

# Group Fitness/Aquafit/Spinfit

March 30-June 28, 2026

	MON	TUES	WED	THURS	FRI	SAT	SUN												
<b>Early Morning</b> 6:30-8:00 AM	<b>PowerPump</b> 6:30-7:15 AM Eduardo Fitness Studio		<b>Bootcamp</b> 6:30-7:15 AM Eduardo Fitness Studio	<b>Powerpump</b> 7:15-8:00 am Eduardo Fitness Studio	<b>Spinfit*</b> 6:30-7:15 AM Marc Spinfit Studio														
<b>Morning</b> 8:00-10:00 AM	<b>Core Stability</b> 8:15-9:00 am Sarah Fitness Studio	<b>Core Yoga</b> 8:15-9:00 am Joanne Social Hall	<b>Core Strength</b> 8:45-9:15 am Ryan Fitness Studio	<b>Yoga Flow</b> 8:15-9:00 am Xiang Social Hall	<b>Mat Pilates</b> 8:15-9:00 am Ann Social Hall	<b>Shine Dance Fitness</b> 9:15-10:15 am Stacey Fitness Studio	<b>Zumba</b> 9:00-10:00 am Amy Fitness Studio												
	<b>Nordic Walking*</b> 8:30-9:15 AM Ryan Front of SJCC	<b>Ballet Barre Fit</b> 9:15-10:15 am Kirsten Fitness Studio	<b>Bootcamp</b> 9:15-10:15 am Debora Fitness Studio	<b>Fusion Fitness</b> 9:15-10:15 am Constance Fitness Studio	<b>Bootcamp</b> 9:15-10:15 am Ryan Fitness Studio														
	<b>PowerPump</b> 9:15-10:15 am Carla Fitness Studio	<b>AquaWaves</b> 9:30 -10:15 am Margaret Indoor Pool	<b>AquaWaves</b> 9:30 -10:15 am Kathy Indoor Pool	<b>AquaWaves</b> 9:30 -10:15 am Dalia Indoor Pool	<b>AquaWaves</b> 9:30 -10:15 am Kathy Indoor Pool														
	<b>AquaWaves</b> 9:30 -10:15 am Kathy Indoor Pool	<b>Spinfit*</b> 9:30-10:30 am Carla Spinfit Studio	<b>Spinfit*</b> 9:30-10:30 am Julie Spinfit Studio	<b>Spinfit*</b> 9:30-10:30 am David Spinfit Studio	<b>Spinfit*</b> 9:30-10:30 am Barry Spinfit Studio														
	<b>Spinfit*</b> 9:30-10:30 am Barry Spinfit Studio																		
<b>Late Morning</b> 10:00 AM-12:00 PM	<b>Vitality Strength</b> 10:30-11:30 am David Fitness Studio	<b>Vitality Plus</b> 10:30-11:30 am Kirsten Fitness Studio	<b>Restorative Gentle Yoga</b> 10:15-11:30 am Katherine Social Hall	<b>Vitality Strength</b> 10:30-11:30 am Dalia Fitness Studio	<b>Vitality Plus</b> 10:30-11:30 am Carla Fitness Studio		<b>PowerPump</b> 10:15-11:15 am Nick Fitness Studio												
	<b>Chair Zumba Gold</b> 11:45am-12:30 pm Debbie Fitness Studio	<b>Beginner Yoga</b> 10:30-11:30 am Sylvia Social Hall	<b>Vitality Plus</b> 10:30-11:30 am David Fitness Studio		<b>Chair Yoga</b> 11:45am-12:30pm Joanne Social Hall	<b>Powerpump</b> 10:30-11:30 am Dalia Fitness Studio	<b>Yin /Yang Yoga</b> 11:30am-12:30 pm Holly Social Hall												
						<b>Yin Yoga</b> 11:30-12:30 pm Holly Social Hall													
						<b>Weight Training for Women*</b> 11:45am-12:30pm Eduardo Fitness Studio													
<b>Midday</b> 12:00-1:00 PM	<b>Core Yoga</b> 12:15-1:00 pm Carla Social Hall	<b>Rehabilitative Functional Fitness*</b> 12:00-12:45 pm Ryan Fitness Studio	<b>Weight Training for Women*</b> 12:00-12:45 pm Ryan Fitness Studio	<b>Rehabilitative Functional Fitness*</b> 12:00-12:45 pm Ryan Fitness Studio	<b>Core Stability</b> 12:15-1:00 pm Sarah Fitness Studio														
		<b>Mat Pilates</b> 12:15-1:00 pm Ann Social Hall																	
<b>Afternoon</b> 1:00-4:00 PM	<b>AquaMobility*</b> 1:00-2:00pm Kathy Indoor Pool	<b>Restorative Spinfit*</b> 1:00-1:45 pm Marc Spinfit Studio	<b>AquaMobility*</b> 1:00-2:00pm Kathy Indoor Pool	<b>Tai Chi</b> 1:00-2:00 pm JoAnne Fitness Studio	<b>AquaMobility*</b> 1:00-2:00pm Janet Indoor Pool		<b>Tai Chi</b> 1:00-2:00 pm Mike Fitness Studio												
