



# Fitness and Wellness

## Exercise Classes

## Recreation eGuide

### Spring and Summer 2017

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FITNESS MEMBERSHIPS

FITNESS SCHEDULES

AQUAFITNESS SCHEDULES



[fee support](#)



[facilities](#)

## Children Fitness Classes

*Schedules and fees may be subject to change. Fees include HST.*

*Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!*

*Instructional programs are advertised in the language in which they are offered.*

### Cardio & Strength

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements. Some light (1-5 lbs) hand weights might be used in the cardio and/or strength portion.

**François Dupuis – 613-580-8080**

|              |         |                         |
|--------------|---------|-------------------------|
| 8-12 years   | Mon.    | 5:30-6:30 pm            |
| Apr 3-Jun 12 | \$59.75 | <a href="#">1080008</a> |

### Zumba® Kids

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

**Bob MacQuarrie-Orléans – 613-580-9600**

|              |         |                         |
|--------------|---------|-------------------------|
| 7-11 years   | Tue.    | 6:20-7:20 pm            |
| Apr 4-Jun 13 | \$66.50 | <a href="#">1082335</a> |

## Youth Fitness Classes

### Sport Conditioning

Athletic, sports-based skills and drills workout incorporating speed, agility, plyometrics and highly coordinated sports specific movements.

**Nepean Sportsplex – 613-580-2828**

|               |      |                         |
|---------------|------|-------------------------|
| 15-18 years   | Sun. | 1-2 pm                  |
| Mar 26-Apr 30 | \$45 | <a href="#">1089312</a> |
| May 14-Jun 18 | \$45 | <a href="#">1089317</a> |

### Strength Training

Learn to use the machines properly and safely for muscle conditioning, in a group setting.

**Nepean Sportsplex – 613-580-2828**

|               |      |                         |
|---------------|------|-------------------------|
| 15-18 years   | Sat. | 11 am-noon              |
| Mar 25-May 6  | \$45 | <a href="#">1089241</a> |
| May 13-Jun 24 | \$45 | <a href="#">1089244</a> |
| Jul 8-Aug 19  | \$45 | <a href="#">1089300</a> |

## Adult Fitness Classes

### Wellness Membership

An ideal program for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis or osteoporosis. Also suitable for individuals recovering from an injury or recent surgery. A membership gives you an option of 12 classes a week including seven Aquatherapy and five Chronic Pain classes. Our pool is warm and accessible.

**Jack Purcell – 613-564-1050**

|                     |           |            |
|---------------------|-----------|------------|
| 18+ years           |           |            |
| <b>Aqua Therapy</b> | Mon.-Fri. | 1:15-2 pm  |
|                     | Thu.      | 8-8:45 pm  |
|                     | Sat.      | 12:15-1 pm |
| <b>Chronic Pain</b> | Mon.-Fri. | 2:15-3 pm  |

**Ongoing Membership:** 1 month: \$34.50  
3 months: \$92.75  
Drop-in \$5.05





















### Aquafitness

Strength and cardio workouts that take place in the deep and/or shallow waters. For extension numbers, call 613-580-2424, then dial the extension.

| Activity       | Location               | Phone #      | Day  | Time          | Start  | Classes | Cost    | Barcode                 |
|----------------|------------------------|--------------|------|---------------|--------|---------|---------|-------------------------|
| Acute          | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | Noon-12:45 pm | Apr 24 | 8       | \$77.75 | <a href="#">1089522</a> |
| Acute          | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | Noon-12:45 pm | Apr 27 | 10      | \$97    | <a href="#">1089525</a> |
| Aqua Boot Camp | Bob MacQuarrie-Orléans | 613-580-9600 | Tue. | 8:15-9 pm     | Apr 18 | 10      | \$97    | <a href="#">1089536</a> |
| Aqua Boot Camp | Kanata Leisure         | 613-591-9283 | Tue. | 7:45-8:30 pm  | Mar 21 | 8       | \$77.75 | <a href="#">1078186</a> |
| Aqua Boot Camp | Kanata Leisure         | 613-591-9283 | Wed. | 5:45-6:30 pm  | Jul 5  | 8       | \$77.75 | <a href="#">1076895</a> |
| Aqua Boot Camp | Minto-Barrhaven        | 613-727-2683 | Wed. | 8:15-9 pm     | Apr 19 | 9       | \$87.50 | <a href="#">1093319</a> |
| Aqua Boot Camp | Minto-Barrhaven        | 613-727-2683 | Thu. | 8:45-9:30 pm  | Jul 6  | 8       | \$77.75 | <a href="#">1093325</a> |

## Aquafitness

Strength and cardio workouts that take place in the deep and/or shallow waters. For extension numbers, call 613-580-2424, then dial the extension.

