



Spring
2022

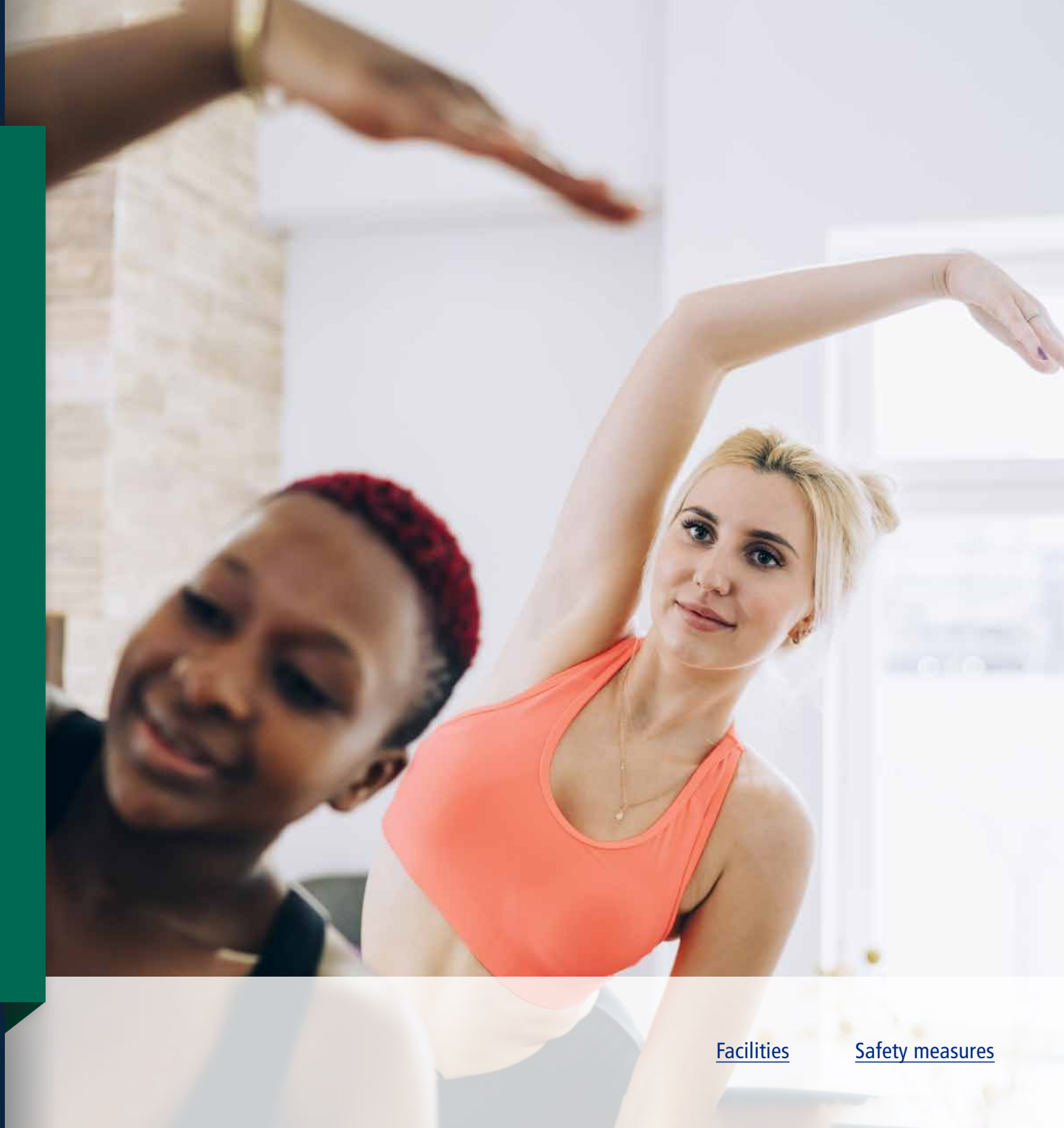
Classes and
activities for

Fitness

Recreation eGuide

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Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF 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.

