



DROP-IN AND SPECIALTY

GROUP AND AQUA FITNESS CLASSES

JANUARY 9 TO
APRIL 2, 2012

Drop-in class - No registration required. Free for all members. * **Specialty class** - Registration required. Free for Inclusive and Plus Members, fees apply for Core Members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Core and Stretch 8:00 am - 9:00 am Lara	Young at Heart Yoga* 8:00 am - 9:00 am Karen		Core and Stretch 8:00 am - 9:00 am Jill		
Interval 9:00 am - 10:00 am Jacqueline	TMC 9:00 am - 10:00 am Wendy H.	Step 9:00 am - 10:00 am Jill	TMC 9:00 am - 10:00 am Giselle	Cardio Combo 9:00 am - 10:00 am Glynis	Instructors Choice 9:00 am - 10:00 am	
Aqua Fitness Shallow Water 9:15 am - 10:05 am Wendy H.	Aqua Fitness Shallow Water 9:15 am - 10:05 am Sarah B.	Aqua Fitness Shallow Water 9:15 am - 10:05 am Mandy	Aqua Fitness Shallow Water 9:15 am - 10:05 am Carla/Alex	Aqua Fitness Shallow Water 9:15 am - 10:05 am Andy		Aqua Fitness Shallow Water 9:30 am - 10:15 am Brian
Young at Heart Low Impact 10:00 am - 11:00 am Jill	Pilates* 10:00 am - 11:00 am Corinna	Young at Heart Low Impact 10:00 am - 11:00 am Glynis	Zumba* 10:00 am - 11:00 am Giselle	Hatha Yoga* 10:00 am - 11:00 am Debbie	Family Zumba* 10:15 am - 11:15 am Nellie	
	Pilates* 5:30 pm - 6:30 pm Glynis		Aqua Fitness Shallow Water 5:30 pm - 6:15 pm Jeff			
TMC 6:00 pm - 7:00 pm Jill	Zumba* 6:30 pm - 7:30 pm Nellie	Bootcamp 6:00 pm - 7:00 pm Andrea/Heather	Belly Dancing* 6:00 pm - 7:00 pm Vera			
	Aqua Fitness Shallow Water 6:30 pm - 7:15 pm Linda	Power Yoga* 7:00 pm - 8:15 pm Jane	Hatha Yoga* 7:00 pm - 8:00 pm Debbie			

Please see other side for class descriptions.

Last updated: January 7, 2012

Carlingwood Y
200 Lockhart Avenue
613.729.7131

www.ymcaywca.ca



STRENGTHENING
the **HEART** of our
COMMUNITY



DROP-IN AND SPECIALTY

GROUP AND AQUA FITNESS CLASSES

JANUARY 9 TO
APRIL 2, 2012

Drop-In Class Descriptions

(No registration required. Free for all members.)

Aqua Fitness - Shallow Water

A combined cardiovascular and strength class designed for the shallow end. Non-swimmers welcome.

Bootcamp

Enjoy variety, speed, drills, intense cardio segments and being pushed to your limit.

Cardio Combo

A mixed impact cardiovascular workout that may include sport specific moves, hi low and muscular, strength & endurance exercises. All levels welcome.

Core and Stretch

Strength training for abs and back combined with an extended stretch to help increase flexibility.

Interval

A multi-level class alternating between strength training and cardio drills.

Step

A multi-level class using a step platform throughout the cardiovascular segment. Options offered.

TMC

A complete workout using a variety of equipment to strengthen and tone all major muscle groups. No cardio component.



Young at Heart

Classes in the pool and in the aerobics studio for people who want a gentler workout.

Specialty Class Descriptions

(Registration required. Free for Inclusive and Plus Members, fees apply for Core Members.)

Belly Dancing

Build muscle, improve your posture, lose weight, reduce stress and have fun!

Family Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms that the whole family can participate.

Hatha Yoga

A more challenging class emphasizing Sun Salutation, sequencing poses, alignment, and preparation for more advanced poses. Previous Yoga experience recommended.

Pilates - All Levels

Basic and Intermediate participants are welcome to this class. Options will be given for each level.

Power Yoga

This class takes traditional Yoga postures at a different intensity and pace to challenge the physical to a higher level. Previous Yoga experience is recommended.



Young at Heart Yoga

The emphasis of this class is on systematically moving the body through gentle poses. Notice improvements in flexibility, strength, balance and posture while you enjoy time for quiet reflection. Increasing joint circulation will also help with arthritis and improve your range of motion.

Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system. This session will review some basic rhythms (salsa, merengue, samba and more) and movements which will then be combined in a one of a kind workout which will have you moving in ways you never imagine.

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

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