



# Drop-in and Specialty Class Schedule (Age 13Y+)

November 1 – December 17, 2021

Clarence-Rockland Y  
1-1525 Du Parc Ave.  
Rockland, ON  
613-446-7679

**Our services and programs are currently impacted by COVID-19 protocols.**  
Please visit the Reopening Strategy section on our website to read about restrictions and FAQs.

MONDAY 7AM-7PM	TUESDAY 7AM-7PM	WEDNESDAY 7AM-7PM	THURSDAY 7AM-7PM	FRIDAY 7AM-7PM	SATURDAY 9AM-3PM	SUNDAY
Yoga* 7:15AM-8AM		HIIT 7:15AM-8AM		Total Body Workout 7:15AM-8AM		CLOSED
	Core Conditioning 9:15AM-10AM		Yoga* 9:15AM-10AM		Zumba* 9:15AM-10AM	
Young at Heart 10AM-10:45AM		Young at Heart 10AM-10:45AM		Young at Heart 10AM-10:45AM		
Zumba* 5:45PM-6:30PM		Yoga* 5:45PM-6:45PM				

Schedule is subject to change.

11/3/2021

# Class Descriptions

## **Total Body Workout**

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

## **HIIT**

High Intensity Interval Training –This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods Push yourself as hard as you can for a short interval, then move gently for the next interval. This method reaps maximum gain with maximum efficiency. Make the most of your workout time with HIIT!

## **Yoga\***

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

## **Core Conditioning**

Abs, back, hips, glutes – this class is all about functional training. Condition your core to work for you with a series of muscle strengthening exercises focusing on your core.

## **Zumba\***

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!

## **Young at Heart**



Resistance training increases muscle strength, bone density and stamina at all ages. The exercises in this class are designed to enhance the ability of the participant to perform routine daily tasks and to improve posture and balance. All ages and abilities welcome

\*Specialty class: Registration required.



Meets specific standards designated by the University of Ottawa Heart Institute