



Summer  
2022

# Virtual Activities

## 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.

## Fitness

### Bootcamp

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |         |                         |
|--------------|---------|-------------------------|
| 18 years+    | Tue.    | 5:30-6:30 pm            |
| Jul 5-Aug 23 | \$55.25 | <a href="#">1623619</a> |

### 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. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |         |                         |
|--------------|---------|-------------------------|
| 18 years+    | Wed.    | 5:30-6:30 pm            |
| Jul 6-Aug 24 | \$55.25 | <a href="#">1623782</a> |

### Core Conditioning

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |         |                         |
|--------------|---------|-------------------------|
| 18 years+    | Tue.    | 6:45-7:45 pm            |
| Jul 5-Aug 23 | \$55.25 | <a href="#">1623770</a> |

### Pilates

Develop the foundational movements of pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |      |                         |
|--------------|------|-------------------------|
| 18 years+    | Wed. | 8-9 pm                  |
| Jul 6-Aug 24 | \$67 | <a href="#">1623794</a> |

### Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |      |                         |
|--------------|------|-------------------------|
| 18 years+    | Tue. | 8-9 pm                  |
| Jul 5-Aug 23 | \$67 | <a href="#">1623773</a> |

### 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. Requires a personal electronic device with internet connection.

#### 613-325-5073

|              |         |                         |
|--------------|---------|-------------------------|
| 18 years+    | Wed.    | 6:45-7:45 pm            |
| Jul 6-Aug 24 | \$55.25 | <a href="#">1623788</a> |