



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

November 22 – December 17, 2021

Taggart Family Y
180 Argyle Ave.
Ottawa, ON
613-237-1320

Please visit the Reopening Strategy section on our website to read about COVID-19 protocols and FAQs. **Some programs/classes require pre-booking and/or registration.**

MONDAY 7AM-7PM	TUESDAY 7AM-7PM	WEDNESDAY 7AM-7PM	THURSDAY 7AM-7PM	FRIDAY 7AM-7PM	SATURDAY 9AM-3PM	SUNDAY
Total Body Workout 7:15AM-8AM	Cyclefit (Pre-booking required) 7:15AM-8AM	Step 7:15AM-8AM	Core Conditioning 7:15AM-8AM	HIIT 7:15AM-8AM		CLOSED
	Core Conditioning 9:15AM-10AM		Zumba* 9:15AM-10AM		Power Yoga* 9:15AM-10:15AM	
Young at Heart 9AM-9:45AM		Young at Heart 9AM-9:45AM		Young at Heart 9AM-9:45AM		
	Aqua Fit (Pre-booking required) 9:45AM-10:30AM		Aqua Fit (Pre-booking required) 9:45AM-10:30AM		Zumba* 10:30AM-11:30AM	
Zumba* 5:45PM-6:30PM	Total Body Workout 5:45PM-6:30PM	Yoga* 5:45PM-6:45PM	Cyclefit (Pre-booking required) 5:45PM-6:30PM			

Schedule is subject to change.

11/17/2021

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.

Step

Enjoy the rhythmic patterns and workout benefits of stepping up and down on the step platform to music. Before you know it, the class is over and you've challenged your heart, lungs, legs and mind.

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/Power 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. /All the zen benefits of your traditional yoga class amped up for a more intense workout.

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

Aqua Fit

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water. **(Pre-booking required).**

Cyclefit

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills. **(Pre-booking required).**

*Specialty class: Registration required.



Meets specific standards designated by the University of Ottawa Heart Institute