

Fitness Program 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
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Group Fitness Classes

07:00 – 07:45 Total Body Workout ■ <i>Studio B</i> Janis	07:00 – 07:45 Step and Strength 15-15-15 ■ <i>Studio B</i> Marina	07:00 – 07:45 Core and Glutes ■ <i>Studio B</i> Janis	07:00 – 07:45 Hatha Yoga ■ <i>Studio B</i> Janis <i>Class starts on Sept.17</i>	06:45 – 08:00 Tai Chi ■ <i>Studio B</i> TBA		
09:00 – 09:45 Young at Heart ■ <i>Studio B</i> Joseph/Marina	09:00 – 09:45 Zumba ■ <i>Studio B</i> Nellie	09:00 – 09:45 Young at Heart ■ <i>Studio B</i> Hilary	09:00 – 09:45 Core Conditioning and Pelvic Floor ■ <i>Studio B</i> Nellie	09:00 – 09:45 Young at Heart ■ <i>Studio B</i> Anne	09:00 – 09:45 Cycle Fit ■ <i>Studio B</i> Janis	
10:00 – 10:45 Aqua Fit ■ <i>Pool</i> Tracey	10:00 – 10:45 Tabata ■ <i>Studio B</i> Marina	10:00 – 10:45 Aqua Fit ■ <i>Pool</i> Tracey	10:00 – 10:45 Aqua Zumba ■ <i>Pool</i> Nellie	10:00 – 10:45 Aqua Fit ■ <i>Pool</i> Tracey		10:00 – 10:45 Aqua Fit ■ <i>Pool</i> Cynthia/Zeinab
17:45 – 18:30 Zumba ■ <i>Studio B</i> Angela	17:45 – 18:30 Total Body Workout ■ <i>Studio B</i> Venus	12:00 – 12:45 Interval Training ■ <i>Studio B</i> Devora	17:45 – 18:30 Zumba ■ <i>Studio B</i> Angela	10:00 – 10:45 Interval Training ■ <i>Studio B</i> Devora	10:00 – 10:45 Interval Training ■ <i>Studio B</i> Devora	10:00 – 10:45 Cycle and Sculpt ■ <i>Studio B</i> Morgan
18:45 – 19:30 Drums Alive ■ <i>Studio B</i> Angela	17:45 – 18:30 Aqua Fit ■ <i>Pool</i> Cody	17:45 – 18:30 Core and legs Bootcamp ■ <i>Studio B</i> Rachid		17:45 – 18:45 Yoga and Meditation ■ <i>Studio B</i> Angela M	11:00 – 12:00 Hatha Yoga ■ <i>Studio B</i> Angela M	11:00 – 11:45 Core Conditioning - Pilates Inspired ■ <i>Studio B</i> Morgan
17:15 - 18:00 Aqua Fit Deep Water <i>Pool</i> Marina	18:45 – 19:45 Yoga and Meditation ■ <i>Studio B</i> Venus	18:45 – 19:30 Upper Body Sculpt ■ <i>Studio B</i> Rachid	18:45 – 19:30 Core Conditioning ■ <i>Studio B</i> Chantelle			

WORKSHOPS

			Sept.24 11:30 – 1:00 Strong Bones for life Room: TBA			
			Nov.12 11:30 – 1:00 Move with Confidence: Stretch & Balance Room: TBA			

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.
- ☒ **Small group training session. Registration required \$\$.**

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 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.

Core and Legs Bootcamp

Build strength and endurance with this energizing workout focused on your core and lower body. Improve balance, stability, and muscle tone through a variety of functional exercises. Suitable for all fitness 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 Conditioning – Pilates Inspired

Strengthen your core and improve your posture, balance, and flexibility with this Pilates-inspired workout. This low-impact class focuses on the muscles of the abdomen, back, hips, and pelvis through controlled movements, proper breathing, and mindful technique. Suitable for all fitness levels, with modifications provided to meet individual needs.

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 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.

Core and legs Bootcamp

Strengthen your core and lower body with this challenging, high-energy workout. Build strength, improve balance, and increase endurance through a variety of functional exercises. Suitable for all fitness levels, with modifications provided.

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.

Cycle & Sculpt

Enjoy a full-body workout that combines the energy of indoor cycling with strength training. Alternate cycling intervals with resistance exercises using dumbbells or bodyweight to improve cardiovascular fitness, build strength, and increase muscular endurance. Suitable for all fitness levels, with modifications available to match your abilities.

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.

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.

Tabata

Push your limits with this high-intensity interval training workout based on the Tabata method — 20 seconds of intense effort followed by 10 seconds of rest. This class is designed to boost your endurance, burn calories, and build strength in a short amount of time. Get ready to sweat and feel amazing!

Step and Strength 15-15-15

Enjoy the perfect balance of cardio and strength! This class includes **15 minutes of step cardio**, **15 minutes of strength training**, and **15 minutes of core work and stretching**. Improve your fitness, build strength, and finish feeling strong and refreshed. Suitable for all fitness levels.

Tai Chi

Experience the gentle, flowing movements of Tai Chi to improve balance, flexibility, strength, and overall well-being. This low-impact class combines mindful movement, controlled breathing, and relaxation techniques to enhance coordination, reduce stress, and promote mental focus. Suitable for all fitness levels, especially older adults and those looking for a gentle form of exercise.

Strong Bones for Life

Learn how to build and maintain strong, healthy bones through exercise, nutrition, and healthy lifestyle habits. This informative workshop explores the importance of weight-bearing and strength-training exercises, balance activities, and key nutrients to help prevent osteoporosis, reduce the risk of falls, and support lifelong independence. Suitable for adults of all fitness levels.

Move with Confidence: Stretch & Balance

Improve your flexibility, balance, and mobility in this gentle and welcoming class. Through guided stretching, balance exercises, and functional movements, you'll enhance posture, coordination, and stability while helping to reduce the risk of falls. This class is suitable for all fitness levels and is especially beneficial for older adults.

Total Body Workout

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

Upper Body Sculpt

Strengthen and tone your upper body with this effective workout! Using dumbbells, resistance bands, and bodyweight exercises, you'll improve strength, posture, and muscular endurance while building a stronger core. Suitable for all fitness levels.

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.

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.

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!

Aqua Zumba

Make a splash with this fun and energetic water workout that combines Zumba-inspired dance moves with the benefits of aqua fitness. Enjoy upbeat music while improving cardiovascular fitness, coordination, balance, and muscular endurance in a low-impact environment. Suitable for all fitness levels and a great way to stay active while having fun!