

Group Fitness/Aquafit/Spinfit*

September 5-December 31, 2023
Last revised: August 9

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

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

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

HeartWise Exercise Class

The Soloway JCC and The University of Ottawa Heart Institute have teamed up to offer safe and effective programs for people with cardiac disease. Exercise programs that carry the Heart Wise logo are most suitable for those with cardiac disease or those who may want to assure themselves that the programs are heart-friendly.