



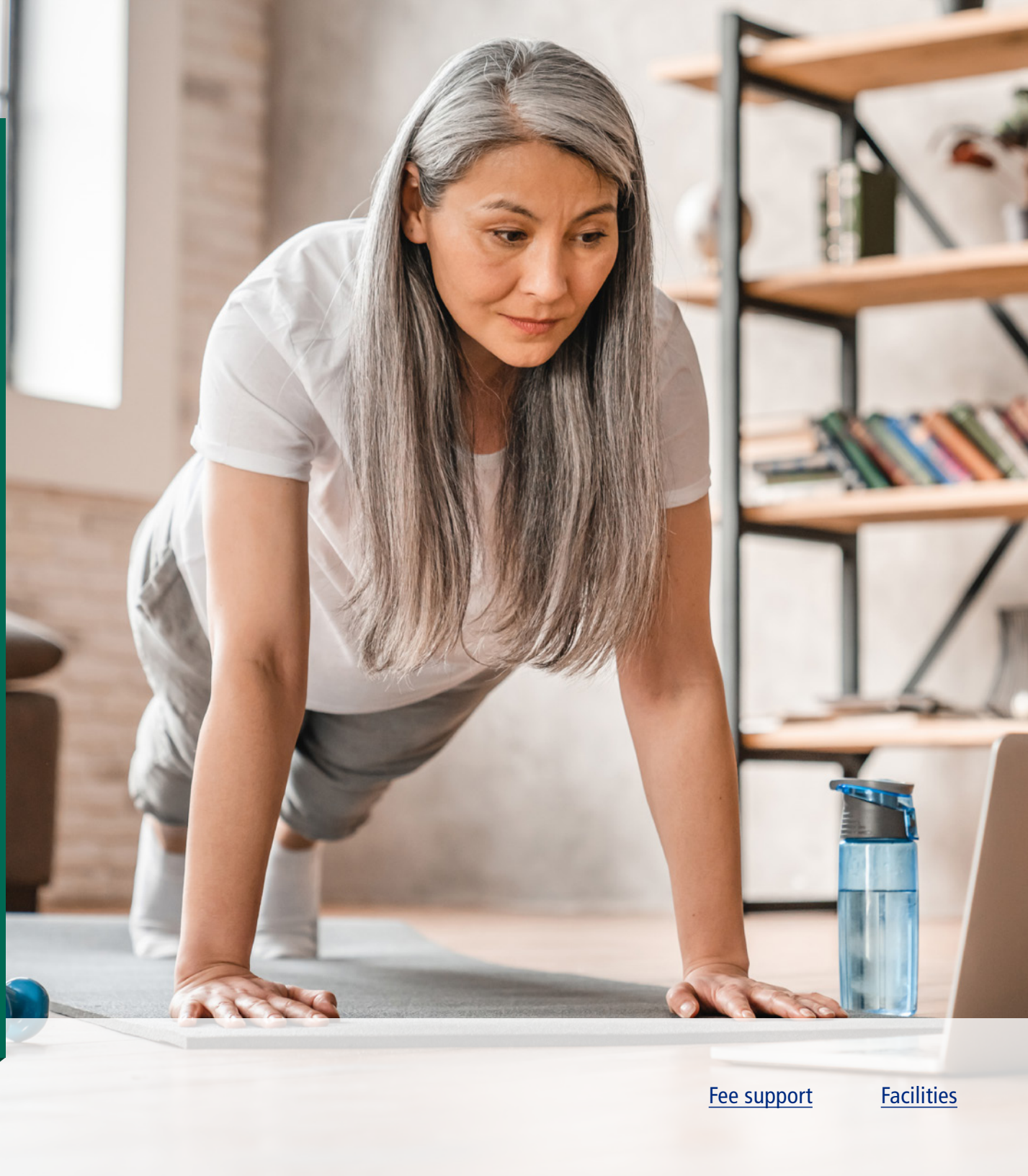
Summer 2021

Summer virtual activities

Recreation eGuide

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Summer virtual activities

Visit us online at ottawa.ca/virtualprograms or email us at virtual.virtuel@ottawa.ca.

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.

Adult

Meditation – Virtual

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	9-10 am
Jul 4-25	\$37.50	1597709
Aug 8-29	\$37.50	1597718

Core Conditioning – Virtual

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.

613-580-2424 x 32047

18+ years	Tue.	5-6 pm
Jul 6-27	\$27	1597702
Aug 3-24	\$27	1597711

Pilates – Virtual

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.

613-580-2424 x 32047

18+ years	Wed.	7:30-8:30 pm
Jul 7-28	\$33	1597708
Aug 4-25	\$33	1597717

Tai Chi – Virtual

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	10:15-11:15 am
Jul 4-25	\$33	1597710
Aug 8-29	\$33	1597719

Tai Chi Level 2 – Virtual

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	11:30 am-12:30 pm
Jul 4-25	\$33	1597727
Aug 8-29	\$33	1597728

TMC – Virtual

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as resistance tubes, and hand weights. Equipment not provided. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	5-6 pm
Jul 7-28	\$27	1597706
Aug 4-25	\$27	1597715

Yoga – Virtual

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.

613-580-2424 x 32047

18+ years	Tue.	7:30-8:30 pm
Jul 6-27	\$33	1597704
Aug 3-24	\$33	1597713

Yoga Pre-natal – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	6:15-7:15 pm
Jul 6-27	\$33	1597703
Aug 3-24	\$33	1597712

Zumba® – Virtual

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.

613-580-2424 x 32047

18+ years	Wed.	6:15-7:15 pm
Jul 7-28	\$27	1597707
Aug 4-25	\$27	1597716

Summer virtual activities

Adult 50+

Chair Exercise Older Adult – Virtual

Full body workout using a chair for support. Requires a personal electronic device with internet connection.



613-580-2424 x 32047

19+ years	Wed.	3:15-4:15 pm
Jul 7-28	\$33	1597705
Aug 4-25	\$33	1597714