

Group Fitness/Aquafit*/Spinfit**

April 2-June 30, 2023

■ Group Fitness Studio
 ■ Online/Zoom
 ■ Indoor Pool
 ■ Spinfit Studio
 ■ Social Hall

*Aquafit begins April 17 due to pool maintenance

New Addition!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:30-8:15 AM				PowerPump Ryan <i>Fitness Studio</i>		
8:15-9:15 am		Core Yoga Josh <i>Social Hall</i>				
8:30-9:30 am	Zumba Emma <i>Zoom</i>		Zumba Emma <i>Zoom</i>			
8:45-9:15 am			Core Strength Ryan <i>Fitness Studio</i>		Core Strength Ryan <i>Fitness Studio</i>	
9:00-10:00 am					Yin Yoga Josh <i>Social Hall</i>	Zumba Emma <i>Fitness Studio</i>
9:15-10:15 am	Powerpump Carla <i>Fitness Studio</i>	Ballet Barre Fit Kirsten <i>Fitness Studio</i>	Bootcamp Debora <i>Fitness Studio</i>	Yoga Flow Xiang <i>Social Hall</i>	Bootcamp Ryan <i>Fitness Studio</i>	
9:30-10:15 am	AquaWaves* Kathy <i>Indoor Pool</i>	AquaWaves* David <i>Indoor Pool</i>	AquaWaves* Kathy <i>Indoor Pool</i>	AquaWaves* Dalia <i>Indoor Pool</i>	AquaWaves* Kathy <i>Indoor Pool</i>	
9:30-10:30 am	Spinfit Barry <i>Spinfit Studio</i>	Spinfit Carla <i>Spinfit Studio</i>	Spinfit Brian <i>Spinfit Studio</i>	Spinfit David <i>Spinfit Studio</i>	Spinfit Barry <i>Spinfit Studio</i>	
10:15-11:15 am						PowerPump Nick <i>Fitness Studio</i>
10:30-11:30 am	Vitality Strength David <i>Fitness Studio</i>	Vitality Plus Kirsten <i>Fit. Studio</i>	Beginner Yoga Sylvia <i>Social Hall</i>	Vitality Plus Margaret <i>Fitness Studio</i>	Vitality Strength Dalia <i>Fitness Studio</i>	Vitality Plus Carla <i>Fitness Studio</i>
11:30am-12:15 pm					Chair Yoga Joanne <i>Social Hall</i>	
11:30am-12:30 pm						Yoga Flow Joanne <i>Social Hall</i>
12:15-1:00 pm	Basic Yoga Carla <i>Social Hall</i>					
5:30-6:15 pm	Spinfit Brian <i>Spinfit Studio</i>		Spinfit Carla <i>Spinfit Studio</i>			
5:30-6:30 pm	Bootcamp Dalia <i>Fitness Studio</i>		Core Yoga Joanne <i>Social Hall</i>			
5:45-6:30 pm		HIIT Dylan <i>Fitness Studio</i>				
6:00-6:45 pm				Ballet Barre Fit Dylan <i>Fitness Studio</i>		
6:15-7:00 pm	AquaWaves* Allie <i>Indoor Pool</i>		AquaWaves* Allie <i>Indoor Pool</i>			
6:15-7:15 pm		Mindful Meditation Karl <i>Zoom</i>				
6:30-7:15 pm	Yoga Flow Merle <i>Social Hall</i>		Bootcamp Max <i>Fitness Studio</i>			
7:00-7:45 pm				Shine Dance Fitness Stacey <i>Fitness Studio</i>		

**Advanced registration is required for SpinFit as space is limited. Registration opens Thursdays at 4:00 pm at jccottawa.com