



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 6:30 am - 7:30 am	Total Core 7:00 am - 7:45 am	Cyclefit 6:30 am - 7:30 am	Hatha Yoga* 7:00 am - 8:00 am	Cyclefit 6:30 am - 7:30 am		
Bootcamp 7:00 am - 7:45 am	Total Core 9:00 am - 9:45 am	Step 7:00 am - 7:45 am	TMC 7:00 am - 7:45 am	Cardio Combo 7:00 am - 7:45 am		
Young at Heart 8:45 am - 9:45 am	Aqua Fitness <i>Aqua Vitality</i> 9:00 am - 9:45 am	Somayoga* 8:00 am - 9:30 am	Aqua Fitness <i>Aqua Vitality</i> 9:00 am - 9:45 am	Young at Heart 8:45 am - 9:45 am	Meditative Yoga* 8:00 am - 9:00 am	
Hatha Yoga - Basic* 9:00 am - 10:00 am	Cyclefit 9:45 am - 10:45 am	Young at Heart 8:45 am - 9:45 am	Total Core 9:00 am - 9:45 am	Somayoga* 9:00 - 10:30 am	Cyclefit 8:30 am - 9:30 am	
Aqua Fitness <i>Aqua Vitality</i> 9:30 am - 10:15 am	Ashtanga Yoga* 9:45 am - 11:00 am	Aqua Fitness <i>Aqua Vitality</i> 9:00 am - 9:45 am	Cyclefit 9:45 am - 10:45 am	Aqua Fitness <i>Aqua Vitality</i> 9:30 am - 10:15 am	Step 9:00 am - 10:00 am	Cyclefit 9:00 am - 10:00 am
Interval 10:00 am - 11:00 am	Young at Heart 10:00 am - 11:00 am	TMC 10:00 am - 11:00 am	Ashtanga Yoga* 9:45 am - 11:00 am	TMC 10:00 am - 11:00 am	Aqua Fitness <i>Shallow Water</i> 9:00 am - 9:45 am	Cardio Combo 9:00 am - 10:00 am
Interval 12:00 pm - 1:00 pm	TMC 12:00 pm - 1:00 pm	Aqua Fitness <i>Low Impact</i> 11:30 am - 12:15 pm	Young at Heart 10:00 am - 11:00 am	Cardio Combo 12:00 pm - 1:00 pm	Cyclefit 10:00 am - 11:00 am	Aqua Fitness <i>Shallow Water</i> 10:00 am - 10:45 am
Cyclefit 12:00 pm - 12:45 pm	Cyclefit 12:00 pm - 12:45 pm	Bootcamp 12:00 pm - 1:00 pm	Mom and Baby Fitness* 11:15 am - 12:15 pm	Cyclefit 12:00 pm - 12:45 pm	TMC 10:00 am - 10:45 am	Core and Stretch 10:00 am - 11:00 am
Pilates* 5:00 pm - 6:00 pm	Step 5:15 pm - 6:15 pm	Cyclefit 12:00 pm - 12:45 pm	TMC 12:00 pm - 1:00 pm	Yoga Fusion* 5:00 pm - 6:00 pm	Hooping* 11:00 am - 12:00 pm	Pilates* 10:30 am - 11:30 am
Aqua Fitness <i>Shallow Water</i> 5:15 pm - 6:00 pm	Cyclefit 5:30 pm - 6:30 pm	Pilates* 5:00 pm - 6:00 pm	Cyclefit 12:00 pm - 12:45 pm	Aqua Fitness <i>Water Jog</i> 5:15 pm - 6:00 pm	Zumba* 2:00 pm - 3:00 pm	Power Yoga* 2:00 pm - 3:30 pm
Bootcamp 5:15 pm - 6:15 pm	Ashtanga Yoga* 5:30 pm - 7:00 pm	Aqua Fitness <i>Shallow Water</i> 5:15 pm - 6:00 pm	Kickboxing 5:15 pm - 6:15 pm	Bootcamp 5:15 pm - 6:15 pm		
Cyclefit 5:30 pm - 6:30 pm	Zumba* 6:15 pm - 7:15 pm	Bootcamp 5:15 pm - 6:15 pm	Cyclefit 5:30 pm - 6:30 pm	Hatha Yoga* 5:30 pm - 7:00 pm		
Hatha Yoga* 6:00 pm - 7:00 pm	Aqua Fitness <i>Shallow Water</i> 7:15 pm - 8:00 pm	Cyclefit 5:30 pm - 6:30 pm	Hatha Yoga* 5:30 pm - 6:30 pm			
TMC 7:15 pm - 8:00 pm	Cardio Kick Box 7:15 pm - 8:00 pm	TMC 6:00 pm - 7:00 pm	Total Core 6:30 pm - 7:15 pm			
Ballroom Dance* 7:30 pm - 8:30 pm <small>Jan 9 - Feb 13 / Mar 5 - Apr 16</small>	Belly Dancing - Intermediate* 8:00 pm - 9:00 pm	Power Yoga* 6:30 pm - 8:00 pm	Zumba* 6:30 pm - 7:30 pm			
Salsa* 8:30 pm - 9:30 pm <small>Jan 9 - Feb 13 / Mar 5 - Apr 16</small>		Interval 7:00 pm - 8:00 pm	Belly Dancing* 7:30 pm - 8:30 pm			

Please see other side for class descriptions.

Last updated: January 16, 2012

Taggart Family Y
180 Argyle Avenue
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www.ymcaywca.ca



STRENGTHENING
the **HEART** of our
COMMUNITY



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JANUARY 9 TO
APRIL 2, 2012

Drop-In Class Descriptions

(No registration required. Free for all members.)



Aqua Vitality

Gentle workout for older adults who are new to aquafit or recuperating from injuries.

Bootcamp

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

Cardio Combo

A mixed impact cardiovascular workout that may include strength exercises at the end.

Cardio Kick Box

A high energy mixed impact workout that utilizes boxing / kick boxing moves modified for safety.

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.

Interval

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

Shallow Water

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

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 Core

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

Water Jog

A great class for runners and non-runners. This deep water class will teach you how to run in the water and provide you with a great cardiovascular workout. Flotation devices are provided.



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.)

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.

Belly Dancing

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

Belly Dancing- Intermediate

Take belly dancing to the next step and increase the intensity and movement of the dance.

Ballroom Dance

Ballroom dance lessons introduce students to merengue, cha-cha, waltz and foxtrot in a fun and supportive environment.

Hatha Yoga - Basic

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

Hatha Yoga

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

Hoopng

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.

Mom and Baby Fitness

This baby friendly class allows mom to get a great workout and attend to baby's needs at any time. Women should be 4+ weeks postpartum (6 weeks for caesareans) with pre-mobile babies.

Pilates - All Levels

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

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.

Salsa

Salsa is a very popular form of club dance found in clubs that play Latin music. Salsa is danced six steps over eight counts of music.

Somayoga

A restorative and therapeutic yoga practice that combines the essence of traditional hatha yoga with scientifically developed principles of movement.

Yoga Fusion

Improve posture, core strength and flexibility by linking traditional yoga postures and basic pilates moves together in a safe and effective way.

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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