



Summer  
2022

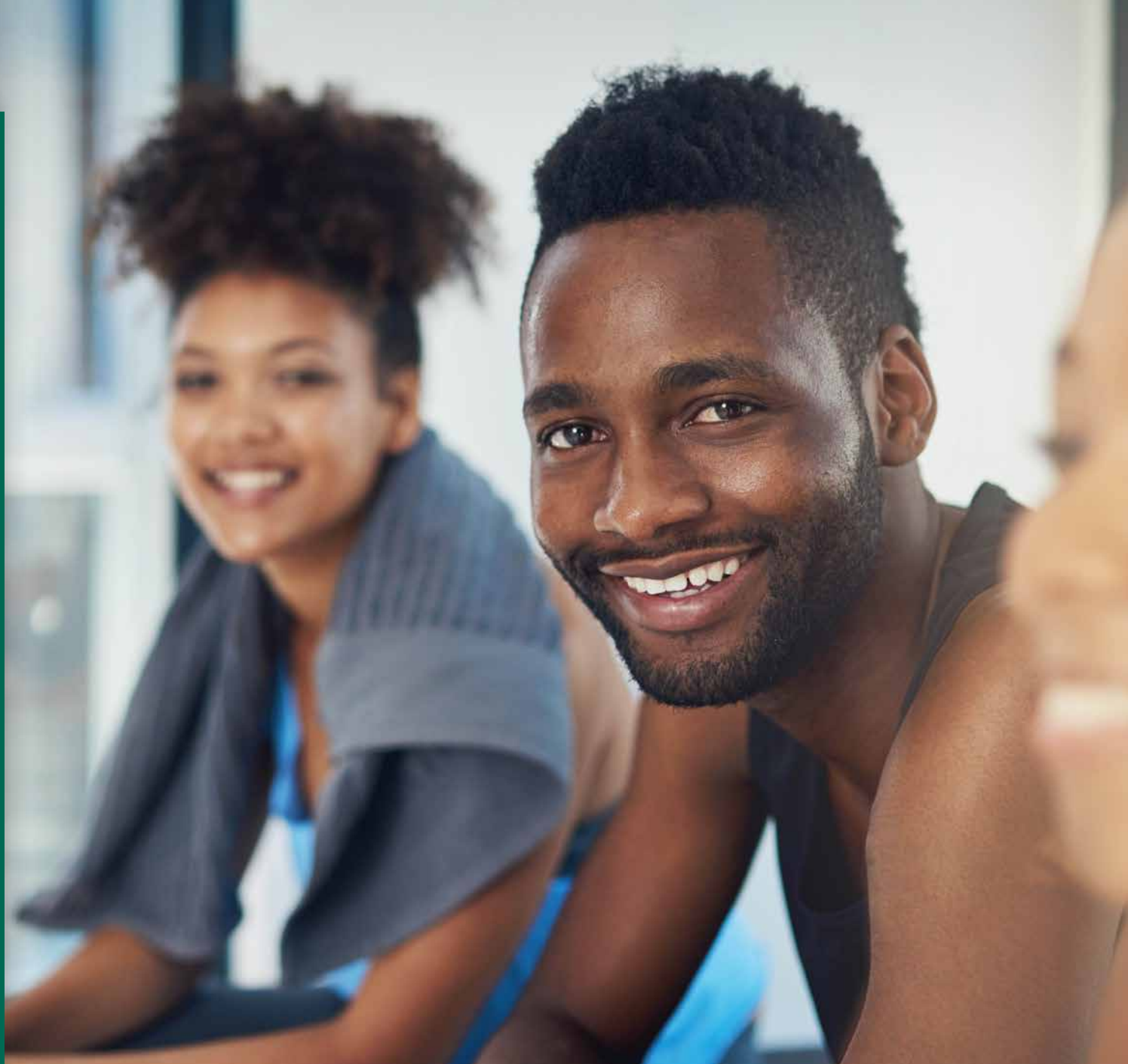
Classes and  
activities for

# Fitness and Wellness

Recreation eGuide

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# Adult




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.	5-6 pm	Jul 4	7	\$103	<a href="#">1621891</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	Noon-1 pm	Jul 5	8	\$117.75	<a href="#">1621894</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	Noon-1 pm	Jul 7	8	\$117.75	<a href="#">1621895</a>

## 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	Jul 7	8	\$89.25	<a href="#">1619310</a>
Zumba®	Plant	613-232-3000	Fri.	6:30-7:30 pm	Jul 8	7	\$64.25	<a href="#">1622094</a>
Zumba®	Pat Clark	613-748-1771	Fri.	6:30-7:30 pm	Jul 8	8	\$73.50	<a href="#">1624762</a>

# Adult

## 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	Thu.	7:15-8:15 pm	Jul 7	8	\$73.50	<a href="#">1624739</a>
Bootcamp	Nepean Sportsplex	613-580-2828	Tue.	5- 6 pm	Jun 28	9	\$82.75	<a href="#">1624803</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8:15-9:15 pm	Jun 30	9	\$82.75	<a href="#">1624810</a>
Cardio and Strength	Carleton Heights	613-226-2208	Tue.	9-10 am	Jul 5	8	\$73.50	<a href="#">1624365</a>
Cardio and Strength	Carleton Heights	613-226-2208	Fri.	9-10 am	Jul 8	8	\$73.50	<a href="#">1624366</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Jun 29	9	\$82.75	<a href="#">1624809</a>

## 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	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Jun 27	8	\$89.25	<a href="#">1624790</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jul 4	7	\$78	<a href="#">1620950</a>
Pilates	Plant	613-232-3000	Wed.	6:30-7:30 pm	Jul 6	8	\$89.25	<a href="#">1622083</a>
Pilates – Level 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Jul 4	7	\$78	<a href="#">1620952</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:30-8:30 pm	Jul 6	8	\$89.25	<a href="#">1622088</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7:15-8:15 pm	Jun 27	8	\$89.25	<a href="#">1624797</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	6:30-7:30 pm	Jul 4	8	\$89.25	<a href="#">1623031</a>
Yoga	Carleton Heights	613-226-2208	Tue.	10-11 am	Jul 5	8	\$89.25	<a href="#">1624398</a>
Yoga	Pat Clark	613-748-1771	Thu.	6-7 pm	Jul 7	8	\$89.25	<a href="#">1622440</a>

# Pre-Natal and With Baby

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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
Aqua with Baby	Jack Purcell	613-564-1050	Tue.	11-11:45am	Jul 5	9	\$99.25	<a href="#">1619932</a>