Barre Fit

Combining ballet barre exercises, with strength training, core conditioning and muscular endurance mat work to develop a sculpted physique. Dance experience not required!

Pat Clark – 613-748-1771

18+ years	Thu.	7:15-8:15 pm
Apr 14-Jun 23	\$101	1615586

Bootcamp

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

Carleton Heights – 613-226-2208

16+ years	Thu.	6-7 pm
Mar 24-May 5	\$64.25	1613992
May 12-Jun 23	\$64.25	1613993

Nepean Sportsplex – 613-580-2828

16+ years	Sat.	8-9 am
Mar 26-Jun 11	\$91.75	1611731
16+ years	Tue.	5-6 pm
Mar 29-Jun 14	\$110.25	1611730

Plant – 613-232-3000

16+ years	Tue.	7:30-8:30 am
Apr 26-Jun 21	\$82.75	1614188
16+ years	Thu.	7:30-8:30 am
Apr 28-Jun 23	\$82.75	1614284

Richmond – 613-325-2783

18+ years	Mon.	6:30-7:30 pm
Mar 28-Jun 13	\$91.75	1611800

Bootcamp for Women

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

Nepean Sportsplex – 613-580-2828

16+ years	Thu.	8:15-9:15 pm
Mar 31-Jun 16	\$110.25	1611729

Cardio and Strength

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements. Some light (1-5 lbs) hand weights might be used in the cardio and/or strength portion.

Carleton Heights – 613-226-2208

18+ years	Mon.	9-10 am
Mar 21-May 2	\$55.25	1613820
May 9-Jun 20	\$55.25	1613836

18+ years	Mon.	6:30-7:30 pm
Mar 21-May 2	\$55.25	1613821
May 9-Jun 20	\$55.25	1613837

18+ years	Fri.	9-10 am
Mar 25-May 6	\$55.25	1613822
May 13-Jun 24	\$64.25	1613838

Eva James – 613-325-2783

18+ years	Mon.	9-10 am
Apr 25-Jun 13	\$64.25	1610388
18+ years	Fri.	9-10 am
Apr 29-Jun 17	\$73.50	1610392

Rideauview – 613-822-7887

18+ years	Mon., Thu.	6-7 pm
Apr 4-Jun 23	\$91.75	1609457

Cardio Kickboxing

High energy mixed impact workout combining modified boxing, kicking and martial arts moves. Get rid of your stress!

Nepean Sportsplex – 613-580-2828

16+ years	Wed.	8-9 pm
Mar 30-Jun 15	\$110.25	1611726

Core Conditioning

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance.

Eva James – 613-325-2783

18+ years	Thu.	7:15-8:15 pm
Apr 28-Jun 16	\$73.50	1610540

Core Conditioning Women

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance.

Hunt Club-Riverside – 613-580-2990

19+ years	Mon.	10:30-11:30 am
Apr 4-Jun 20	\$91.75	1611836
19+ years	Wed.	10:30-11:30 am
Apr 6-Jun 22	\$110.25	1611837

Indoor Cycling and Yoga

In this indoor cycling ride, you will enhance your aerobic and anaerobic fitness while then improving core strength and flexibility.

Nepean Sportsplex – 613-580-2828

16+ years	Mon.	7-8 pm
Mar 28-Jun 13	\$111.50	1611717

Meditation – Workshop

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind.

Kanata Recreation – 613-580-2570

16+ years	Wed.	7-8 pm
Apr 13	\$11.25	1615263
May 4	\$11.25	1615265
May 25	\$11.25	1615274

Fitness

Meditation

Reduce your stress, control your moods, and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind.

Aquaview – 613-824-0633 ext. 221

18+ years	Thu.	10:30-11:30 am
Apr 7-Jun 23	\$152.50	1614470

Party

High energy mix of dance music and movement. Designed for all abilities and dance styles.

