

## 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
07:00 – 07:45 <b>Total Body Workout</b> ■ Studio B Janis	07:00 – 07:45 <b>Core Conditioning and Glutes</b> ■ Studio B Janis	07:00 – 07:45 <b>Step and Strength</b> ■ Studio B Marina	07:00 – 07:45 <b>Hatha Yoga</b> ■ Studio B Janis	07:15 – 08:00 <b>Cycle Fit</b> □ Studio B Lourdes		
08:45 – 09:45 <b>Young at Heart</b> ■ Studio B Joseph	09:00 – 09:45 <b>Zumba</b> ■ Studio B Nellie	08:45 – 09:45 <b>Young at Heart</b> ■ Studio B Hilary	09:00 – 09:45 <b>Core Conditioning and Pelvic Floor</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		09:45 – 10:30 <b>Aqua Fit</b> ■ Pool Cody
11:00 – 12:00 <b>Young at Heart Strength and Conditioning</b> ● Conditioning room Gerald		11:00 – 12:00 <b>Young at Heart Strength and Conditioning</b> ● Conditioning room Gerald		10:00 – 10:45 <b>HIIT</b> ■ Studio B Devora	10:00 – 10:45 <b>HIIT</b> ■ Studio B Devora	10:00 – 10:45 <b>Cycle Fit</b> □ Studio B Morgan
		12:00 – 12:45 <b>HIIT</b> ■ Studio B Devora			11:00 – 12:00 <b>Hatha Yoga</b> ■ Studio B Angela M	11:00 – 11:45 <b>Total Body Workout</b> ■ Studio B Morgan
16:30 – 17:30 <b>Youth Conditioning</b> ● Ages: 13Y-15Y Conditioning room Gerald		16:30 – 17:30 <b>Youth Conditioning</b> ● Ages: 16Y-17Y Conditioning room Gerald				
17:30 – 18:15 <b>Drums Alive</b> ■ Studio B Angela	17:30 – 18:30 <b>Yoga and Meditation</b> ■ Studio B Venus	17:30 – 18:15 <b>Boot Camp</b> ■ Studio B Rachid	17:30 – 18:15 <b>HIIT</b> ■ Studio B Chantelle	17:30 – 18:30 <b>Yoga and Meditation</b> ■ Studio B Angela M		
18:30 – 19:15 <b>Zumba</b> ■ Studio B Angela	17:45 – 18:30 <b>Aqua Fit</b> ■ Pool Cody	18:30 – 19:15 <b>Core Conditioning</b> ■ Studio B Rachid	18:30 – 19:30 <b>Hatha Yoga</b> ■ Studio B Chantelle			
	18:45 – 19:30 <b>Cycle Fit</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.

☒ **Small group training session. Registration required.**

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. Friday, Oct. 31 - 🎃 **Get in the Halloween Spirit** and a whole lot of festive fun! 🌟

## 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.

## 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.

## Core Conditioning and Pelvic Floor

Discover the transformative power of pelvic floor conditioning. This exercise program is not just about building muscles; it's about building strength and resilience from within. The pelvic floor is one of the muscles that make up the core. Strong core muscles not only support your internal organs but also aid in mobility. This class will also teach you a wide variety of exercises to strengthen and tone your abdominal muscles while protecting your back and pelvic floor

## Core Conditioning and Glutes

Core conditioning and glute exercises are essential for overall strength, stability, and injury prevention. Core muscles, which include the abdominals and muscles of the spine, provide stability for the body, while glute muscles play a crucial role in hip movement, posture, and balance. Strengthening both muscle groups allows for better movement, reduced pain, and improved athletic performance.

## 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.

**Friday, Sept 26 and Friday Nov.26 - Super Cycling Fit!** Join us for 1.5 hours of high-energy, music-pumping, heart-racing indoor cycling Friday, Oct. 31 - 🎃 **Get in the Halloween Spirit** and a whole lot of festive fun! 🌟

## 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.

## 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. Friday, Oct. 31 - 🎃 **Get in the Halloween Spirit** and a whole lot of festive fun! 🌟

## 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 equipment and body weight.

## Total Body Workout

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

## 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 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

A low-impact, fun, and supportive class designed for older adults or anyone looking for a gentler approach to staying active. This class focuses on improving balance, flexibility, strength, and overall mobility through safe and effective exercises. With upbeat music and a welcoming atmosphere, participants are encouraged to move at their own pace and enjoy the many benefits of staying active — physically, mentally, and socially.

🌟 **THEMED CLASSES: Friday, Sept 26** An absolute classic! Whitney Houston's "I Wanna Dance with Somebody" is perfect for themed fitness classes

🌟 **Friday, Nov. 28 – Jane Fonda Style Class!**

Step back into the '80s with a retro-inspired workout full of big energy, bold moves, and iconic aerobics!

Grab your leg warmers, neon colors, and let's sweat it out — Jane Fonda style!

**Monday, Oct. 27, Wednesday, Oct. 29, Friday, Oct. 31**

Come dressed in your **favorite costume**, spooky gear, or Halloween colors and enjoy themed workouts, eerie playlists, and a whole lot of festive fun!

🎃 **Get in the Halloween Spirit!** 🌟 . 🌟

## 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!

## Back on Schedule! Youth Conditioning

This Personal Trainer led program is specifically for youth and teaches proper technique and safety while training. The focus is on developing functional strength and improving agility, balance and coordination.

• **13Y–15Y** - learning good form, building a foundation, keeping it fun and safe.

Session 1: Monday Sept. 8, 15, 22, 29

Session 2: Monday Oct. 6, 20, 27

Session 3: Monday Nov. 3, 10, 17, 24

• **16Y–17Y** - more independence, higher intensity, closer to adult fitness programs.

Session 1: Wednesday Sept.10,17, 24, Oct. 1

Session 2: Wednesday Oct. 8, 15, 22, 29

Session 3: Wednesday Nov.5,12, 19, 26

## Young at Heart Strength and Conditioning

is a guided class that teaches safe and effective use of gym machines to improve strength, endurance, and overall fitness. With a focus on proper form, posture, and technique, participants will work through a balanced routine targeting major muscle groups. This class is ideal for older adults who want to build confidence using fitness equipment, maintain muscle mass, and support everyday movement and independence. All fitness levels are welcome, and individualized guidance is provided.

Session 1: Monday Sept. 8, 15, 22, 29

Session 2: Monday Oct. 6, 20, 27

Session 3: Monday Nov. 3, 10, 17, 24

Session 1: Wednesday Sept.10,17, 24, Oct. 1

Session 2: Wednesday Oct. 8, 15, 22, 29

Session 3: Wednesday Nov.5,12, 19, 26



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