

Group Fitness/Aquafit/Spinfit

September 2, 2025–January 2, 2026

CLASS LOCATION LEGEND ● Spinfit Studio ● Group Fitness Studio ● Indoor Pool ● Social Hall ● Zoom

	MON	TUES		WED	THURS	FRI	SAT	SUN
6:30-7:15 am	PowerPump Eduardo <i>Fitness Studio</i>			Bootcamp Eduardo <i>Fitness Studio</i>		Spinfit* Marc <i>Spinfit Studio</i>		
7:15-8:00 am		Tai Chi Lisa <i>Fitness Studio</i>			PowerPump Eduardo <i>Fitness Studio</i>			
8:15-9:00 am	Core Stability Sarah <i>Fit. 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 Nuadia <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 Dance Fitness 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>
10:15-11:30 am				Restorative Gentle Yoga** Katherine <i>Social Hall</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 Holly <i>Social Hall</i>	Yin/Yang Yoga Holly <i>Social Hall</i>
11:45am-12:30 pm	Chair Zumba Gold Debbie <i>Fitness Studio</i>					Chair Yoga Joanne <i>Social Hall</i>		
12:00-12:45 pm		Rehabilitative Functional Fitness² Ryan <i>Fitness Studio</i>		Weight Training for Women³ Ryan <i>Fitness Studio</i>	Rehabilitative Functional Fitness² Ryan <i>Fitness Studio</i>			
12:15-1:00 pm	Basic Yoga Carla <i>Social Hall</i>	Mat Pilates Joanne <i>Social Hall</i>			Spinfit* Kim <i>Spinfit Studio</i>	Core Stability Sarah <i>Fitness Studio</i>		
1:00-1:45 pm		New! Restorative Spinfit* Marc <i>Spinfit Studio</i>						
1:00-2:00 pm	AquaMobility¹ Kathy <i>Indoor Pool</i>			AquaMobility¹ Kathy <i>Indoor Pool</i>	Tai Chi JoAnne <i>Fitness Studio</i>	Aqua Mobility¹ Janet <i>Indoor Pool</i>		Tai Chi Mike <i>Fitness Studio</i>
1:00-3:00 pm								Krav Maga** Ben <i>Social Hall</i>
5:30-6:15 pm	Spinfit* Marc <i>Spinfit Studio</i>			Spinfit* Carla <i>Spinfit Studio</i>	Core Yoga Raj <i>Social Hall</i>	REGISTRATION IS REQUIRED: Non-Standard Session Times: ¹ Aqua Mobility: Sept 15-Dec 24 ² Rehabilitative Functional Fitness: Sept 9 -Dec 23 ³ Weight Training for Women: MON Session 1: Sept 8-Oct 6 MON Session 2: Oct 27-Nov 24 WED Session 1: Sept0-Oct 15 WED Session 2: Oct 29-Nov 26 ⁵ Weight Training for Men: Sept 10-Oct 15 *Spinfit/Restorative Space is limited. **Restorative Gentle Yoga Sept 17-Dec 17 \$107.25 SJCC Members • \$143 Non Members **Krav Maga Sept 14-Nov 30 \$171 SJCC Members • \$228 Non Members <i>Not included in membership. See reverse.</i>		
5:45-6:30 pm		Triple Threat Dylan <i>Fitness Studio</i>						
6:00-6:45 pm					Uplift Janine <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 Dance Fitness Andrea <i>Fitness Studio</i>						
7:00-7:45 pm	Weight Training for Women³ Eduardo <i>Fitness Studio</i>			Weight Training for Men⁵ Eduardo <i>Fitness Studio</i>	Shine Dance Fitness Stacey <i>Fitness Studio</i>			

NEW!
Intro to SpinFit
Included in membership
Registration Required



- **Sundays** 1–1:45 pm ▶ Oct 19, Nov 16, Dec 14 (*Marc*)
- **Thursdays** 11–11:45 am ▶ Oct 30, Nov 27, Dec 11 (*Kim*)

Last Revised: October 29, 2025

Also included in your Membership:

REGISTRATION IS REQUIRED REGISTER AT JCCOTTAWA.COM

Aqua Mobility Enhance joint mobility and flexibility through gentle water-based exercises, improving range of motion without straining joints. Ideal for those with arthritis, osteoporosis, back pain, joint replacements, and limited mobility. Exercises take place in shallow water, using various equipment for cardio, strength, balance, and walking. Experience the benefits of water exercise in a safe, supportive environment.

