

Group Fitness/AquaFit/Spinfit Schedule

June 29-August 30, 2026

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

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](#) for more details

Included in your Membership:

REGISTRATION IS REQUIRED REGISTER AT 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

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

Aquafit

Group Fitness

Spinfit



Summer 2026

June 29-August 30, 2026

Contact: Carla Gencher (613) 798-9818 ext. 278
Soloway Jewish Community Centre
21 Nadolny Sachs Private, Ottawa, ON K2A 1R9



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