Heron – 613-247-4808

18+ years	Mon.-Tue.	6-7 pm
Mar 28-Jun 14	\$101	1614685

Pilates

Develop the foundational movements of pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance.

Eva James – 613-325-2783

18+ years	Wed.	11:15 am-12:15 pm
Apr 27-Jun 15	\$89.25	1610523

Nepean Sportsplex – 613-580-2828

16+ years	Mon.	6-7 pm
Mar 28-Jun 13	\$111.50	1611716

Plant – 613-232-3000

16+ years	Mon.	6:30-7:30 pm
Apr 25-Jun 20	\$89.25	1614185
16+ years	Wed.	6:30-7:30 pm
Apr 27-Jun 22	\$100.25	1614254

Ron Kolbus Lakeside – 613-828-4313

18+ years	Thu.	5-6 pm
Mar 24-Apr 21	\$55.75	1614354

Pilates – Level 2

Progress your pilates foundational movements with added challenges.

Plant – 613-232-3000

16+ years	Mon.	7:45-8:45 pm
Apr 25-Jun 20	\$89.25	1614186
16+ years	Wed.	7:45-8:45 pm
Apr 27-Jun 22	\$100.25	1614256

Qi Gong

Combining gentle movement with meditation, this ancient art is believed to reduce stress and prevent illness through the integration of the spirit, body, and energy (Chi).

Greenboro – 613-580-2805

18 years+	Thu.	10:45-11:45 am
Mar 24-May 26	\$111.50	1615893

Strength Training

Increase energy and gain confidence using weight and cardio machines. Learn proper techniques in this social setting.

Ray Friel – 613-580-4765

18+ years	Mon.	5:30-6:30 pm
Mar 21-May 30	\$101	1614094
18+ years	Tue.	9:15-10:15 am
Mar 22-May 31	\$101	1614095

Stretch and Strength

Combine strength training movements with flexibility to improve muscular strength and mobility.

Eva James – 613-325-2783

18+ years	Wed.	9-10 am
Apr 27-Jun 15	\$73.50	1610465

Nepean Creative Arts – 613-596-5783

18+ years	Mon.	1-2 pm
Apr 4-Jun 13	\$82.75	1614143
18+ years	Fri.	1-2 pm
Apr 1-Jun 10	\$91.75	1614141

STRONG by Zumba®

High Intensity Interval Training class using traditional fitness moves for an athletic, conditioning-style workout. Use your body weight as resistance to achieve definition.

Eva James – 613-325-2783

18+ years	Thu.	6:30-7:30 pm
Apr 28-Jun 16	\$73.50	1610543

Tai Chi

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination, and balance.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Tue.	6-7 pm
Apr 5-Jun 7	\$111.50	1612300
18+ years	Thu.	9:30-10:30 am
Apr 7-Jun 9	\$111.50	1612301

Overbrook – 613-742-5147

18+ years	Tue.	6:30-7:30 pm
Mar 22-May 10	\$89.25	1609486
May 17-Jun 28	\$78	1609487

Plant – 613-232-3000

16+ years	Thu.	6-7 pm
Apr 28-Jun 23	\$100.25	1614289

Tai Chi – Level 2

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination, and balance.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Fri.	6-7 pm
Apr 8-Jun 17	\$111.50	1612304

Plant – 613-232-3000

16+ years	Thu.	7:15-8:15 pm
Apr 28-Jun 23	\$100.25	1614290

Fitness

TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand weights.