Monday, Wednesday, Friday 1:00-2:00 pm ▶ September 15-December 24
Instructor: Kathy Cook Dore, Janet Werk

Rehabilitative Functional Fitness Designed for those recovering from injury or medical conditions (stroke, surgery, knee and hip) who are ready to get back on the move! Improve balance, mobility and functionality in this small group setting.

Tuesdays and Thursdays 12:00 – 12:45 PM ▶ September 9-December 23
Instructor: Ryan Armitage

Weight Training for Women New to weightlifting or looking for a refresher? This course, led by a fitness professional, will teach you how to use the fitness centre equipment and free weights. For women.

Monday 7:00-7:45 pm

Session 1: September 8-October 6 • **Session 2:** October 27-November 24

Instructor: Eduardo Dentone

or Wednesday 12:00-12:45 pm

Session 1: September 10-October 15 • **Session 2:** October 29-November 26

Instructor: Ryan Armitage

No class: September 24

Weight Training for Men New to weightlifting or looking for a refresher? This course, led by a fitness professional, will teach you how to use the fitness centre equipment and free weights. For men.

Wednesdays 7:00 – 7:45 PM

Session 1: September 10-October 15 (No class: September 24)

Instructor: Eduardo Dentone

Introduction to Weights and Fitness Age 12-15

Learn how to safely use the Fitness Centre equipment. Teens who complete this one-hour course gain full access to the Fitness Centre.

▶ Registration for this class must be done by a parent in-person at the Front Desk.

Sundays 11:30 am – 12:30 pm

Instructor: Fitness Centre Staff

NEW!

Intro to SpinFit

Included in membership
Registration Required



This introductory spinnfit session will guide you through fundamentals, including proper bike setup, safety tips, and the core movements of a spinnfit class. You will experience a short spinnfit ride set to motivating music while learning how to adjust resistance and cadence. This introduction class will give you the confidence and knowledge to join any spin class with ease. (Bring a bottle of water)

Sundays 1–1:45 pm
▶ Oct 19, Nov 16, Dec 14 (Marc)
Thursdays 11–11:45 am
▶ Oct 30, Nov 27, Dec 11 (Kim)

Invest in the Best Version of You:

REGISTRATION IS REQUIRED REGISTER AT JCCOTTAWA.COM

Restorative Gentle Yoga

Wednesday 10:15 - 11:30 am

September 17-December 17

\$107.25 SJCC Members • \$143 Non Members

Instructor: Katherine Shapiro Moss

No class: September 24, October 8, 15

Krav Maga

Sunday 1:00–3:00 pm

September 14–November 30

\$171 SJCC Members • \$228 Non Members

Instructor: Ben Wallace

Body Composition Analysis Sessions

Discover your fitness baseline with our comprehensive assessment that measures body fat percentage, lean muscle mass in each limb, hydration levels, and mean fitness age. Whether you're just beginning your fitness journey or looking to track your progress, this program provides the insights you need to achieve your goals.

Single Session: \$30 • **Two Sessions:** \$50

Reach your fitness goals with the help of our friendly **personal training** and **nutritional counseling** services. Whether you're aiming to build strength, lose weight, or enhance your overall health, our certified professionals are here to support you every step of the way.

Visit jccottawa.com for more details.



Group Fitness Schedule

Aquafit **Group Fitness** **Spinfit**



Fall/Winter 2025

September 2, 2025–January 2, 2026

Contact: Carla Gencher (613) 798-9818 ext. 278

Soloway Jewish Community Centre

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