



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
Cyclefit 6:15 am - 7:00 am		Cyclefit 6:15 am - 7:00 am		Cyclefit 6:15 am - 7:00 am		
					Aqua Fitness <i>Aqua Bootcamp</i> 8:05 am - 8:50 am	
Aqua Fitness <i>Aqua Fit</i> 9:05 am - 9:50 am	Aqua Fitness <i>Aqua Bootcamp</i> 9:05 am - 9:50 am	Aqua Fitness <i>Aqua Fit</i> 9:05 am - 9:50 am	Aqua Fitness <i>Aqua Bootcamp</i> 9:05 am - 9:50 am	Aqua Fitness <i>Aqua Fit</i> 9:05 am - 9:50 am	Cyclefit 8:30 am - 10:00 am	Bootcamp 9:00 am - 10:00am
Young at Heart Yoga* 9:15 am - 10:15 am	Cyclefit 9:15 am - 10:00 am	TMC/ Total Ball <i>(Alternating)</i> 9:30 am - 10:30 am	Cyclefit 9:15 am - 10:00 am	Yoga for Life* 9:30 am - 10:30 am	TMC 10:15 am - 11:15 am	Hatha Yoga* 9:15 am -10:15 am
Aqua Fitness <i>Aqua Vitality</i> 10:00 am - 10:45 am	Young at Heart Cardio Combo 10:15 am 11:15 am	Aqua Fitness <i>Aqua Vitality</i> 10:00 am - 10:45 am	Young at Heart TMC/ Intervals 10:15 am - 11:15 am	Instructors Choice 9:45 am - 10:45 am		Core and Stretch 10:15 am - 11:00 am
Hatha Yoga* 10:30 am - 11:30 am	Hooping* 10:30 am - 11:30 am	Zumba* 10:30 am - 11:30 am		Aqua Fitness <i>Aqua Vitality</i> 10:00 am - 10:45 am		
Young at Heart Cyclefit 10:45 am - 11:25 am	Meditative Yoga* 12:00 pm - 1:30 pm					
Cyclefit 6:00 pm - 6:45 pm	Zumba* 6:00 pm - 7:00 pm	Core and Stretch 6:00 pm - 6:45 pm	Cyclefit 6:00 pm - 7:00 pm			
Tween Yoga* 6:00 pm - 6:50 pm		Pilates - All Levels* 6:00 pm - 7:00 pm	Ashtanga Yoga* 6:00 pm - 7:15 pm			
Cardio Kick Box 7:00 pm - 8:00 pm	Bootcamp 7:00 pm - 8:00 pm	Yoga Fusion* 7:00 pm - 8:00 pm	Aqua Fitness <i>Healthy Back/Prenatal</i> 6:00 pm - 6:45 pm			
Power Yoga* 7:00 pm - 8:15 pm	Kickbox* <i>(Equipment required)</i> 7:00 pm - 8:00 pm	Kickbox* <i>(Equipment required)</i> 7:00 pm - 8:00 pm	Zumba* 7:00 pm - 8:00 pm			
	Hatha Yoga - Basic* 7:00 pm - 8:00 pm	Step 7:00 pm - 8:00 pm	Cardio Kick Box 7:00 pm - 8:00 pm			
Aqua Fitness <i>Aqua Fit</i> 7:35 pm - 8:20 pm		Aqua Fitness <i>Aqua Fit</i> 7:35 pm - 8:20 pm	Power Yoga* 7:15 pm - 8:30 pm			
Total Core 8:00 pm - 8:30 pm						

Please see other side for class descriptions.

Last updated: January 3, 2012

Clarence-Rockland Y
1-1525 du Parc Avenue
613.446.7679

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 Bootcamp

Using the resistance of the water and the instructors choice of equipment, this class is a medium to high intensity total body workout and is for those who want to be pushed to their limit

Aqua Fit

These shallow water classes are designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength components.

Aqua Fitness - Healthy Back/Prenatal

Low impact toning exercises in the water for people with injured back or pregnant women. No bouncing or twisting involved. *(Registration required)*



Aqua Vitality

These classes are designed as a low intensity total body workout, providing a balance of cardiovascular and muscular strength components intended to increase mobility. Ideal for older adults or individuals with muscle and/or joint pain.

Bootcamp

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

Cardio Kick Box

A high energy mixed impact workout with a combination of boxing and kick boxing moves modified for safety and enjoyment.

Core and Stretch

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

Cyclefit

A high energy cardiovascular workout on a bike. Each class uses a variety of cycling techniques to help you reach your goals.

Step

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

TMC

A strength workout for all major muscle groups. No cardio component.

Total Ball

Cardio and strength work using the stability ball.

Total Core

Strength training for abs and back with a focus on posture and stability.



Young at Heart: Cardio Combo

An easy to follow, moderate intensity fitness cardio class targeting older adults.



Young at Heart: CycleFit

This 30 minute cycling class is intended for older adults with a modified intensity and pace.



Young at Heart: TMC

Weight training increases muscle strength, bone density and stamina at all ages. Designed to enhance the ability of the older participant



Young at Heart: Interval

Three to five minutes of self paced aerobic blasts interspersed with major muscle group strengthening.

Specialty Class Descriptions

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

Ashtanga Yoga

Ashtanga yoga is a dynamic and challenging form of hatha yoga. Each pose is linked to the next through a series of connecting movements called vinyasa, allowing the body to create heat and leading to flexibility

Hatha Yoga

A more challenging class emphasizing sun salutation, sequencing poses, alignment, and preparation for more advanced poses. Previous yoga experience recommended.

Hatha Yoga - Basic

Move your body through a series of seated and standing postures designed to increase flexibility, balance and range of motion.

Hoopng

Hoopng will give you a lively and fun workout! Using large, weighted, fitness hoops, this workout will challenge you and keep your hips swinging.

Meditative Yoga

Using an inner focus and a gentle approach, this class will include the classic yoga postures, breathing and relaxation exercises and a meditation practice all woven together.

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.

Yoga For Life

The emphasis of this class is on gently and systematically moving the body's joints through gentle poses. Increasing joint circulation will help with arthritis and improve your range of motion.

Yoga Fusion

This class is designed to gently improve posture, core strength and flexibility that link traditional yoga postures and basic pilates moves together in a safe and effective way.



Young at Heart: Yoga

The emphasis of this class is on systematically moving the body through gentle poses. 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.

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

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