



Fall
2022

Classes and
activities for

Fitness and Wellness

Recreation eGuide

Table of Contents

Youth.....	3
Adults.....	4
Aquafitness.....	4
Dance	4
Group fitness	5
Mind and body	7
Prenatal and with baby.....	10



[Jobs and volunteering](#)

[Financial support](#)

[Facilities](#)



New registration system coming soon

Online registration for Winter 2023 programs will look a bit different and have a few improvements. The new system will allow you to browse and filter program offerings, create a wishlist in advance, and improve wait times on registration nights.

Prepare for a smooth transition:

- Confirm your contact information is up to date by checking your online account or speaking with customer service staff next time you're in the facility.
- Subscribe to the [DiscoverRec e-newsletter](#). You'll receive instructions when it's time to create or access your new account.

Youth

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Bootcamp

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit.

Canterbury – 613-247-4865

15-17 years	Sat.	6:30-7:30 pm
Sep 24-Oct 29	\$51.25	1634357
Nov 5-Dec 10	\$51.25	1634359

Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

Sandy Hill – 613-564-1062

15-17 years	Wed.	5:30-6:30 pm
Sep 14-Dec 14	\$146.75	1632214

Zumba®

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.

Sandy Hill – 613-564-1062








15-17 years	Tue.	6-7 pm
Sep 13-Dec 13	\$119.25	1632181

Adults

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Aquafitness

Strength and cardio workouts that take place in the deep and/or shallow waters. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Sep 26	11	\$161.75	1632255
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3 pm	Sep 27	12	\$176.50	1632251
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Sep 29	12	\$176.50	1632252
Aqua Healing Waters 	Richcraft-Kanata	613-580-9696	Tue.	1-2 pm	Oct 4	12	\$176.50	1629926
Aqua Healing Waters 	Richcraft-Kanata	613-580-9696	Tue.	2-3 pm	Oct 4	12	\$176.50	1629928
Aqua Healing Waters 	Richcraft-Kanata	613-580-9696	Fri.	1-2 pm	Oct 7	12	\$176.50	1629929
Aqua Healing Waters 	Richcraft-Kanata	613-580-9696	Fri.	2-3 pm	Oct 7	12	\$176.50	1629932

Dance

Bring out the dancer in you! Get fit while participating in these high energy dance classes. For extension numbers, call 613-580-2424, then the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Sep 22	12	\$133.75	1628005
Party	Heron	613-247-4808	Mon.	6-7 pm	Sep 26	10	\$91.75	1631106
Party	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Oct 15	8	\$73.50	1631613

Adults

Group fitness

Fitness classes designed with various components such as cardio conditioning, strength training and stretches. For extension number, call 613-580-2424, then the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Barre Fit	Pat Clark	613-748-1771	Sat.	9:30-10:30 am	Sep 17	10	\$91.75	1633209
Barre Fit	Pat Clark	613-748-1771	Thu.	6-7 pm	Sep 22	11	\$101	1627159
Barre Fit	Pinecrest	613-580-9676	Wed.	7:15-8:15 pm	Oct 12	10	\$91.75	1633851
Bootcamp	Richmond	613-580-2424	Mon.	6:30-7:30 pm	Sep 26	10	\$91.75	1629565
Bootcamp	Eva James	613-580-2442	Wed.	Noon-12:45 pm	Sep 28	12	\$82.75	1629409
Bootcamp	Richmond	613-580-2424	Thu.	6:30-7:30 pm	Sep 29	12	\$110.25	1629566
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8:15-9:15 pm	Sep 22	13	\$119.25	1632146
Cardio & Strength	McNabb	613-564-1070	Thu.	5:30-6:30 pm	Sep 8	15	\$137.75	1631125
Cardio & Strength	McNabb	613-564-1070	Sat.	10-11 am	Sep 10	15	\$137.75	1631140
Cardio & Strength	Carleton Heights	613-226-2208	Mon.	9-10 am	Sep 12	6	\$55.25	1631554
Cardio & Strength	Carleton Heights	613-226-2208	Fri.	9-10 am	Sep 16	6	\$55.25	1631556
Cardio & Strength	Carleton Heights	613-226-2208	Fri.	9-10 am	Nov 4	7	\$64.25	1631559
Cardio & Strength	Carleton Heights	613-226-2208	Mon.	9-10 am	Nov 7	6	\$55.25	1631557
Cardio Blast - Virtual	Routhie	613-244-4470	Sat.	10:45-11:45 am	Oct 1	8	\$55.25	1632652
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Sep 21	13	\$119.25	1632140
Core Conditioning	Eva James	613-580-2442	Thu.	7:15-8:15 pm	Sep 29	11	\$101	1629421
Core Conditioning Women	Hunt Club-Riverside	613-580-2990	Mon.	10:15-11:15 am	Sep 12	12	\$110.25	1630461
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Oct 17	9	\$100.25	1631553
Nordic Walking	Terry Fox	613-247-4883	Wed.	7-8 pm	Sep 7	8	\$73.50	1629506
Nordic Walking	Terry Fox	613-247-4883	Sat.	1-2 pm	Sep 10	8	\$73.50	1629507
Outdoor Bootcamp	Nepean Sportsplex	613-580-2828	Wed.	5-6 pm	Sep 21	13	\$119.25	1632128
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Sep 19	10	\$91.75	1626510