			<b>PreSeason Golf Prep</b> 2:00-3:00 pm Chris Fitness Studio				<b>Krav Maga</b> 1:00-3:00 pm Ben Social Hall												
<b>Evening</b> 4:00-7:00 PM	<b>Introduction to Spinfit*</b> April 13, May 4, June 1 4:40-5:15 pm Marc Spinfit Studio		<b>Spinfit*</b> 5:30-6:15 pm Carla Spinfit Studio	<b>Uplift</b> 6:00-6:45 pm Janine Fitness Studio	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>*REGISTRATION REQUIRED</b>                      NON-STANDARD SESSION TIMES                 </div> <p><b>Rehabilitative Functional Fitness:</b> April 7 – June 29</p> <p><b>Nordic Pole Walking:</b> April 20 – June 29</p> <p><b>Aqua Mobility:</b> April 6 - June 26</p> <p><b>Weight Training for Women:</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;"><b>MON</b></td> <td style="width: 33%;"><b>WED</b></td> <td style="width: 33%;"><b>SAT</b></td> </tr> <tr> <td>Apr 6-27</td> <td>Apr 8-29</td> <td>Apr 11 – May 2</td> </tr> <tr> <td>May 4 – June 1</td> <td>May 6-27</td> <td>May 9-30</td> </tr> <tr> <td>June 8-29</td> <td>June 3-24</td> <td>June 6-27</td> </tr> </table> <p><b>Weight Training for Men:</b> April 8-29 • May 6-27• June 3-24</p> <p><b>Spinfit &amp; Restorative Spinfit</b> Space is limited.</p> <p><b>*Introduction to Spinfit:</b> April 13, May 4, June 1 Space is limited.</p>			<b>MON</b>	<b>WED</b>	<b>SAT</b>	Apr 6-27	Apr 8-29	Apr 11 – May 2	May 4 – June 1	May 6-27	May 9-30	June 8-29	June 3-24	June 6-27
	<b>MON</b>	<b>WED</b>	<b>SAT</b>																
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<b>Spinfit*</b> 5:30-6:15 pm Marc Spinfit Studio	<b>Triple Threat</b> 5:45-6:30 pm Dylan Fitness Studio	<b>AquaWaves</b> 6:15-7:00 pm Allie Indoor Pool																	
<b>AquaWaves</b> 6:15-7:00 pm Allie Indoor Pool	<b>Mindful Meditation</b> 6:15-7:15 pm Karl Zoom	<b>Core Yoga</b> 5:30-6:15 pm Raj Social Hall																	
<b>Uplift</b> 6:30-7:30 pm Stacey Fitness Studio	<b>Shine Dance Fitness</b> 6:45-7:30 pm Andrea Fitness Studio	<b>Fusion Fitness</b> 6:15-7:00 pm Constance Fitness Studio																	
<b>Late Evening</b> 7:00-8:30 PM	<b>Weight Training for Women*</b> 7:00-7:45 pm Eduardo Fitness Studio	<b>Weight Training for Men*</b> 7:00-7:45 pm Eduardo Fitness Studio	<b>Shine Dance Fitness</b> 7:00-7:45 pm Stacey Fitness Studio	<p style="color: orange; margin: 0;"><b>Restorative Gentle Yoga, Pre-Season Golf Prep and Krav Maga:</b></p> <p style="margin: 0;">These classes are not included in membership. Please see reverse for pricing.</p>															

**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:**

**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

**Achieve More with Personal Trainers and Nutritional Counselling**  
One-on-one coaching and expert guidance tailored to you. Contact Carla or visit [jccottawa.com](http://jccottawa.com)



**Group Fitness Schedule**



**Aquafit**

**Group Fitness**

**Spinfit**

**Spring 2026**

March 30-June 28, 2026

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

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