

Group Fitness/Aquafit/Spinfit

January 5 – March 30, 2025

CLASS LOCATION LEGEND

- Spinfit Studio
- Group Fitness Studio
- Indoor Pool
- Social Hall
- Zoom

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30-8:15 am			Tai Chi Lisa <i>Fitness Studio</i>	PowerPump Ryan <i>Fitness Studio</i>			
8:15-9:00 am	Core Stability Sarah <i>Fitness Studio</i>	Core Yoga Joanne <i>Social Hall</i>		Yoga Flow Xiang <i>Social Hall</i>	Mat Pilates Ann <i>Social Hall</i>		
8:45-9:15 am			Core Strength Ryan <i>Fitness Studio</i>				
9:00-10:00 am							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>	Fusion Fitness Constance <i>Fitness Studio</i>	Bootcamp Ryan <i>Fitness Studio</i>	Shine DF Stacey <i>Fitness Studio</i>	
9:30-10:15 am	AquaWaves Kathy <i>Indoor Pool</i>	AquaWaves Margaret <i>Indoor Pool</i>	AquaWaves Kathy <i>Indoor Pool</i>	AquaWaves Dalia <i>Indoor Pool</i>	AquaWaves Kathy <i>Indoor Pool</i>		Spinfit* Barry <i>Spinfit Studio</i>
9:30-10:30 am	Spinfit* Barry <i>Spinfit Studio</i>	Spinfit* Carla <i>Spinfit Studio</i>	Spinfit* Julie <i>Spinfit Studio</i>	Spinfit* David <i>Spinfit Studio</i>	Spinfit* Barry <i>Spinfit Studio</i>		
10:15-11:15 am						Spinfit* Kim <i>Spinfit Studio</i>	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 David <i>Fitness Studio</i>	Vitality Strength Dalia <i>Fitness Studio</i>	Vitality Plus Carla <i>Fitness Studio</i>	PowerPump Dalia <i>Fitness Studio</i>
11:30-12:30 pm						Yin Yoga Josh <i>Social Hall</i>	Power Yoga Josh <i>Social Hall</i>
11:45am-12:30 pm					Chair Yoga Joanne <i>Social Hall</i>		
12:00-12:45 pm	Chair Zumba Gold Debbie <i>Social Hall</i>						
12:15-1:00 pm	Basic Yoga Carla <i>Social Hall</i>	Rehab Functional Fit ² Ryan <i>Fitness Studio</i>	Mat Pilates Ann <i>Social Hall</i>	WT for Women ³ Ryan <i>Fitness Studio</i>	Spinfit* Kim <i>Spinfit Studio</i>		
1:00-2:00 pm	AquaMobility ¹ Kathy <i>Indoor Pool</i>		AquaMobility ¹ Kathy <i>Indoor Pool</i>	Tai Chi JoAnne <i>Fitness Studio</i>			Tai Chi Mike <i>Fitness Studio</i>
5:30-6:15 pm	Spinfit* Brian <i>Spinfit Studio</i>		Spinfit* Carla <i>Spinfit 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					Uplift Stacey <i>Fitness Studio</i>		
6:15-7:00 pm	AquaWaves Allie <i>Indoor Pool</i>		Aqua Waves Allie <i>Indoor Pool</i>	Fusion Fitness Constance <i>Fit. Studio</i>			
6:15-7:15 pm		Mindful Meditation Karl <i>Zoom</i>					
6:30-7:30 pm	Uplift Stacey <i>Fitness Studio</i>						
6:45-7:30 pm		Shine DF Andrea <i>Fitness Studio</i>					
7:00-7:45 pm				Shine DF Stacey <i>Fitness Studio</i>			

REGISTRATION IS REQUIRED:

***Spinfit:** Space is limited.

Non-Standard Session Times:

¹ **Aqua Mobility:** January 6 – April 3

² **Rehabilitative Functional Fitness:** January 7 – March 25

³ **Weight Training for Women:**

Session 1: January 15 – February 12

Session 2: February 26 – March 26

Register: jccottawa.com

Contact:
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