

Also included in your Membership:

*NON-STANDARD SESSION TIMES

REGISTRATION IS REQUIRED REGISTER AT JCCOTTAWA.COM

Introduction to Spinfit Learn the fundamentals of Spinfit including bike setup, safety, resistance, and cadence. Enjoy a short ride set to motivating music and gain the confidence to join any spin class. Bring a bottle of water.

Mondays: April 13, May 4, June 1 ▶ 4:40-5:15 pm

Included in Membership • Instructor: Marc Lachance

Nordic Walking Nordic walking is a walking technique using poles to engage both the upper and lower body. It provides an effective full-body workout and is a fun, social activity. This 45-minute class will cover fundamentals and techniques to enhance your posture and gait. Participants must bring their own poles. The class will be held based on weather conditions.

Mondays: April 20 - June 29 ▶ 8:30-9:15 am

Included in Membership • Instructor: Ryan Armitage • No class: May 18

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 April 6 – June 26

Instructor: Kathy Cook Dore, Janet Werk • No class: May 18

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.

Tuesday and Thursday ▶ 12:00 – 12:45 PM April 7 - June 29

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: Apr 6–27 • **Session 2:** May 4 – June 1 • **Session 3:** June 8–29

Instructor: Eduardo Dentone • No class May 18

Wednesday 12:00-12:45 pm

Session 1: Apr 8–29 • **Session 2:** May 6–27 • **Session 3:** June 3–24

Instructor: Ryan Armitage

Saturday 11:30am-12:15pm

Session 1: Apr 11 – May 2 • **Session 2:** May 9–30 • **Session 3:** June 6–27

Instructor: Eduardo Dentone

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: April 8–29 • **Session 2:** May 6–27 • **Session 3:** June 3–24

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

Invest in the Best Version of You:

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Restorative Gentle Yoga Release tension and stress in a supportive, inclusive class. Build balance, strength, flexibility, and vitality with options for all levels. Focus on breath and mindfulness to leave refreshed. Maximum 8 participants

Wednesday 10:15 - 11:30 am:

April 15 - June 24 • 11 classes

\$117.75 SJCC Members

\$157 Non Members

Instructor: Katherine Shapiro Moss

Krav Maga This program is based heavily on Krav Maga and a variety of self protection strategies, will give you the skills needed to protect yourself from various situations.

Sunday 1:00–3:00 pm

April 12 – June 21 • 11 classes

\$156.75 SJCC Members

\$209 Non Members

Instructor: Ben Wallace

New! Pre-Season Golf Prep Get ready for golf season with this 4-week small-group program combining mobility, strength, and power exercises to help you hit farther, feel better, and play pain-free from the first tee.

Wednesday 2:00–3:00 pm

April 8 – 29 • 4 classes

\$48.75 SJCC Members

\$65 Non-Members

Instructor: Chris Deschamps