| Activity   | Location               | Phone #      | Day  | Time         | Start  | Classes | Cost     | Barcode                 |
|--|------------------------|--------------|------|--------------|--------|---------|----------|-------------------------|
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Tue. | 8:30-9:15 am | Mar 21 | 13      | \$126.25 | <a href="#">1077533</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Tue. | 8:30-9:15 am | Jun 27 | 8       | \$77.75  | <a href="#">1088967</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Tue. | 9:15-10 am   | Mar 21 | 13      | \$126.25 | <a href="#">1077541</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Tue. | 9:15-10 am   | Jun 27 | 8       | \$77.75  | <a href="#">1088969</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Tue. | 1-1:45 pm    | Mar 21 | 13      | \$126.25 | <a href="#">1077547</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Thu. | 8:30-9:15 am | Mar 23 | 13      | \$126.25 | <a href="#">1077557</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Thu. | 8:30-9:15 am | Jun 29 | 8       | \$77.75  | <a href="#">1088971</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Thu. | 9:15-10 am   | Mar 23 | 13      | \$126.25 | <a href="#">1077564</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Thu. | 9:15-10 am   | Jun 29 | 8       | \$77.75  | <a href="#">1088977</a> |
| Arthritis         | NepeanSportsplex       | 613-580-2828 | Thu. | 1-1:45 pm    | Mar 23 | 13      | \$126.25 | <a href="#">1077570</a> |
| Fibromyalgia   | Nepean Sportsplex      | 613-580-2828 | Mon. | 10:15-11 am  | Mar 20 | 12      | \$116.50 | <a href="#">1077503</a> |
| Fibromyalgia   | Nepean Sportsplex      | 613-580-2828 | Mon. | 10:15-11 am  | Jun 26 | 6       | \$58.25  | <a href="#">1088949</a> |
| Fibromyalgia   | Nepean Sportsplex      | 613-580-2828 | Wed. | 10:15-11 am  | Mar 22 | 14      | \$136    | <a href="#">1077512</a> |
| Fibromyalgia   | Nepean Sportsplex      | 613-580-2828 | Wed. | 10:15-11 am  | Jun 28 | 8       | \$77.75  | <a href="#">1088962</a> |
| Healing Waters   | François Dupuis        | 613-580-8080 | Tue. | 8-8:45 pm    | Mar 21 | 13      | \$126.25 | <a href="#">1092584</a> |
| Healing Waters   | François Dupuis        | 613-580-8080 | Wed. | 1:30-2:15 pm | Mar 22 | 13      | \$126.25 | <a href="#">1092588</a> |
| Healing Waters    | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 6-6:45 pm    | Apr 24 | 8       | \$77.75  | <a href="#">1089508</a> |
| Healing Waters  | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 6:30-7:15 pm | Jul 10 | 6       | \$58.25  | <a href="#">1089561</a> |
| Healing Waters  | Bob MacQuarrie-Orléans | 613-580-9600 | Tue. | 1:45-2:30 pm | Apr 18 | 10      | \$97     | <a href="#">1089509</a> |
| Healing Waters  | Bob MacQuarrie-Orléans | 613-580-9600 | Wed. | 6-6:45 pm    | Apr 19 | 10      | \$97     | <a href="#">1089511</a> |
| Healing Waters  | Bob MacQuarrie-Orléans | 613-580-9600 | Wed. | 6:30-7:15 pm | Jul 12 | 8       | \$77.75  | <a href="#">1089563</a> |
| Healing Waters  | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | 1:45-2:30 pm | Apr 20 | 10      | \$97     | <a href="#">1089512</a> |
| Healing Waters  | Minto-Barrhaven        | 613-727-2683 | Mon. | 10:15-11 am  | Apr 24 | 8       | \$77.75  | <a href="#">1093339</a> |
| Healing Waters  | Minto-Barrhaven        | 613-727-2683 | Wed. | 10:15-11 am  | Apr 19 | 9       | \$87.50  | <a href="#">1093337</a> |
| Yoga   | François Dupuis        | 613-580-8080 | Thu. | 8-8:45 pm    | Mar 23 | 13      | \$126.25 | <a href="#">1092632</a> |
| Yoga   | St-Laurent             | 613-742-6767 | Sun. | 5:15-6 pm    | Apr 2  | 8       | \$77.75  | <a href="#">1094066</a> |
| Yoga   | St-Laurent             | 613-742-6767 | Sun. | 5:15-6 pm    | Jul 9  | 6       | \$58.25  | <a href="#">1094067</a> |

## Cycling or Spinning®

A variety of cycling/spinning® classes that is sure to meet everyone's needs. For extension numbers, call 613-580-2424, then the extension.

| Activity           | Location          | Phone #      | Day  | Time           | Start  | Classes | Cost     | Barcode                 |
|--------------------|-------------------|--------------|------|----------------|--------|---------|----------|-------------------------|
| Intro to Spinning® | Ray Friel         | 613-580-4765 | Sun. | 10:30-11:30 am | Apr 2  | 6       | \$48.50  | <a href="#">1077391</a> |
| Intro to Spinning® | Ray Friel         | 613-580-4765 | Sun. | 10:30-11:30 am | May 28 | 5       | \$40.50  | <a href="#">1077395</a> |
| Intro to Spinning® | Ray Friel         | 613-580-4765 | Tue. | 8-9 am         | Apr 4  | 6       | \$48.50  | <a href="#">1077399</a> |
| Intro to Spinning® | Nepean Sportsplex | 613-580-2828 | Sun. | Noon-1 pm      | Mar 26 | 6       | \$48.50  | <a href="#">1086164</a> |
| Intro to Spinning® | Nepean Sportsplex | 613-580-2828 | Sun. | Noon-1 pm      | May 14 | 6       | \$48.50  | <a href="#">1086168</a> |
| Spinning® and Yoga | Goulbourn         | 613-580-2532 | Wed. | 7-8:30 pm      | Mar 22 | 14      | \$157.50 | <a href="#">1090119</a> |
| Spinning® and Yoga | Goulbourn         | 613-580-2532 | Thu. | 7-8:30 pm      | Mar 23 | 14      | \$157.50 | <a href="#">1090120</a> |
| Spinning® and Yoga | Goulbourn         | 613-580-2532 | Thu. | 7-8:30 pm      | Jul 6  | 9       | \$101.25 | <a href="#">1090121</a> |
| Spinning® and Yoga | Nepean Sportsplex | 613-580-2828 | Mon. | 6:30-7:30 pm   | Mar 20 | 6       | \$59     | <a href="#">1089353</a> |
| Spinning® and Yoga | Nepean Sportsplex | 613-580-2828 | Mon. | 6:30-7:30 pm   | May 8  | 6       | \$59     | <a href="#">1089358</a> |
| Spinning® and Yoga | Ray Friel         | 613-580-4765 | Sun. | 12:30-1:30 pm  | Apr 2  | 8       | \$78.50  | <a href="#">1077440</a> |

