



# 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
07:00 – 07:45 <b>Total Body Workout</b> Studio B ☐	07:00 – 07:45 <b>Core Conditioning</b> Studio B ■	07:00 – 07:45 <b>Step and Strength</b> Studio B ■	07:00 – 07:45 <b>Hatha Yoga</b> Studio B ■	07:00 – 07:45 <b>HIIT</b> Studio B ■		
08:45 – 09:45 <b>Young at Heart</b> Studio B ■		08:45 – 09:45 <b>Young at Heart</b> Studio B ■		08:45 – 09:45 <b>Young at Heart</b> Studio B ■		
09:45 – 10:30 <b>Aqua Fit</b> Pool ■	09:00 – 09:45 <b>Zumba</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	09:00 – 09:45 <b>Core Conditioning</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■		
				10:00 – 10:45 <b>Boot Camp</b> Studio B ■	10:00 – 10:45 <b>HIIT</b> Studio B ■	
		12:00 – 12:45 <b>HIIT</b> Studio B ■			11:00 – 12:00 <b>Hatha Yoga</b> Studio B ■	
17:30 – 18:15 <b>Drums Alive</b> Studio B ■	17:30 – 18:30 <b>Hatha Yoga</b> Studio B ■	17:30 – 18:15 <b>Zumba Tone</b> Studio B ■				
18:30 – 19:15 <b>Zumba</b> Studio B ■	17:45 – 18:30 <b>Aqua Fit</b> Pool ■	18:30 – 19:15 <b>Bars and Plates</b> Studio B ■	17:45 – 18:30 <b>Aqua Fit</b> Pool ■			
19:30 – 20:15 <b>Boot Camp</b> Studio B ■	18:45 – 19:30 <b>Cardio and Strength</b> Studio B ■	19:30 – 20:30 <b>Power Yoga</b> Studio B ■	18:45 – 19:30 <b>HIIT</b> Studio B ■			

Schedule is subject to change

To learn more about registering, visit [ymcaottawa.ca/health-fitness/health-fitness-aquatics-schedules/](http://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.

## Bars and Plates

Bars and Plates class is low in complexity, but high in results! It will sculpt your muscles, increase metabolism, and increase strength using specially designed bars and weight plates. There's no experience required to join the class, just your desire to build a stronger you.

## 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.

## 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.

## 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.

## Drums Alive

Drum Alive combines traditional aerobic movements with the powerful beat and rhythm. Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy dance and rhythm program.

## Dance and Tone

This class is all about getting a sweat on and having fun while moving your body and using a variety of equipment

## 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.

## Step and Straight

Train your cardiovascular system performing rhythmic patterns stepping on and off a platform to music. This is supplemented by an overall resistance training workout to improve muscle strength, endurance and functionality using body weight.

## Yoga Hatha

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 Power

All the Zen benefits of your traditional yoga class amped up to provide 100% workout benefit.

## 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 Tone

Zumba Tone combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.

## Total Body Workout

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

 **Body Workout**  
\*Meets specific standards designated by  
the University of Ottawa Heart Institute  
Up, Cardiovascular Conditioning, Resistance  
Training for the whole body topped off by flexibility training;  
this class covers it all.