet, Pilates, and strength training to improve balance, flexibility, posture, coordination, and muscle tone. No dance experience is required. Suitable for all fitness levels, with modifications provided.

Core and Glutes

Strengthen your center and sculpt your backside in our Core & Glutes class! This focused workout targets your abs, obliques, lower back, and glutes with a mix of bodyweight exercises, resistance training, and functional moves. Whether you're building stability, toning up, or boosting performance, this class is all about core control.

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 cor

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.

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.

Total Body Workout

Warm-up, cardiovascular workout, full-body resistance training, and flexibility training to top it all off—nothing will be overlooked in this class!

Total Cardio

Get your heart pumping with this energetic cardio workout designed to improve cardiovascular fitness, endurance, and overall energy. This class includes a variety of fun and dynamic movements to increase stamina, burn calories, and challenge your body at your own pace. Suitable for all fitness levels, with modifications provided.

Yoga Foundation

Hatha class with a focus on good form in foundational poses. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

Young at Heart

Stay strong, balanced, and full of energy with Young at Heart: This low-impact class is designed for active older adults, using stability balls and light bars, weights and other studio equipment to improve strength, coordination, flexibility, and core stability. With fun, functional movements and a supportive atmosphere, it's the perfect way to stay fit, feel confident, and enjoy every moment.

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!

Walking Club

Join our Walking Club and enjoy a fun, social, and active way to improve your health and well-being. This low-impact program includes guided walks at a comfortable pace, helping to improve cardiovascular fitness, endurance, mobility, and overall energy. Meet new people, enjoy the outdoors, and stay active in a welcoming group environment. Suitable for all fitness levels.