

Group Fitness Class Schedule

August 25 – September 7, 2025

HOURS Mon. – Thu.: 06:30 – 20:00, Fri.: 06:30 – 19:00 | **Sat., Sun. and Statutory Holidays:** 08:00 – 15:00
HOLIDAYS: August 30, 31 – Open 08:00 – 15:00 (No programs or group fitness classes) | **Labour Day September 1** - Closed

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|---|--------|
| 08:00 – 08:45 Total Body Workout <input type="checkbox"/> Studio Etienne | | | | | | |
| 9:00 – 9:45 Aqua Fit <input type="checkbox"/> Pool Viv | 09:00 – 09:45 Hatha Yoga <input type="checkbox"/> Studio Viv | 09:00 – 09:45 Aqua Fit <input type="checkbox"/> Pool Etienne | 09:00 – 09:45 Cardio Fit <input type="checkbox"/> Studio Dominique | 09:00 – 09:45 Core Conditioning <input type="checkbox"/> Studio Sobina | 09:00 – 09:45 Cycle Fit <input type="checkbox"/> Studio B Kim | |
| 10:00 – 11:00 Young at Heart <input type="checkbox"/> Studio Josee | 10:00 – 10:45 Cycle Fit <input type="checkbox"/> Studio Dominique | 10:00 – 10:45 Total Body Workout <input type="checkbox"/> Studio Etienne | 10:00 – 11:00 Hatha Yoga <input type="checkbox"/> Studio Sobina Aug. 28 Sobina Sep. 4 | 10:00 – 11:00 Young at Heart Yoga <input type="checkbox"/> Studio Sobina | 10:00 – 11:00 Hatha Yoga <input type="checkbox"/> Studio Sobina | |
| 11:15 – 12:15 Hatha Yoga <input type="checkbox"/> Studio Josee | | 11:00 – 12:00 Hatha Yoga <input type="checkbox"/> Studio Josee Aug. 27 Tammy Sep. 3 | | | | |
| | | | 17:30 – 18:15 Aqua Fit <input type="checkbox"/> Pool Viv | | | |
| 18:00 – 18:45 Cycle Fit <input type="checkbox"/> Studio Kim | | 18:00 – 18:45 Cycle Fit <input type="checkbox"/> Studio Kim | | | | |
| 19:00 – 19:45 HIIT <input type="checkbox"/> Gymnasium Hari | 18:30 – 19:30 Power Yoga <input type="checkbox"/> Studio Josee Aug. 26 Sobina Sep. 2 | | | | | |

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

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.

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

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.



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