Carleton Heights – 613-226-2208

18+ years	Wed.	9-10 am
Mar 23-May 4	\$64.25	1613886
May 11-Jun 22	\$64.25	1613887

Kinburn – 613-315-4127

16+ years	Tue.	7-8 pm
Mar 29-May 17	\$73.50	1610969

Yoga

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

Carleton Heights – 613-226-2208

18+ years	Tue.	10:15-11:15 am
Mar 22-May 3	\$78	1613878
May 10-Jun 21	\$78	1613880

Eva James – 613-325-2783

18+ years	Mon.	11:15 am-12:15 pm
Apr 25-Jun 13	\$78	1610416
18+ years	Mon.	7:15-8:15 pm
Apr 25-Jun 13	\$78	1610419

Fitzroy Harbour – 613-315-4127

16+ years	Mon.	6:30-7:30 pm
Mar 28-May 16	\$78	1610970

Greenboro – 613-580-2805

18 years+	Sat.	12:30-1:30 pm
Apr 2-Jun 4	\$89.25	1615852
18+ years	Mon.	11 am-noon
Mar 21-Jun 6	\$111.50	1614523
18+ years	Tue.	7:30-8:30 pm
Mar 22-May 24	\$111.50	1614525

Hintonburg – 613-798-8874

15+ years	Mon.	6-7 pm
Apr 4-Jun 6	\$89.25	1615601

Hunt Club-Riverside – 613-580-2990

19+ years	Sun.	9-10 am
Apr 3-Jun 12	\$111.50	1611847
19+ years	Mon.	7-8 pm
Apr 4-Jun 20	\$111.50	1611844
19+ years	Wed.	7-8 pm
Apr 6-Jun 22	\$133.75	1611846

Metcalfe – 613-580-2424 ext. 30235

18+ years	Thu.	7:30-8:30 pm
Mar 24-May 26	\$111.50	1612731

Navan – 613-824-0633 ext. 221

18+ years	Tue.	9:30-10:30 am
Apr 5-Jun 21	\$133.75	1614421
18+ years	Thu.	9:30-10:30 am
Apr 7-Jun 23	\$133.75	1614408

Nepean Creative Arts – 613-596-5783

18+ years	Wed.	noon-1 pm
Apr 6-Jun 1	\$100.25	1614145

Nepean Sportsplex – 613-580-2828

16+ years	Mon.	7:15-8:15 pm
Mar 28-Jun 13	\$111.50	1611718

Pat Clark – 613-748-1771

18+ years	Thu.	6-7 pm
Apr 14-Jun 23	\$122.50	1612870

Plant – 613-232-3000

16+ years	Wed.	8:30-9:30 am
Apr 27-Jun 22	\$100.25	1614556
16+ years	Fri.	8:30-9:30 am
Apr 29-Jun 24	\$100.25	1614557
16+ years	Sat.	10-11 am
Apr 30-Jun 25	\$89.25	1614297

Richmond – 613-325-2783

18+ years	Mon.	7:45-8:45 pm
Mar 28-May 2	\$55.75	1611801
18+ years	Thu.	7:30-8:30 pm
Mar 31-May 5	\$67	1611802

Ron Kolbus Lakeside – 613-828-4313

18+ years	Tue.	7:30-8:30 pm
Mar 22-Apr 19	\$55.75	1614345

Sandy Hill – 613-564-1062

18+ years	Wed.	6:30-8 pm
Mar 23-Apr 27	\$100.25	1615818
May 4-Jun 8	\$100.25	1615825
18+ years	Fri.	9:30-11 am
Mar 25-Apr 29	\$83.75	1615798
May 6-Jun 10	\$100.25	1615800

South Fallingbrook – 613-824-0633 ext. 221

18+ years	Mon.	7-8 pm
Apr 4-Jun 20	\$111.50	1614401
18+ years	Wed.	7-8 pm
Apr 6-Jun 22	\$133.75	1614406

Yoga Meditation

Bring awareness into your body and the moment through gentle yoga poses, classical breathing techniques, and a guided meditation at the end of each practice.