## Dance

Bring out the dancer in you! Get fit while participating in these high energy dance classes. For extension numbers, call 613-580-2424, then the extension.

| Activity              | Location           | Phone #      | Day  | Time          | Start  | Classes | Cost    | Barcode                 |
|-----------------------|--------------------|--------------|------|---------------|--------|---------|---------|-------------------------|
| Masala Bhangra®       | Carleton Heights   | 613-226-2208 | Mon. | 7-8 pm        | Mar 20 | 12      | \$97    | <a href="#">1092646</a> |
| Nia                   | John G. Mlacak     | 613-580-2980 | Thu. | 9:30-10:30 am | Mar 23 | 6       | \$59    | <a href="#">1075752</a> |
| Party                 | Carp Memorial Hall | Ext. 34488   | Wed. | 5:30-6:30 pm  | Mar 22 | 12      | \$97    | <a href="#">1076856</a> |
| Party                 | Heron              | 613-247-4808 | Mon. | 6-7 pm        | Apr 24 | 8       | \$64.75 | <a href="#">1081954</a> |
| Party – Carribean Fit | Hintonburg         | 613-798-8874 | Sat. | 9:30-10:30 am | Apr 1  | 9       | \$72.75 | <a href="#">1091458</a> |
| STRONG by Zumba®      | Kanata Leisure     | 613-591-9283 | Mon. | 7-8 pm        | Mar 20 | 8       | \$64.75 | <a href="#">1078350</a> |
| STRONG by Zumba®      | Eva James Memorial | 613-271-0712 | Thu. | 8-9 pm        | Apr 6  | 11      | \$89    | <a href="#">1095196</a> |
| STRONG by Zumba®      | Kanata Leisure     | 613-591-9283 | Mon. | 6:30-7:30 pm  | Jul 10 | 6       | \$48.50 | <a href="#">1076954</a> |
| Zumba®                | Beacon Hill North  | 613-748-1771 | Thu. | 7-8 pm        | Apr 6  | 10      | \$80.75 | <a href="#">1074545</a> |
| Zumba®                | Beacon Hill North  | 613-748-1771 | Thu. | 7-8 pm        | Jul 6  | 8       | \$64.75 | <a href="#">1092928</a> |
| Zumba®                | Eva James          | 613-271-0712 | Fri. | 7-8 pm        | Apr 7  | 10      | \$80.75 | <a href="#">1082012</a> |
| Zumba®                | Hintonburg         | 613-798-8874 | Wed. | 6:10-7:10 pm  | Mar 29 | 10      | \$80.75 | <a href="#">1091310</a> |
| Zumba®                | Heron              | 613-247-4808 | Thu. | 6:30-7:30 pm  | Apr 20 | 9       | \$72.75 | <a href="#">1081972</a> |
| Zumba®                | John G. Mlacak     | 613-580-2980 | Mon. | 7:05-8:05 pm  | Mar 27 | 9       | \$72.75 | <a href="#">1075993</a> |



## Dance

Bring out the dancer in you! Get fit while participating in these high energy dance classes. For extension numbers, call 613-580-2424, then the extension.

