

# Group Fitness/AquaFit/Spinfit Schedule

June 29-August 30, 2026

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30-7:15 am	<b>PowerPump</b> Eduardo Fitness Studio		<b>Bootcamp</b> Eduardo Fitness Studio		<b>Spinfit</b> Marc Spinfit Studio		
7:15-8:00 am				<b>PowerPump</b> Eduardo Fitness Studio			
8:15-9:00 am	<b>Core Stability</b> Sarah Fitness Studio	<b>Core Yoga</b> Joanne Fitness Studio		<b>Yoga Flow</b> Xiang Fitness Studio	<b>Mat Pilates</b> Ann Fitness Studio		
8:45-9:15 am			<b>Core Strength</b> Ryan Fitness Studio				
8:30-9:15 am	<b>Nordic Walking</b> Ryan Front of SJCC						
9:00-10:00 am							<b>Zumba</b> Amy Fitness Studio
9:00 -9:45 am	<b>AquaWaves</b> Kathy Outdoor Pool	<b>AquaWaves</b> Margaret Outdoor Pool	<b>AquaWaves</b> Kathy Outdoor Pool	<b>AquaWaves</b> Dalia Outdoor Pool	<b>AquaWaves</b> Kathy Outdoor Pool		
9:15-10:15 am	<b>PowerPump</b> Carla Fitness Studio	<b>Ballet Barre Fit</b> Kirsten Fitness Studio	<b>Bootcamp</b> Debora Fitness Studio	<b>Fusion Fitness</b> Constance Fitness Studio	<b>Bootcamp</b> Ryan Fitness Studio	<b>Shine Dance Fitness</b> Stacey Fitness Studio	
9:30 -10:20 am	<b>Spinfit</b> Barry Spinfit Studio	<b>Spinfit</b> Carla Spinfit Studio	<b>Spinfit</b> Julie Spinfit Studio	<b>Spinfit</b> Marc Spinfit Studio	<b>Spinfit</b> Barry Spinfit Studio		
10:15-11:15 am							<b>PowerPump</b> Nick Fitness Studio
10:30-11:30 am	<b>Vitality Strength</b> David Fitness Studio	<b>Vitality Plus</b> Kirsten Fit. Studio	<b>Vitality Plus</b> David Fitness Studio	<b>Vitality Strength</b> Dalia Fitness Studio	<b>Vitality Plus</b> Carla Fitness Studio	<b>PowerPump</b> Dalia Fitness Studio	
11:30-12:30 pm						<b>Yin Yoga</b> Holly Social Hall	<b>Yin/Yang Yoga</b> Holly Social Hall
11:45am-12:30 pm	<b>Chair Zumba Gold</b> Debbie Fitness Studio	<b>Beginner Yoga</b> Sylvia/Kelly Fitness Studio		<b>Mat Pilates</b> Ann Fitness Studio	<b>Chair Yoga</b> Joanne Fitness Studio		
11:45am-1:00 pm			<b>Restorative Gentle Yoga</b> Josh Fitness Studio				
12:00-12:45 pm			<b>Weight Training for Women</b> Ryan Fitness Centre				
12:45-1:30 pm	<b>Core Yoga</b> Carla Fitness Studio	<b>Rehabilitative Functional Fitness</b> Ryan Fitness Studio		<b>Rehabilitative Functional Fitness</b> Ryan Fitness Studio			
1:00-1:45 pm					<b>Core Stability</b> Sarah Fitness Studio		
1:00-2:00 pm	<b>AquaMobility</b> Kathy Indoor Pool		<b>AquaMobility</b> Kathy Indoor Pool		<b>AquaMobility</b> Janet Indoor Pool		<b>Tai Chi</b> Mike Fitness Studio
1:00-3:00 pm		<b>New!</b> <b>Aqua Running</b> Janet Indoor Pool					<b>Krav Maga</b> Ben Social Hall
2:15-3:00 pm							
5:30-6:15 pm	<b>Spinfit</b> Marc Spinfit Studio		<b>Core Yoga</b> Raj Social Hall	<b>Spinfit</b> Carla Spinfit Studio			
5:45-6:30 pm		<b>Triple Threat</b> Dylan Fitness Studio					
6:00-6:45 pm				<b>Uplift</b> Janine Fitness Studio			
6:15-7:00 pm	<b>AquaWaves</b> Janet Indoor Pool		<b>Aqua Waves</b> Allie Indoor Pool	<b>Fusion Fitness</b> Constance Fit. Studio			
6:30-7:30 pm	<b>Uplift</b> Stacey Fitness Studio						
6:45-7:30 pm		<b>Shine Dance Fitness</b> Andrea Fitness Studio					
7:00-7:45 pm	<b>Weight Training for Women</b> Eduardo Fitness Studio		<b>Weight Training for Men</b> Eduardo Fitness Studio	<b>Shine Dance Fitness</b> Stacey Fitness Studio			

**LEGEND**

**Drop In/Ongoing:**

- Fitness Studio
- Social Hall
- Indoor Pool
- Outdoor Pool

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**Registration Required**

- Spinfit Studio
- Sessions Vary

**Nordic Walking:**  
July 6 – August 24

**Aqua Mobility:**  
July 6 – August 28

**Rehab Functional Fitness:**  
July 7 - August 27

**Weight Training for Women:**  
**MON** July 13 – August 10  
**WED** July 15 – August 5

**Weight Training for Men:**  
July 15 – August 5

**● Paid Programs**

- Aqua Running
- Krav Maga
- Restorative Gentle Yoga

See reverse or visit [jccottawa.com](http://jccottawa.com) for more details

## Included in your Membership:

REGISTRATION IS REQUIRED REGISTER AT [JCCOTTAWA.COM](http://JCCOTTAWA.COM)

**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** ▶ 8:30-9:15 am  
July 6 – August 24  
Instructor: Ryan Armitage

**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  
July 6 – August 28  
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.

**Tuesday and Thursday** ▶ 12:45 – 1:30 PM  
July 7 – August 27  
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  
July 13 – August 10  
Instructor: Eduardo Dentone  
No class: August 3

**Wednesday** ▶ 12:00-12:45 pm  
July 15 – August 5  
Instructor: Ryan Armitage

**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  
July 15 – August 5  
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:

REGISTRATION IS REQUIRED REGISTER AT [JCCOTTAWA.COM](http://JCCOTTAWA.COM)

**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 11:45 am - 1:00 pm:**  
July 8 - August 26 • 8 classes  
\$86.25 SJCC Members  
\$115 Non Members  
Instructor: Josh Kumar

**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**  
July 5 – August 30 • 9 classes  
\$128.25 SJCC Members  
\$171 Non Members  
Instructor: Ben Wallace

**NEW! Aqua Running** This class introduces deep-water running using flotation belts and lane supports. Designed to mimic land running without joint impact, it offers a low-impact cardio workout with guided intervals set to music to build endurance, coordination, and overall fitness.

**Tuesday 2:15-3:00 pm**  
July 7-28 • 4 classes  
\$52.50 SJCC Members  
\$70 Non Members  
Instructor: Janet Werk  
Maximum 16 participants

## 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



Summer 2026

June 29-August 30, 2026

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

Soloway Jewish Community Centre

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