Eva James – 613-325-2783

18+ years	Wed.	7-8 pm
Apr 27-Jun 15	\$89.25	1610531

Kanata Recreation – 613-580-2570

18+ years	Thu.	7-8 pm
Apr 14-Jun 2	\$89.25	1611230

Ray Friel – 613-580-4765

18+ years	Tue.	10:15-11:15 am
Mar 22-May 31	\$122.50	1614096
18+ years	Wed.	7:30-8:30 pm
Mar 23-Jun 1	\$122.50	1614097

Yoga Power

Dynamic and vigorous form of Hatha yoga. Poses are linked to each other through a series of connecting movements synchronized with the breath, producing internal body heat.

Ray Friel – 613-580-4765

18+ years	Tue.	5:15-6:15 pm
Mar 29-Jun 7	\$122.50	1614098

Fitness

Yoga Pre-Natal

Hatha style class will include modifications and appropriate alternative poses necessary for a safe yoga practice during all stages of pregnancy. Consult your physician before beginning. No experience required.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Mon.	7:30-8:30 pm
Apr 4-Jun 6	\$89.25	1612883

Ray Friel – 613-580-4765

18+ years	Sun.	11:30 am-12:30 pm
Mar 27-Jun 5	\$122.50	1614105
18+ years	Thu.	6:30-7:30 pm
Mar 24-Jun 2	\$122.50	1614104

Yoga Yin

Yin yoga encourages long held floor poses to enhance the Chi or energy distribution through the bones and connective tissues that bind them. It marries meditation and asana into a very deep practice.

François Dupuis – 613-580-8080

18+ years	Mon.	7:45-8:45 pm
Apr 11-Jun 13	\$89.25	1615528
18+ years	Thu.	7:45-8:45 pm
Apr 14-Jun 16	\$111.50	1615549

Ray Friel – 613-580-4765

18+ years	Wed.	noon-1 pm
Mar 23-Jun 1	\$122.50	1614100
18+ years	Thu.	7:30-8:30 pm
Mar 24-Jun 2	\$122.50	1614102

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.

Eva James – 613-325-2783

18+ years	Thu.	7:45-8:45 pm
Apr 28-Jun 16	\$73.50	1610553

Heron – 613-247-4808

18+ years	Thu.	6:30-7:30 pm
Mar 31-Jun 16	\$110.25	1614683

Hintonburg – 613-798-8874

15+ years	Wed.	6-7 pm
Apr 6-May 25	\$73.50	1615599

Kanata Recreation – 613-580-2570

16+ years	Tue.	7-8 pm
Apr 5-Jun 7	\$91.75	1610979

Manotick – 613-580-2424 ext. 30235

18+ years	Mon.	7:30-8:30 pm
Mar 21-May 30	\$91.75	1612729
18+ years	Wed.	7:30-8:30 pm
Mar 23-May 25	\$91.75	1612730

Pat Clark – 613-748-1771

18+ years	Fri.	6:30-7:30 pm
Apr 22-Jun 24	\$91.75	1613468

Plant – 613-232-3000

16+ years	Tue.	6-7 pm
Apr 26-Jun 21	\$82.75	1614201

Rideauview – 613-822-7887

11-99 years	Mon.	7:10-8:10 pm
Apr 4-Jun 13	\$91.75	1609465

Ron Kolbus Lakeside – 613-828-4313

18+ years	Tue.	6-7 pm
Mar 22-Apr 19	\$46	1614356

Walter Baker – 613-580-2788

18+ years	Tue.	7-8 pm
Apr 5-May 24	\$73.50	1611321

Zumba® Toning

Combines targeted body-sculpting exercises, hand weights and high-energy cardio work with Latin-infused Zumba® moves.

François Dupuis – 613-580-8080

18+ years	Mon.	7:45-8:45 pm
Apr 11-Jun 13	\$73.50	1615534

Zumba® Woman

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.

Ray Friel – 613-580-4765

18+ years	Sat.	11:30 am-12:30 pm
Mar 26-Jun 4	\$101	1614106