Adults

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Stretch & Strength	Nepean Creative Arts	613-596-5783	Fri.	1-2 pm	Sep 23	10	\$91.75	1626509
STRONG Nation® (HIIT)	Eva James	613-580-2442	Thu.	6:30-7:30 pm	Sep 29	12	\$110.25	1629420
TMC	Carleton Heights	613-226-2208	Wed.	9-10 am	Sep 14	7	\$64.25	1631587
TMC	Carleton Heights	613-226-2208	Wed.	9-10 am	Nov 2	7	\$64.25	1631588
TMC	Kinburn	613-580-9696	Tue.	7-8 pm	Sep 27	12	\$110.25	1631486
TMC	Rideauview	613-822-7887	Wed.	7:30-8:30 pm	Sep 21	8	\$73.50	1629610
Walking Club	Hunt Club-Riverside	613-580-2990	Tue., Thu.	2-3 pm	Sep 13	28	\$5.75	1630386
Walking Club	Sandy Hill	613-564-1062	Mon.-Fri.	9-10 am	Sep 19	48	\$9.75	1632184
Zumba®	Eva James	613-580-2442	Thu.	7:45-8:45 pm	Sep 29	12	\$110.25	1629422
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Sep 29	10	\$91.75	1631198
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Oct 12	8	\$73.50	1631600
Zumba®	Hunt Club-Riverside	613-580-2990	Wed.	10:15-11:15 am	Sep 14	7	\$64.25	1630526
Zumba®	Hunt Club-Riverside.	613-580-2990	Wed.	10:15-11:15 am	Nov 2	7	\$64.25	1630539
Zumba®	Kanata	613-580-2570	Tue.	7-8 pm	Sep 27	10	\$91.75	1627511
Zumba®	Manotick	613-580-2424 ext. 30235	Wed.	7:30-8:30 pm	Oct 12	8	\$73.50	1631911
Zumba®	Manotick	613-580-2424 ext. 30235	Mon., Wed	7:30-8:30 pm	Oct 17	8	\$73.50	1631917
Zumba®	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 12	12	\$110.25	1628812
Zumba®	Ron Kolbus	613-828-4313	Tue.	6-7 pm	Sep 13	13	\$119.25	1632393
Zumba®	Sandy Hill	613-564-1062	Tue.	7-8 pm	Sep 13	14	\$128.50	1632180
Zumba®	South Fallingbrook	613-824-0633	Wed.	5-6 pm	Sep 28	10	\$91.75	1633117
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Oct 3	10	\$91.75	1632610