| Activity       | Location             | Phone #      | Day  | Time         | Start  | Classes | Cost    | Barcode                 |
|----------------|----------------------|--------------|------|--------------|--------|---------|---------|-------------------------|
| Zumba®         | Kanata Recreation    | 613-836-3121 | Tue. | 7-8 pm       | Apr 4  | 10      | \$80.75 | <a href="#">1073055</a> |
| Zumba®         | Kanata Recreation    | 613-836-3121 | Wed. | 7:30-8:30 pm | Apr 5  | 10      | \$80.75 | <a href="#">1073226</a> |
| Zumba®         | Kars                 | Ext. 30235   | Mon. | 7:30-8:30 pm | Apr 3  | 10      | \$80.75 | <a href="#">1088346</a> |
| Zumba®         | Lansdowne            | 613-580-2429 | Tue. | 7-8 pm       | Apr 4  | 5       | \$40.50 | <a href="#">1090467</a> |
| Zumba®         | Lansdowne            | 613-580-2429 | Tue. | 7-8 pm       | May 30 | 4       | \$32.50 | <a href="#">1091048</a> |
| Zumba®         | Lansdowne            | 613-580-2429 | Tue. | 7-8 pm       | Aug 1  | 5       | \$40.50 | <a href="#">1092128</a> |
| Zumba®         | Manotick School      | Ext. 30235   | Wed. | 7:30-8:30 pm | Apr 5  | 8       | \$64.75 | <a href="#">1088379</a> |
| Zumba®         | McNabb               | 613-564-1070 | Wed. | 6:30-7:30 pm | Mar 22 | 12      | \$97    | <a href="#">1076292</a> |
| Zumba®         | McNabb               | 613-564-1070 | Wed. | 6:30-7:30 pm | Jul 5  | 8       | \$64.75 | <a href="#">1084578</a> |
| Zumba®         | Nepean Sportsplex    | 613-580-2828 | Thu. | 7-8 pm       | Mar 23 | 6       | \$48.50 | <a href="#">1089337</a> |
| Zumba®         | Nepean Sportsplex    | 613-580-2828 | Thu. | 7-8 pm       | May 4  | 6       | \$48.50 | <a href="#">1089339</a> |
| Zumba®         | Nepean Sportsplex    | 613-580-2828 | Thu. | 7-8 pm       | Jul 13 | 6       | \$48.50 | <a href="#">1089344</a> |
| Zumba®         | Pat Clark (Cyrville) | 613-748-1771 | Tue. | 7-8 pm       | Apr 4  | 10      | \$80.75 | <a href="#">1074533</a> |
| Zumba®         | Pat Clark (Cyrville) | 613-748-1771 | Tue. | 7-8 pm       | Jul 4  | 8       | \$64.75 | <a href="#">1092912</a> |
| Zumba®         | Plant                | 613-232-3000 | Tue. | 8:15-9:15 pm | Apr 25 | 9       | \$72.75 | <a href="#">1084117</a> |
| Zumba®         | Plant                | 613-232-3000 | Tue. | 8:15-9:15 pm | Jul 4  | 8       | \$64.75 | <a href="#">1090509</a> |
| Zumba®         | Overbrook            | 613-742-5147 | Tue. | 7-8 pm       | Apr 4  | 10      | \$80.75 | <a href="#">1085107</a> |
| Zumba®         | Rideauview           | 613-822-7887 | Thu. | 7:30-8:30 pm | Apr 6  | 10      | \$80.75 | <a href="#">1089332</a> |
| Zumba®         | Ron Kolbus Lakeside  | 613-828-4313 | Tue. | 6:15-7:15 pm | Mar 21 | 8       | \$64.75 | <a href="#">1076086</a> |
| Zumba®         | Ron Kolbus Lakeside  | 613-828-4313 | Tue. | 6:15-7:15 pm | Jul 11 | 8       | \$64.75 | <a href="#">1076295</a> |
| Zumba®         | Sandy Hill           | 613-564-1062 | Mon. | 8-9 pm       | Apr 3  | 8       | \$64.75 | <a href="#">1090520</a> |
| Zumba®         | Sawmill Creek        | 613-521-4092 | Wed. | 7-8 pm       | Mar 29 | 12      | \$97    | <a href="#">1094088</a> |
| Zumba®         | Sawmill Creek        | 613-521-4092 | Wed. | 7-8 pm       | Jul 5  | 9       | \$72.75 | <a href="#">1094638</a> |
| Zumba®         | South Fallingbrook   | 613-824-0633 | Tue. | 6-7 pm       | Apr 4  | 12      | \$97    | <a href="#">1088242</a> |
| Zumba®         | South Fallingbrook   | 613-824-0633 | Tue. | 6-7 pm       | Jun 27 | 9       | \$72.75 | <a href="#">1088284</a> |
| Zumba®         | South Fallingbrook   | 613-824-0633 | Wed. | 7-8 pm       | Apr 5  | 12      | \$97    | <a href="#">1088254</a> |
| Zumba®         | South Fallingbrook   | 613-824-0633 | Wed. | 7-8 pm       | Jun 28 | 9       | \$72.75 | <a href="#">1088292</a> |
| Zumba® – Women | Albion Heatherington | 613-247-4828 | Wed. | 11 am-Noon   | Apr 5  | 12      | \$97    | <a href="#">1082351</a> |
| Zumba® Step    | François Dupuis      | 613-580-8080 | Thu. | 7:45-8:45 pm | Apr 6  | 11      | \$89    | <a href="#">1080850</a> |
| Zumba® Toning  | South Fallingbrook   | 613-824-0633 | Mon. | 6-7 pm       | Apr 3  | 10      | \$80.75 | <a href="#">1088358</a> |

## Group Fitness

Fitness classes designed with various components such as cardio conditioning, strength training and stretches. For extension number, call 613-580-2424, then the extension.

