

Group Fitness Class Schedule

September 7 – November 29 , 2026

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

HOLIDAYS: Monday, September 7 (Labour Day) – Closed, Monday, October 12 (Thanksgiving) - No programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:45 – 07:15 HIIT Express ■ Studio Etienne		08:00 – 08:45 HIIT ■ Studio Etienne	08:00 – 08:45 Power Yoga Conference room Nancy	08:00 – 08:45 Core & Strength ■ Studio Sezen	08:15 – 09:00 Core, Cardio & Strength □ Studio TBD	09:00 – 09:45 Cycle Fit □ Studio Kim
08:00 – 8:45 HIIT ■ Studio Etienne	08:00 – 08:45 Core Conditioning ■ Studio Sezen	09:00 – 09:45 Aqua Fit ◆ Pool Etienne	08:00 – 08:45 Power Barbell ■ Studio Sam	09:00 – 09:45 Aqua Fit ◆ Pool Leanne	09:30 – 10:30 Hatha Yoga ■ Conference room Nancy	10:00 – 10:45 Deep water Aqua Fit Pool Ann
09:00 – 09:45 Aqua Fit ◆ Pool Leanne	09:00 – 09:45 Aqua Fit ◆ Pool Viv	9:00 – 9:45 Young at Heart ■ Studio Sam	09:00 – 09:45 Chair Strength ■ Conference room Nancy	09:00 – 09:45 Mobility & Strength ■ Studio Sam	10:45 – 11:30 Family Yoga ■ Conference room Nancy	
10:00 – 10:45 Young at Heart ■ Studio Sam	10:00 – 11:00 Hatha yoga ■ Conference room Viv	10:00 – 11:00 Hatha Yoga Studio Etienne	10:00 – 10:45 Total body Workout ■ Studio Sam	10:00 – 10:45 Zumba Gold ■ Studio Danielle		
10:00 – 11:00 Hatha Yoga ■ Conference room Tammy	10:00 – 10:45 Total body Workout ■ Studio Jen	10:00 – 10:45 Drums alive ◆ Studio Sam	10:00 – 11:00 Hatha Yoga ■ Conference Room Nicole	11:00 – 12:00 Chair Yoga & Strength ■ Conference room Sam		
11:15 – 12:15 Chair Yoga Conference room Tammy	17:45 – 18:45 Hatha yoga Conference room Nancy	18:00 – 18:45 Full Body Sculpt ■ Studio TBD	11:15 – 12:15 Chair Yoga ■ Conference room Nicole			
17:45 – 18:45 Hatha Yoga ■ Conference room Nicole	18:00 – 18:45 Core, Cardio & Strength □ Studio Hari	18:30 – 19:15 Power Yoga ■ Conference room Nancy	17:30 – 18:15 Zumba Aqua ◆ Pool Claudia			
18:15 – 19:00 Power Barbell ■ Studio TBD		18:30 – 19:30 Y RUN ◆ Meet in Lobby Sam *September	18:00 – 18:45 Cycle Fit □ Studio Kim			
19:00 – 19:45 HIIT ◆ Gymnasium Hari	19:00 – 19:45 Cardio Dance Fusion ■ Studio Luana	18:45 – 19:45 Adult Hip – Hop ■ Studio Jeber & Samirah	19:00 – 19:45 Zumba ■ Studio Claudia			

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.

Class Descriptions

Adult Hip Hop

Get moving with this energetic and fun dance class! Learn hip hop choreography while improving coordination, rhythm, balance, and cardiovascular fitness. Whether you're a beginner or have dance experience, you'll build confidence, express yourself, and enjoy a high-energy workout in a welcoming environment. Suitable for all levels.

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.

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 Strength

A low-impact strength class using a chair for support, stability, and exercise. Improve muscular strength, balance, coordination, and mobility through functional movements that target the entire body. Designed for all fitness levels, this class offers safe and effective exercises with modifications to suit individual needs.

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.

Core & Strength

A full-body strength class that builds on core conditioning with added resistance and functional movements. Strengthen your abs, back, hips, glutes, and major muscle groups through challenging exercises designed to improve stability, power, posture, and overall functional strength. Suitable for all fitness levels with modifications available.

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.

Full Body Sculpt

A total-body strength and toning class designed to build lean muscle and improve overall fitness. Using a variety of resistance equipment and functional movements, you'll strengthen major muscle groups, enhance endurance, and increase stability in a challenging yet accessible workout. Suitable for all fitness levels with modifications provided.

Aqua Fit Deep Water

Enjoy a challenging, low-impact workout in deep water using a flotation belt. Improve your cardio fitness, strength, core stability, and endurance while protecting your joints. Suitable for all fitness levels.

Power yoga

A welcoming yoga class that builds strength, flexibility, and balance through energizing flows. All levels welcome!

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.

Power Yoga

Power yoga is typically focused on increasing heart rate and burning calories through a full-body workout and is sometimes referred to as gym yoga.

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

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!

Zumba Gold

Zumba Gold is a modified, lower-intensity version of the popular Zumba fitness program, specifically designed for active older adults, beginners, and those with physical limitations. It offers a fun, dance-based workout that focuses on improving cardiovascular health, flexibility, balance, and overall well-being, while being gentler on the joints.

Drums Alive

Get moving with Drums Sticks! This fun, high-energy class combines cardio, drumming, rhythm, and movement for a full-body workout that improves fitness, coordination, and balance. Suitable for all fitness levels.

YMCA Run Club

Join our YMCA Run Club for a fun and supportive group run or walk. Open to all fitness levels, it's a great way to stay active, meet new people, and be part of a welcoming community.

Every Pace Has a Place. Everyone is welcome.