Adults

Mind and body

These classes are designed to relax, strengthen, and engage your whole being by connecting mind and body. For extension numbers, call 613-580-2424, then the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Pilates	Carleton Heights	613-226-2208	Wed.	10-11 am	Sep 14	7	\$78	1631673
Pilates	Eva James	613-580-2442	Wed.	11:15 am-12:15 pm	Sep 28	12	\$133.75	1629408
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Sep 19	12	\$133.75	1632092
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 12	12	\$133.75	1628800
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Sep 14	13	\$145	1631018
Pilates	Ron Kolbus	613-828-4313	Thu.	5:30-6:30 pm	Sep 15	13	\$145	1632392
Pilates	St-Laurent Complex	613-742-6767	Wed.	7:15-8:15 pm	Sep 28	10	\$111.50	1634044
Pilates Level 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 12	12	\$133.75	1628803
Pilates Level 2	St-Laurent Complex	613-742-6767	Thu.	7:45-8:45 pm	Sep 29	10	\$111.50	1634046
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Sep 14	13	\$145	1631032
Qi Gong	Greenboro	613-580-2805	Thu.	10:45-11:45 am	Sep 29	10	\$111.50	1634360
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6-7 pm	Sep 6	12	\$133.75	1632916
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 8	12	\$133.75	1632922
Tai Chi	Greenboro	613-580-2805	Fri.	10-11 am	Sep 30	10	\$111.50	1630267
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Sep 15	13	\$145	1631117
Tai Chi	Ray Friel	613-580-4765	Mon.	5:30-6:30 pm	Sep 12	12	\$133.75	1631999
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Sep 13	12	\$133.75	1633817
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	Noon-1 pm	Sep 15	12	\$133.75	1633818
Tai Chi Level 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6-7 pm	Sep 9	12	\$122.50	1632944
Tai Chi Level 2	Plant	613-232-3000	Thu.	7:30-8:30 pm	Sep 15	13	\$145	1631128
Tai Chi Level 2	Ray Friel	613-580-4765	Mon.	10:30-11:30 am	Sep 12	12	\$133.75	1632010
Tai Chi Level 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Sep 13	12	\$133.75	1633820
Tai Chi Level 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Sep 15	12	\$133.75	1633821

Adults

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Carleton Heights	613-226-2208	Tue.	10-11 am	Sep 13	7	\$78	1631606
Yoga	Carleton Heights	613-226-2208	Wed.	10-11 am	Sep 14	7	\$78	1635452
Yoga	Carleton Heights	613-226-2208	Tue.	10-11 am	Nov 1	7	\$78	1631607
Yoga	Carleton Heights	613-226-2208	Wed.	10-11 am	Nov 2	7	\$78	1635453
Yoga	Carleton Heights	613-226-2208	Mon.	6:30-7:30 pm	Nov 7	6	\$67	1631611
Yoga	Eva James	613-580-2442	Mon.	11:15 am-12:15 pm	Sep 26	11	\$122.50	1629397
Yoga	Eva James	613-580-2442	Mon.	7:15-8:15 pm	Sep 26	11	\$122.50	1629398
Yoga	Fitzroy Harbour	613-580-9696	Mon.	6:30-7:30 pm	Sep 26	10	\$111.50	1631560
Yoga	Goulbourn	613-580-2424	Thu.	9:30-10:30 am	Sep 22	6	\$67	1631985
Yoga	Goulbourn	613-580-2424	Thu.	9:30-10:30 am	Nov 3	6	\$67	1631989
Yoga	Greenboro	613-580-2805	Mon.	11 am-Noon	Sep 12	12	\$133.75	1632018
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Sep 20	12	\$133.75	1634342
Yoga	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Sep 22	12	\$133.75	1634377
Yoga	Heron	613-247-4808	Tue.	6-7 pm	Sep 27	10	\$111.50	1632756
Yoga	Hintonburg	613-798-8874	Mon.	6-7 pm	Sep 26	10	\$111.50	1631602
Yoga	Hunt Club-Riverside	613-580-2990	Sun.	9-10 am	Sep 11	13	\$145	1630429
Yoga	Hunt Club-Riverside	613-580-2990	Mon.	7-8 pm	Sep 12	13	\$145	1630419
Yoga	Hunt Club-Riverside	613-580-2990	Wed.	7-8 pm	Sep 14	14	\$156	1630426
Yoga	John G. Mlacak Centre	613-580-2980	Wed.	6:15-7:15 pm	Sep 21	11	\$122.50	1629780
Yoga	Nepean Creative Arts	613-596-5783	Wed.	11:30 am-12:30 pm	Sep 21	10	\$111.50	1626528
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7:15-8:15 pm	Sep 19	12	\$133.75	1632106
Yoga	Pat Clark	613-748-1771	Thu.	7:15-8:15 pm	Sep 22	11	\$122.50	1627160
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Sep 13	13	\$145	1629290
Yoga	Richmond	613-580-2424	Mon.	7:30-8:30 pm	Sep 26	10	\$111.50	1629569