| Activity           | Location            | Phone #      | Day        | Time         | Start  | Classes | Cost     | Barcode                 |
|--------------------|---------------------|--------------|------------|--------------|--------|---------|----------|-------------------------|
| Bootcamp           | Constance Bay       | Ext. 34488   | Wed.       | 7-8 pm       | Mar 22 | 12      | \$97     | <a href="#">1076674</a> |
| Bootcamp           | Hunt Club-Riverside | 613-260-1299 | Tue.       | 7:45-8:45 pm | Apr 11 | 8       | \$64.75  | <a href="#">1093288</a> |
| Bootcamp           | Hunt Club-Riverside | 613-260-1299 | Tue.       | 7:45-8:45 pm | Jul 4  | 8       | \$64.75  | <a href="#">1093342</a> |
| Bootcamp           | Hunt Club-Riverside | 613-260-1299 | Thu.       | 7:45-8:45 pm | Apr 13 | 8       | \$64.75  | <a href="#">1093289</a> |
| Bootcamp           | Hunt Club-Riverside | 613-260-1299 | Thu.       | 7:45-8:45 pm | Jul 6  | 8       | \$64.75  | <a href="#">1093343</a> |
| Bootcamp           | Kanata Leisure      | 613-591-9283 | Tue.       | 6:30-7:30 am | Mar 21 | 8       | \$64.75  | <a href="#">1078244</a> |
| Bootcamp           | Kanata Leisure      | 613-591-9283 | Tue.       | 6:30-7:30 am | Jul 4  | 8       | \$64.75  | <a href="#">1076926</a> |
| Bootcamp           | Kanata Leisure      | 613-591-9283 | Wed.       | 6:25-7:25 pm | Jul 5  | 8       | \$64.75  | <a href="#">1076930</a> |
| Bootcamp           | Kanata Leisure      | 613-591-9283 | Thu.       | 6:30-7:30 am | Mar 23 | 8       | \$64.75  | <a href="#">1078247</a> |
| Bootcamp           | Kanata Leisure      | 613-591-9283 | Thu.       | 6:30-7:30 am | Jul 6  | 8       | \$64.75  | <a href="#">1076927</a> |
| Bootcamp           | McNabb              | 613-564-1070 | Mon., Wed. | 7:30-8:30 pm | Mar 20 | 24      | \$193.75 | <a href="#">1076287</a> |
| Bootcamp           | McNabb              | 613-564-1070 | Mon., Wed. | 7:30-8:30 pm | Jul 5  | 16      | \$129.25 | <a href="#">1084487</a> |
| Bootcamp           | Metcalfe            | Ext. 30235   | Wed.       | 6:30-7:30 pm | Apr 5  | 6       | \$48.50  | <a href="#">1088316</a> |
| Bootcamp           | Metcalfe            | Ext. 30235   | Wed.       | 6:30-7:30 pm | May 17 | 6       | \$48.50  | <a href="#">1088320</a> |
| Bootcamp           | Richmond            | Ext. 20705   | Mon.       | 6:30-7:30 pm | Apr 3  | 10      | \$75.25  | <a href="#">1072184</a> |
| Bootcamp           | Richmond            | Ext. 20705   | Thu.       | 6:30-7:30 pm | Apr 6  | 12      | \$90.25  | <a href="#">1072185</a> |
| Bootcamp           | Ron Kolbus Lakeside | 613-828-4313 | Wed.       | 7-8 pm       | Mar 29 | 8       | \$64.75  | <a href="#">1076091</a> |
| Bootcamp           | Ron Kolbus Lakeside | 613-828-4313 | Wed.       | 7-8 pm       | Jul 12 | 8       | \$64.75  | <a href="#">1076298</a> |
| Bootcamp           | Sawmill Creek       | 613-521-4092 | Tue.       | 7-8 pm       | Mar 28 | 12      | \$97     | <a href="#">1094091</a> |
| Bootcamp           | Sawmill Creek       | 613-521-4092 | Tue.       | 7-8 pm       | Jul 4  | 9       | \$72.75  | <a href="#">1094636</a> |
| Bootcamp           | Sawmill Creek       | 613-521-4092 | Thu.       | 7-8 pm       | Mar 30 | 12      | \$97     | <a href="#">1094093</a> |
| Bootcamp           | Sawmill Creek       | 613-521-4092 | Thu.       | 7-8 pm       | Jul 6  | 9       | \$72.75  | <a href="#">1094637</a> |
| Bootcamp           | Walter Baker        | 613-580-2788 | Sat.       | 8:30-9:30 am | Apr 1  | 10      | \$80.75  | <a href="#">1090125</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Tue.       | 7-8 pm       | Mar 21 | 6       | \$48.50  | <a href="#">1086132</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Tue.       | 7-8 pm       | May 2  | 6       | \$48.50  | <a href="#">1086138</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Tue.       | 7-8 pm       | Jul 11 | 6       | \$48.50  | <a href="#">1086150</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Tue.       | 8-9 pm       | Mar 21 | 6       | \$48.50  | <a href="#">1086136</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Tue.       | 8-9 pm       | May 2  | 6       | \$48.50  | <a href="#">1086141</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Thu.       | 5-6 pm       | Mar 23 | 6       | \$48.50  | <a href="#">1088509</a> |
| Bootcamp for Women | Nepean Sportsplex   | 613-580-2828 | Thu.       | 5-6 pm       | May 4  | 6       | \$48.50  | <a href="#">1088527</a> |

## Group Fitness

Fitness classes designed with various components such as cardio conditioning, strength training and stretches. For extension number, call 613-580-2424, then the extension.

