

# Group Fitness Class Schedule

March 17 – June 1, 2025

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

**HOLIDAYS:** April 18, 19, 20 (Easter Weekend), May 17, 18, 19 (Victoria 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>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 ■	9:00 – 9:45 <b>Zumba</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■	9:00 – 9:45 <b>Core Conditioning</b> Studio B ■	09:45 – 10:30 <b>Aqua Fit</b> Pool ■		
				10:00 – 10:45 <b>HIIT</b> Studio B ■	10:00 – 10:45 <b>HIIT</b> Studio B ■	10:00 – 10:45 <b>Cycle Fit</b> Studio B □
		12:00 – 12:45 <b>HIIT</b> Studio B ■			11:00 – 12:00 <b>Hatha Yoga</b> Studio B ■	11:00 – 11:45 <b>Boot Camp</b> Studio B ■
17:30 – 18:15 <b>Drums Alive</b> Studio B ■	17:45 – 18:45 <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>Boot Camp</b> Studio B ■	17:45 – 18:30 <b>Aqua Fit</b> Pool ■			
	19:00 – 19:45 <b>Total Body Workout</b> Studio B ■	19:30 – 20:30 <b>Hatha Yoga</b> Studio B ■	18:45 – 19:30 <b>Total Body Workout</b> Studio B ■			

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.

## **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.

## **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.

## **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.

## **Pilates**

Pilates will help develop strength, flexibility and muscular endurance through the use of stabilization, alignment and breathing techniques.

## **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 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.

## **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.



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