Adults

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Richmond	613-580-2424	Thu.	7:30-8:30 pm	Sep 29	12	\$133.75	1629570
Yoga	Rideauview	613-822-7887	Tue.	7:30-8:30 pm	Sep 27	10	\$111.50	1629593
Yoga	Ron Kolbus	613-828-4313	Tue.	7:30-8:30 pm	Sep 13	11	\$122.50	1632362
Yoga	South Fallingbrook	613-824-0633	Mon.	6:30-7:30 pm	Sep 12	12	\$133.75	1627484
Yoga	South Fallingbrook	613-824-0633	Wed.	6:30-7:30 pm	Sep 14	12	\$133.75	1627485
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Sep 28	10	\$111.50	1633822
Yoga	St-Laurent Complex	613-742-6767	Thu.	6:30-7:30 pm	Sep 29	10	\$111.50	1633823
Yoga & Pilates	Churchill Seniors	613-798-8927	Wed.	10:30-11:30 am	Sep 7	8	\$89.25	1630394
Yoga & Pilates	Churchill Seniors	613-798-8927	Wed.	10:30-11:30 am	Nov 2	7	\$78	1630395
Yoga Level 2	Blackburn Hamlet	613-824-0633	Wed.	7:45- 8:45 pm	Sep 14	12	\$133.75	1627781
Yoga Meditation	Eva James	613-580-2442	Wed.	7-8 pm	Sep 28	12	\$133.75	1630990
Yoga Meditation	Kanata	613-580-2570	Thu.	7-8 pm	Sep 29	10	\$111.50	1627519
Yoga Restorative	Sandy Hill	613-564-1062	Thu.	9-10 am	Sep 15	14	\$156	1632212
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	9:30-10:30 am	Sep 18	12	\$133.75	1634373
Yoga with baby	Kanata	613-580-2570	Wed.	9:30-10:30 am	Sep 28	10	\$111.50	1632034
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Sep 19	12	\$133.75	1632589
Yoga Yin	François Dupuis	613-580-8080	Thu.	7:45-8:45 pm	Sep 22	13	\$145	1632593
Yoga Yin	Kanata	613-580-2570	Wed.	10:45-11:45 am	Sep 28	10	\$111.50	1632058
Yoga Yin	Sandy Hill	613-564-1062	Tue.	9-10 am	Sep 13	14	\$156	1632197

Adults

Prenatal and with baby

Fitness classes designed with soon to be moms or parents with babies in mind. For extension numbers, call 613-580-2424, then the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Oct 17	9	\$100.25	1631957
Yoga Pre Natal	Ray Friel	613-580-4765	Wed.	6:30-7:30 pm	Sep 14	7	\$78	1631123
Yoga Pre Natal	Ray Friel	613-580-4765	Wed.	6:30-7:30 pm	Nov 2	7	\$78	1631127
Yoga Pre Natal	South Fallingbrook	613-824-0633	Wed.	6-7 pm	Sep 28	10	\$111.50	1633121