| Activity                    | Location             | Phone #      | Day  | Time           | Start  | Classes | Cost    | Barcode                 |
|-----------------------------|----------------------|--------------|------|----------------|--------|---------|---------|-------------------------|
| Bootcamp for Women          | Nepean Sportsplex    | 613-580-2828 | Thu. | 5-6 pm         | Jul 13 | 6       | \$48.50 | <a href="#">1088534</a> |
| Cardio & Strength           | Carleton Heights     | 613-226-2208 | Wed. | 6:30-7:30 pm   | Mar 22 | 14      | \$113   | <a href="#">1092636</a> |
| Cardio & Strength           | Greely School        | Ext. 30235   | Tue. | 7-8 pm         | Apr 4  | 11      | \$89    | <a href="#">1087694</a> |
| Cardio & Strength           | Greely               | Ext. 30235   | Tue. | 7-8 pm         | Jul 4  | 9       | \$72.75 | <a href="#">1087536</a> |
| Cardio & Strength           | Greely               | Ext. 30235   | Thu. | 7-8 pm         | Apr 6  | 12      | \$97    | <a href="#">1087707</a> |
| Cardio & Strength           | Greely               | Ext. 30235   | Thu. | 7-8 pm         | Jul 6  | 9       | \$72.75 | <a href="#">1087544</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Tue. | 6-7 pm         | Mar 21 | 12      | \$97    | <a href="#">1076288</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Tue. | 6-7 pm         | Jul 4  | 8       | \$64.75 | <a href="#">1084503</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Thu. | 6-7 pm         | Mar 23 | 12      | \$97    | <a href="#">1076289</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Thu. | 6-7 pm         | Jul 6  | 8       | \$64.75 | <a href="#">1084510</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Sat. | 10:30-11:30 am | Mar 25 | 10      | \$80.75 | <a href="#">1076290</a> |
| Cardio & Strength           | McNabb               | 613-564-1070 | Sat. | 10:30-11:30 am | Jul 8  | 7       | \$56.50 | <a href="#">1084515</a> |
| Cardio Kickboxing           | Goulbourn            | 613-580-2532 | Tue. | 8:30-9:30 pm   | Mar 21 | 9       | \$72.75 | <a href="#">1092828</a> |
| Cardio Kickboxing           | Pat Clark (Cyrville) | 613-748-1771 | Mon. | 8-9 pm         | Apr 3  | 11      | \$89    | <a href="#">1092165</a> |
| Cardio Kickboxing           | Pat Clark (Cyrville) | 613-748-1771 | Mon. | 8-9 pm         | Jul 10 | 6       | \$48.50 | <a href="#">1092151</a> |
| Cardio Kickboxing           | Pat Clark (Cyrville) | 613-748-1771 | Wed. | 8-9 pm         | Apr 12 | 11      | \$89    | <a href="#">1074350</a> |
| Cardio Kickboxing           | Pat Clark (Cyrville) | 613-748-1771 | Wed. | 8-9 pm         | Jul 5  | 8       | \$64.75 | <a href="#">1084679</a> |
| Core Conditioning           | Carleton Heights     | 613-226-2208 | Tue. | 10-11 am       | Mar 21 | 14      | \$113   | <a href="#">1092628</a> |
| Core Conditioning           | Carp Memorial Hall   | Ext. 34488   | Mon. | 5:30-6:30 pm   | Mar 27 | 10      | \$80.75 | <a href="#">1076848</a> |
| Core Conditioning           | Eva James            | 613-271-0712 | Thu. | 7:15-8:15 pm   | Apr 6  | 11      | \$89    | <a href="#">1081760</a> |
| Core Conditioning           | Nepean Sportsplex    | 613-580-2828 | Tue. | 6-7 pm         | Mar 21 | 6       | \$48.50 | <a href="#">1090677</a> |
| Core Conditioning           | Nepean Sportsplex    | 613-580-2828 | Tue. | 6-7 pm         | May 2  | 6       | \$48.50 | <a href="#">1090678</a> |
| Core Conditioning for Women | Hunt Club-Riverside  | 613-260-1299 | Mon. | 10:15-11:15 am | Apr 10 | 8       | \$64.75 | <a href="#">1093296</a> |
| Core Conditioning for Women | Hunt Club-Riverside  | 613-260-1299 | Mon. | 10:15-11:15 am | Jul 3  | 8       | \$64.75 | <a href="#">1093359</a> |
| Core Conditioning for Women | Hunt Club-Riverside  | 613-260-1299 | Wed. | 10:15-11:15 am | Jul 5  | 8       | \$64.75 | <a href="#">1093360</a> |
| Core Conditioning for Women | Hunt Club-Riverside  | 613-260-1299 | Thu. | 10:15-11:15 am | Apr 13 | 8       | \$64.75 | <a href="#">1093297</a> |
| Hi/Lo                       | Eva James            | 613-271-0712 | Mon. | 9-10 am        | Apr 3  | 10      | \$80.75 | <a href="#">1074583</a> |
| Hi/Lo                       | Eva James            | 613-271-0712 | Wed. | 9-10 am        | Apr 5  | 11      | \$89    | <a href="#">1074592</a> |
| Hi/Lo                       | Eva James            | 613-271-0712 | Fri. | 9-10 am        | Apr 7  | 10      | \$80.75 | <a href="#">1074605</a> |

