

Group Fitness Class Schedule

September 8 – November 30, 2025

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

HOLIDAYS: October 11, 12, 13 – Open 08:00 – 16:00 (No programs or group fitness classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 – 8:45 Total Body Workout ■ Studio Etienne	08:00 – 8:45 Core Conditioning ■ Studio Sobina	08:00 – 08:45 HIIT ■ Studio Etienne	08:00 – 09:00 Power Yoga ■ Conference Room Sobina	08:00 – 08:45 Core Conditioning ■ Studio Sobina		
09:00 – 09:45 Aqua Fit ■ Pool Viv	09:00 – 09:45 Zumba Strong ■ Studio Danielle	09:00 – 09:45 Aqua Fit ■ Pool Etienne	09:00 – 9:45 Total Body Workout ■ Studio Marina	09:00 – 09:45 Aqua Fit ■ Pool Sobina	09:00 – 9:45 Cycle Fit □ Studio Moe	09:00 – 09:45 Cycle Fit □ Studio Kim
10:00 – 11:00 Young at Heart ■ Studio Josee	10:00– 10:45 Cycle Fit □ Studio Dominique	10:00 – 11:00 Hatha Yoga ■ Conference Room Etienne	10:00– 10:45 Cycle Fit □ Studio Dominique	10:00– 10:45 Zumba Gold ■ Studio Danielle	10:00 – 11:00 Hatha Yoga ■ Conference Room Sobina	9:30 – 10:15 Aqua Fit ■ Pool Evelyn
11:15 – 12:15 Chair Yoga ■ Conference Room Tammy		11:15 – 12:00 Drums Alive ■ Studio Josee	10:00 – 11:00 Chair Yoga ■ Conference Room Nicole			
17:45 – 18:45 Hatha Yoga ■ Conference Room Josee			11:15 – 12:15 Hatha Yoga ■ Conference Room Nicole			
18:00 – 18:45 Cycle Fit □ Studio Kim	18:00 – 18:45 Cycle Fit □ Studio Moe	18:00 – 18:45 Zumba Strong ■ Studio Danielle	17:30 – 18:15 Aqua Fit ■ Pool Viv	18:15 –19:00 Cardio Dance Fusion ■ Studio Luana		
19:00 – 19:45 HIIT ■ Gymnasium Hari	19:00– 20:00 Hatha Yoga ■ Conference Room Josee	19:00 – 19:45 Boot Camp ■ Gymnasium Moe	18:00 – 18:45 Cycle Fit □ Studio Kim			
			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

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.

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 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

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.

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.

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!

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.

Zumba Strong

STRONG by Zumba, now known as STRONG Nation, is a high-intensity workout program that combines bodyweight, muscle conditioning, cardio, and plyometric training moves synced to original music. It is not a dance class, but rather a HIIT (High Intensity Interval Training) workout where every move is synchronized with the music to maximize effort and motivation.



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