



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
		Hatha Yoga* 7:30 am – 8:30 am			Aqua Fitness Aqua Bootcamp 8:00 am – 8:45 am	
Aqua Fitness Deep Water 8:45 am – 9:30 am	Aqua Fitness Shallow Water 9:00 am – 9:45 am	Aqua Fitness Shallow Water 8:45 am – 9:30 am	Aqua Fitness Deep Water 9:00 am – 9:45 am	Aqua Fitness Deep Water 8:45 am – 9:30 am	Cardio Kick Box 8:00 am – 8:55 am	
Body Rev 9:00 am – 9:55 am	CycleFit 9:00 am – 10:00 am	Instructors Choice 9:00 am – 10:00 am	Abs, Butt & Thighs 9:00 am – 9:55 am	Cardio Combo 9:00 am – 9:55 am	Body Rev 9:00 am – 9:55 am	Bootcamp 9:00 am – 10:00 am
Cardio Combo 10:00 am – 10:55 am	Core Strength and Stretch 9:30 am – 10:30 am	In Shape* 10:00 am – 11:00 am	Zumba* 10:00 am – 10:55 am	Body Rev 10:00 am – 10:55 am	CycleFit 9:00 am – 10:00 am	Conditioning for Golf 9:00 am – 10:00 am (Feburary 12 - April 1)
Aqua Fitness Aqua Vitality 10:00 am – 10:45 am	Young at Heart Cycle 10:30 am – 11:00 am	Aqua Fitness Aqua Vitality 10:00 am – 10:45 am		Aqua Fitness Aqua Vitality 10:00 am – 10:45 am	Kettlebells* (Starts Jan 21) 10:00 am – 10:45 am	
Young at Heart TMC 11:00 am – 12:00 pm	Yoga For Life* 11:00 am – 12:00 am	Young at Heart Interval 11:00 am – 12:00 pm	Hatha Yoga* 11:00 am – 12:00 pm	Young at Heart Cardio Combo 11:00 am – 12:00 pm	Family Yoga* (Jan 14 - Feb 18) 11:00 am – 12:00 pm	Yin Yoga* 11:00 am – 12:30 pm
	Aqua Fitness Deep Water 11:15 am – 12:00 pm		Young at Heart Walk Fit 11:00 am – 11:45 am		Family Zumba* (Feb 25 - March 31) 11:00 am – 12:00 pm	Aqua Fitness Shallow Water 11:15 am – 12:00 pm
			Aqua Fitness Shallow Water 11:15 am – 12:00 pm			
Bootcamp 6:00 pm – 7:00 pm	Zumba * 6:00 pm – 6:55 pm	Cardio Kickbox 6:00 pm – 6:55 pm	Body Rev 6:00 pm – 6:55 pm	Belly Dancing* 6:00 pm – 7:00 pm		
CycleFit 6:00 pm – 6:55 pm	CycleFit 6:30 pm – 7:15 pm	CycleFit 6:00 pm – 6:55 pm	Pilates* 6:00 pm – 7:00 pm			
Aqua Fitness Shallow Water 6:15 pm – 7:00 pm	Body Rev 7:00 pm – 8:00 pm	Y Kids 2.0 6:00 pm – 7:00 pm	Zumba * 7:00 pm – 7:55 pm			
In Shape* 7:00 pm – 8:00 pm	Aqua Fitness Deep Water 7:15 pm – 8:00 pm	Aqua Fitness Deep Water 6:15 pm – 7:00 pm	Strong Women* Module #2 7:00 pm – 8:30 pm			
Ashtanga Yoga* 7:00 pm – 8:00 pm	Strong Women* Module #2 7:30 pm – 8:30 pm	Hatha Yoga* 7:00 pm – 8:00 pm	Aqua Fitness Shallow Water 7:15 pm – 8:00 pm			
Strong Women* Alumni 7:15 pm – 8:15 pm		Strong Women* Alumni 7:15 pm – 8:15 pm	Power Yoga* 8:00 pm – 9:00 pm			

Please see other side for class descriptions.

Last updated: January 16, 2012

Ruddy Family Y
265 Centrum Boulevard
613.830.4199

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.)

Abs, Butt and Thighs

This class focuses on toning and strengthening all core muscles plus your hips, butt and thighs.

Aqua Fitness: Bootcamp

Using the resistance of the water and the instructors choice of equipment, this class is a medium to high intensity total body workout.

Aqua Fitness: Deep

A combined cardiovascular and strength class, this water workout is designed for the deep end of the pool. Flotation devices are provided.

Aqua Fitness: Shallow

A combined cardiovascular and strength class, this water workout is designed for the shallow end of the pool. Non swimmers welcome.

Aqua Vitality

This class is designed as a low intensity total body workout. Ideal for older adults or individuals with muscle and/or joint pain.

Body Rev

Our "new" Bar Bell system utilizes high repetition weight training exercises targeting all major muscle groups in an effective and fun workout.

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.

Cardio Kick Box

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

Core Strength and Stretch

Strengthening and stretching of muscle groups in the torso with a focus on abdominals, low back and stability.

CycleFit

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

TMC

A complete workout using a variety of equipment to strengthen and tone all major muscle groups.



* 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: Interval

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



* 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: Walk Fit

This class will consist of walking patterns and variations followed by core exercises and stretch relaxation.

Family Zumba

This session will review some basic rhythms that the whole family can do.

Hatha Yoga

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

Pilates

This class offers you a body balancing system through a series of mat exercises that strengthen, lengthen, realign and defines your body.

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.

Yin Yoga

This yoga class focuses on lengthening the connective tissue of the joints and spine resulting in increased range of motion.

Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic and effective fitness system.

Small Personal Group Training Session Descriptions

(Registration required. Fees may apply)

BoxFit

This fast paced program teaches the fundamentals of boxing combined with functional conditioning drills.

In Shape

A group course for women that teaches how to use a variety of cardio machines, weight training equipment, and training techniques.

Kettlebells

Discover how to use a kettlebells safely and effectively to build strength, endurance, flexibility, and core strength.

Y Kids 2.0

This program is designed for graduates of Y Kids Academy. A conditioning club "lead by kids for kids" on the conditioning floor. Take what you learned from Y Kids Academy and apply it while exercising with fellow graduates/friends in a fun atmosphere.

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 allowing the body to create heat and leading to more flexibility.

Belly Dancing

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

Family Yoga

Move your body through a series of seated and standing postures designed to increase flexibility, balance and range of motion. The whole family can be involved.

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

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