## Group Fitness

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| Activity                 | Location               | Phone #      | Day  | Time           | Start  | Classes | Cost    | Barcode                 |
|--------------------------|------------------------|--------------|------|----------------|--------|---------|---------|-------------------------|
| Interval                 | Carleton Heights       | 613-226-2208 | Wed. | 9-10 am        | Mar 22 | 14      | \$113   | <a href="#">1092621</a> |
| Interval                 | Routhier               | 613-244-4470 | Thu. | 12:15-12:45 pm | Apr 6  | 10      | \$40.50 | <a href="#">1072325</a> |
| Kettlebells              | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 7:30-8:30 pm   | Apr 3  | 9       | \$88.25 | <a href="#">1084468</a> |
| Kettlebells              | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 7:30-8:30 pm   | Jul 10 | 6       | \$59    | <a href="#">1084469</a> |
| Nordic Walking           | Ron Kolbus Lakeside    | 613-828-4313 | Fri. | 10-11 am       | Mar 24 | 8       | \$64.75 | <a href="#">1076083</a> |
| Nordic Walking           | Ron Kolbus Lakeside    | 613-828-4313 | Fri. | 10-11 am       | Jul 14 | 8       | \$64.75 | <a href="#">1076307</a> |
| Nordic Walking           | Terry Fox              | 613-247-4883 | Tue. | 1:30-2:30 pm   | Apr 18 | 6       | \$48.50 | <a href="#">1093646</a> |
| Nordic Walking           | Terry Fox              | 613-247-4883 | Thu. | 6:30-7:30 pm   | May 11 | 6       | \$48.50 | <a href="#">1093645</a> |
| Running Club             | Kanata Leisure         | 613-591-9283 | Sat. | 9-10 am        | Jul 8  | 8       | \$64.75 | <a href="#">1076985</a> |
| Running Club             | Ron Kolbus Lakeside    | 613-828-4313 | Thu. | 7-8 pm         | Apr 13 | 8       | \$64.75 | <a href="#">1092238</a> |
| Running Club             | Ron Kolbus Lakeside    | 613-828-4313 | Thu. | 7-8 pm         | Jul 13 | 8       | \$64.75 | <a href="#">1092022</a> |
| Strength and Empowerment | Kanata Leisure         | 613-591-9283 | Thu. | 1-2 pm         | Mar 23 | 8       | \$0     |                         |
| Strength Circuit         | Eva James              | 613-271-0712 | Mon. | 6-7 pm         | Apr 3  | 10      | \$80.75 | <a href="#">1077919</a> |
| Strength Circuit         | Eva James              | 613-271-0712 | Thu. | 6-7 pm         | Apr 6  | 11      | \$89    | <a href="#">1077933</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Mon. | 7-8 pm         | Mar 20 | 6       | \$48.50 | <a href="#">1090649</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Mon. | 7-8 pm         | May 8  | 6       | \$48.50 | <a href="#">1090654</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Wed. | 7-8 pm         | Mar 22 | 6       | \$48.50 | <a href="#">1086319</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Wed. | 7-8 pm         | May 3  | 6       | \$48.50 | <a href="#">1086320</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Wed. | 7-8 pm         | Jul 12 | 6       | \$48.50 | <a href="#">1086321</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm         | Mar 23 | 6       | \$48.50 | <a href="#">1090666</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm         | May 4  | 6       | \$48.50 | <a href="#">1090667</a> |
| Strength Circuit         | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm         | Jul 13 | 6       | \$48.50 | <a href="#">1090662</a> |
| Stretch & Strength       | Lansdowne              | 613-580-2429 | Mon. | 12:30-1:30 pm  | Apr 3  | 5       | \$40.50 | <a href="#">1090371</a> |
| Stretch & Strength       | Lansdowne              | 613-580-2429 | Mon. | 12:30-1:30 pm  | Jul 3  | 5       | \$40.50 | <a href="#">1091875</a> |
| Stretch & Strength       | Nepean Creative Arts   | 613-596-5783 | Mon. | 1-2 pm         | Apr 3  | 8       | \$64.75 | <a href="#">1071031</a> |
| Stretching               | Richmond               | Ext. 20705   | Mon. | 8:30-9:30 pm   | Apr 3  | 10      | \$80.75 | <a href="#">1072195</a> |
| Tabata                   | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | 7:30-8:30 pm   | Apr 6  | 10      | \$80.75 | <a href="#">1082263</a> |
| Tabata                   | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | 7:30-8:30 pm   | Jul 6  | 8       | \$64.75 | <a href="#">1082278</a> |
| Tabata                   | St-Laurent             | 613-742-6767 | Sat. | 8-9 am         | Apr 1  | 8       | \$64.75 | <a href="#">1094102</a> |



## Group Fitness

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| Activity                        | Location           | Phone #      | Day             | Time         | Start  | Classes | Cost    | Barcode                 |
|---------------------------------|--------------------|--------------|-----------------|--------------|--------|---------|---------|-------------------------|
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Mon.            | 9-10 am      | Mar 20 | 12      | \$97    | <a href="#">1090576</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Tue.            | 9-10 am      | Mar 21 | 14      | \$113   | <a href="#">1092405</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Tue.            | 9-10 am      | Jul 4  | 8       | \$64.75 | <a href="#">1092421</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Tue.            | 6:30-7:30 pm | Mar 21 | 14      | \$113   | <a href="#">1090577</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Tue.            | 6:30-7:30 pm | Jul 4  | 8       | \$64.75 | <a href="#">1092419</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Thu.            | 9-10 am      | Jul 6  | 8       | \$64.75 | <a href="#">1092422</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Thu.            | 6:30-7:30 pm | Mar 23 | 14      | \$113   | <a href="#">1090578</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Thu.            | 6:30-7:30 pm | Jul 6  | 8       | \$64.75 | <a href="#">1092420</a> |
| Total Muscle Conditioning (TMC) | Carleton Heights   | 613-226-2208 | Fri.            | 9-10 am      | Mar 24 | 13      | \$105   | <a href="#">1092413</a> |
| Total Muscle Conditioning (TMC) | Heron              | 613-247-4808 | Mon.            | 7:30-8:30 pm | Apr 24 | 8       | \$64.75 | <a href="#">1088086</a> |
| Total Muscle Conditioning (TMC) | Kanata Recreation  | 613-836-3121 | Mon.            | 6-7 pm       | Apr 3  | 8       | \$64.75 | <a href="#">1072905</a> |
| Total Muscle Conditioning (TMC) | Overbrook          | 613-742-5147 | Thu.            | 10-11 am     | Apr 6  | 10      | \$80.75 | <a href="#">1090496</a> |
| Total Muscle Conditioning (TMC) | Routhier           | 613-244-4470 | Tue.            | 7-8 pm       | Apr 4  | 10      | \$80.75 | <a href="#">1072339</a> |
| Total Muscle Conditioning (TMC) | South Fallingbrook | 613-824-0633 | Tue.            | 7-8 pm       | Apr 11 | 10      | \$80.75 | <a href="#">1088415</a> |
| Total Muscle Conditioning (TMC) | South Fallingbrook | 613-824-0633 | Thu.            | 7-8 pm       | Apr 13 | 10      | \$80.75 | <a href="#">1088420</a> |
| TMC for Women                   | Kanata Leisure     | 613-591-9283 | Tue.            | 6:30-7:30 pm | Mar 21 | 8       | \$64.75 | <a href="#">1078367</a> |
| TMC for Women                   | Kanata Leisure     | 613-591-9283 | Thu.            | 6:25-7:25 pm | Jul 6  | 8       | \$64.75 | <a href="#">1077077</a> |
| TRX®                            | Kanata Leisure     | 613-591-9283 | Tue.            | 6-7 pm       | Mar 21 | 8       | \$64.75 | <a href="#">1078336</a> |
| TRX®                            | Kanata Leisure     | 613-591-9283 | Tue.            | 6-7 pm       | Jul 4  | 8       | \$64.75 | <a href="#">1076915</a> |
| TRX®                            | Kanata Leisure     | 613-591-9283 | Thu.            | 10-11 am     | Mar 23 | 8       | \$64.75 | <a href="#">1078339</a> |
| TRX®                            | Kanata Leisure     | 613-591-9283 | Thu.            | 6-7 pm       | Mar 23 | 8       | \$64.75 | <a href="#">1078337</a> |
| TRX®                            | Kanata Leisure     | 613-591-9283 | Thu.            | 6-7 pm       | Jul 6  | 8       | \$64.75 | <a href="#">1076919</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Mon.            | 6-7 pm       | Mar 20 | 6       | \$48.50 | <a href="#">1086375</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Mon.            | 6-7 pm       | May 8  | 6       | \$48.50 | <a href="#">1086376</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Mon.            | 6-7 pm       | Jul 10 | 6       | \$48.50 | <a href="#">1086377</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Fri.            | 6-7 pm       | Mar 24 | 6       | \$48.50 | <a href="#">1086373</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Fri.            | 6-7 pm       | May 12 | 6       | \$48.50 | <a href="#">1086374</a> |
| TRX®                            | Nepean Sportsplex  | 613-580-2828 | Fri.            | 6-7 pm       | Jul 14 | 6       | \$48.50 | <a href="#">1086378</a> |
| Walking Club                    | Sandy Hill         | 613-564-1062 | Mon., Wed.-Fri. | 9-10 am      | Apr 10 | 37      | \$6.75  | <a href="#">1090535</a> |

