



DROP-IN AND SPECIALTY GROUP 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
	Bootcamp 7:00 am - 7:45 am	Cyclefit 7:00 am - 7:45 am	Bootcamp 7:00 am - 7:45 am			
Cardio Combo 9:15 am - 10:15 am	Step 9:15 am - 10:15 am	Cardio Combo 9:15 am - 10:15 am	Instructor's Choice 9:15 am - 10:15 am	TMC 9:15 am - 10:15 am	Cardio Combo 8:00 am - 9:00 am	
Young at Heart 10:30 am - 11:30 am	Meditative Yoga* 9:15 am - 10:15 am	Young at Heart 10:30 am - 11:30 am	Cyclefit 9:30 am - 10:30 am		Hatha Yoga* 9:00 am - 10:15 am	
Pilates - Basics* 9:20 am - 10:20 am	Cyclefit 9:30 am - 10:30 am	Hatha Yoga* 11:30 am - 12:45 pm	Pilates - Intermediate* 10:00 am - 11:00 am	Young at Heart 10:30 am - 11:30 am	Step 2 9:15 am - 10:15 am	Step 10:00 am - 11:00 am
Pilates - Intermediate* 10:30 am - 11:30 am	Core Circuit 10:30 am - 11:30 am		Total Core 10:30 am - 11:30 am		Zumba* 10:30 am - 11:30 am	Hatha Yoga* 10:00 am - 11:15 am
Yoga for Life* 11:45 am - 1:00 pm	Belly Dancing* 10:30 am - 11:30 am		Yoga for Life* 11:30 am - 12:45 pm	Cardio Express 12:10 pm - 12:50 pm	Low Impact 10:45 am - 11:45 am	
Bootcamp 5:00 pm - 5:55 pm	Low Impact 5:00 pm - 5:55 pm	Bootcamp 5:00 pm - 5:55 pm	Low Impact 5:00 pm - 5:55 pm			
Low Impact 6:00 pm - 6:55 pm	TMC 6:00 pm - 6:55 pm	Cardio Combo 6:00 pm - 6:55 pm	Cyclefit 6:00 pm - 7:00 pm			
Pilates - Intermediate* 6:30 pm - 7:30 pm	Cyclefit 6:00 pm - 7:00 pm	Step 2 7:00 pm - 8:00 pm	Zumba* 7:00 pm - 8:00 pm			
Hatha Yoga* 7:45 pm - 9:00 pm		Hatha Yoga* 7:15 pm - 8:30 pm	Power Yoga* 7:15 pm - 8:30 pm			

Please see other side for class descriptions.

Last updated: January 7, 2012

Nepean Y
1642 Merivale Road
613.727.7070

www.ymcaywca.ca



STRENGTHENING
the **HEART** of our
COMMUNITY



DROP-IN AND SPECIALTY

GROUP FITNESS CLASSES

JANUARY 9 TO
APRIL 2, 2012

Drop-In Class Descriptions

(No registration required. Free for all members.)

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 Circuit

An intermediate level circuit style class designed to increase core strength, flexibility and balance.

Cyclefit

Indoor group cycling is a journey of health and fitness. Our certified instructors will lead you through a spirit, mind and body connection to maximize your total body workout. Each class utilizes a variety of cycling techniques set to music to help you reach your goals.

Low Impact

A 'no bounce' cardiovascular workout that may include strength exercises at the end.

Step

A multi level class using a step platform throughout the cardio segment. Choreographed patterns will keep you going and challenged.

Step 2

This class provides progressive cardio combinations for the experienced stepper.

TMC

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

Total Core

Strengthening of muscle groups in the torso with a focus on abdominals, low back and stability; may use a variety of equipment to enhance your workout.



* Young at Heart

Classes 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!

Hatha Yoga

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

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. Integrate mindfulness with yoga and practice being present and aware of what is happening in our bodies and minds.

Pilates – Basics

This class offers you a body balancing system through a series of mat exercises that strengthens, lengthens, realigns and defines your body.

Pilates – Intermediate

Taking mat Pilates to the next level. Engage your transverse, deepen your breath and learn to control your core.

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.

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*

Nepean Y

1642 Merivale Road
613.727.7070

www.ymcaywca.ca



STRENGTHENING
the **HEART** of our
COMMUNITY