



Group Fitness Class Schedule

January 6 – March 9, 2025

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

HOLIDAYS: February 15, 16, 17 (Family Day Weekend) Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 08:45 Aqua Fit Pool ■	09:00 – 09:45 Core Fit Studio ■	09:00 – 09:45 Aqua Fit Pool ■	09:00 – 09:45 Zumba Studio ■	09:00 – 09:45 Aqua Fit Pool ■	09:00 – 09:45 Cycle Fit Studio B □	09:00 – 09:45 Cycle Fit Studio B □
09:00 – 09:45 Aqua Fit Pool ■	10:00 – 10:45 Cardio and Strength Studio □	10:00 – 10:45 Aqua Fit Pool ■	10:00 – 10:45 Cardio and Strength Studio ■	10:00 – 11:00 Young at Heart – Strength Studio ■	10:00 – 11:00 Hatha Yoga Conference Room ■	
11:00 – 12:00 Chair Yoga Conference Room ■	11:00 – 11:45 Cycle Fit Studio ■	11:00 – 12:00 Yoga HIIT Conference Room ■	11:00 – 12:00 Hatha Yoga Conference Room ■	11:15 – 12:00 Zumba Studio ■		
			12:15 – 13:15 Chair Yoga Conference Room ■			
17:45 – 18:45 Hatha Yoga Conference Room ■	17:30 – 18:15 Aqua Fit Pool ■					
18:00 – 18:45 Cycle Fit Studio □	18:00 – 18:45 Cycle Fit Studio ■	18:00 – 18:45 Zumba Strong Studio ■	18:00 – 18:45 Cycle Fit Studio □	18:30 – 19:15 Cardio Kick Box Studio ■		
19:00 – 19:45 Bootcamp Gymnasium ■	19:00 – 20:00 Power Yoga Conference Room ■	19:00 – 19:45 HIIT Gymnasium ■	19:00 – 20:00 Power Yoga Conference Room ■			

Schedule is subject to change

To learn more about registering, visit ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/ or call or visit your local Y.

Session registrations can be made in person, by phone or online. To reserve your spot online, [log in to your account](#).

□ **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.

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.

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

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.

Cardio and Strength

A high-energy workout that combines aerobics choreography with strengthening exercises to improve muscle strength, endurance and functionality using a variety of equipment.

Cardio Kickboxing

Build stamina, improve coordination and flexibility, and burn calories with this fun and challenging workout.

Total Body Workout

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

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.

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.

Yoga HIIT

Yoga HIIT is a cardio and whole-body workout that helps build your muscles while increasing your lung capacity. The cardio-based flows, counter stretches, dynamic movements, and HIIT moves also help burn calories.

Young at Heart – Strength *

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!



*Meets specific standards designated by the University of Ottawa Heart Institute