

## 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
	<b>September 2</b> 07:00 – 7:45 <b>Total Body Workout</b> □ Studio B Janis	07:00 – 07:45 <b>Step and Strength</b> □ Studio B Marina	<b>September 4</b> 07:00 – 07:45 <b>Hatha Yoga</b> □ Studio B Janis			
	<b>August 26</b> 09:00 – 9:45 <b>Zumba</b> □ Studio B Nellie		<b>August 28</b> 09:00 – 9:45 <b>Core Conditioning</b> □ Studio B Nellie	08:45 – 09:45 <b>Young at Heart</b> □ Studio B Marina		
09:45 – 10:30 <b>Aqua Fit</b> □ Pool Tracey		09:45 – 10:30 <b>Aqua Fit</b> □ Pool Tracey		09:45 – 10:30 <b>Aqua Fit</b> □ Pool Tracey		
				10:00 – 10:45 <b>HIIT</b> □ Studio B Devora	10:00 – 10:45 <b>HIIT</b> □ Studio B Devora	
		12:00 – 12:45 <b>HIIT</b> □ Studio B Devora			11:00 – 12:00 <b>Hatha Yoga</b> □ Studio B Angela	
	17:30 – 18:30 <b>Yoga and Meditation</b> □ Studio B Angela	17:30 – 18:15 <b>Boot Camp</b> □ Studio B Rachid				
	17:45 – 18:30 <b>Aqua Fit</b> □ Pool Cody	18:30 – 19:15 <b>Core Conditioning</b> □ Studio B Rachid	17:45 – 18:30 <b>Aqua Fit</b> □ Pool Cody			
	18:45 – 19:30 <b>HIIT</b> □ Studio B Chantelle		18:45 – 19:45 <b>Hatha Yoga</b> □ Studio B Chantelle			

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](http://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.

## **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.

## **Total Body Workout**

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

## **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.

## **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.

## **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**

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!