## Mind and Body

These classes are designed to relax, strengthen and engage your whole being by connecting mind and body. For extension numbers, call 613-580-2424, then the extension.

| Activity           | Location             | Phone #      | Day  | Time              | Start  | Classes | Cost     | Barcode                 |
|--------------------|----------------------|--------------|------|-------------------|--------|---------|----------|-------------------------|
| Feldenkrais        | St-Laurent           | 613-742-6767 | Wed. | 6-7 pm            | Mar 22 | 7       | \$68.75  | <a href="#">1092995</a> |
| Feldenkrais        | St-Laurent           | 613-742-6767 | Wed. | 6-7 pm            | May 10 | 8       | \$78.50  | <a href="#">1093001</a> |
| Pilates            | Eva James            | 613-271-0712 | Wed. | 11:15 am-12:15 pm | Apr 5  | 11      | \$108    | <a href="#">1081622</a> |
| Pilates            | Hunt Club-Riverside  | 613-260-1299 | Wed. | 6:35-7:35 pm      | Apr 12 | 8       | \$78.50  | <a href="#">1093290</a> |
| Pilates            | Hunt Club-Riverside  | 613-260-1299 | Wed. | 6:35-7:35 pm      | Jul 5  | 8       | \$78.50  | <a href="#">1093346</a> |
| Pilates            | Hunt Club-Riverside  | 613-260-1299 | Sat. | 9:45-10:45 am     | Apr 22 | 8       | \$78.50  | <a href="#">1093291</a> |
| Pilates            | Hunt Club-Riverside  | 613-260-1299 | Sat. | 9:45-10:45 am     | Jul 8  | 8       | \$78.50  | <a href="#">1093347</a> |
| Pilates            | Heron                | 613-247-4808 | Thu. | 7:30-8:30 pm      | Apr 20 | 9       | \$88.25  | <a href="#">1088664</a> |
| Pilates            | Kanata Leisure       | 613-591-9283 | Tue. | 12:30-1:30 pm     | Mar 21 | 8       | \$78.50  | <a href="#">1079993</a> |
| Pilates            | March Central        | Ext. 34488   | Mon. | 5:30-6:30 pm      | Mar 27 | 10      | \$98     | <a href="#">1078712</a> |
| Pilates            | Nepean Creative Arts | 613-596-5783 | Mon. | 5-5:50 pm         | Apr 10 | 8       | \$65.50  | <a href="#">1071533</a> |
| Pilates            | Nepean Creative Arts | 613-596-5783 | Fri. | 9:45-10:35 am     | Apr 7  | 9       | \$73.50  | <a href="#">1071532</a> |
| Pilates            | Nepean Sportsplex    | 613-580-2828 | Mon. | 6-7 pm            | Mar 20 | 6       | \$59     | <a href="#">1089325</a> |
| Pilates            | Nepean Sportsplex    | 613-580-2828 | Mon. | 6-7 pm            | May 8  | 6       | \$59     | <a href="#">1089326</a> |
| Pilates            | Nepean Sportsplex    | 613-580-2828 | Mon. | 6-7 pm            | Jul 10 | 6       | \$59     | <a href="#">1089329</a> |
| Pilates            | Pinecrest            | 613-828-3118 | Mon. | 9-10:30 am        | Apr 3  | 10      | \$147    | <a href="#">1084992</a> |
| Pilates            | Plant                | 613-232-3000 | Mon. | 6:30-7:30 pm      | Apr 24 | 8       | \$78.50  | <a href="#">1081863</a> |
| Pilates            | Plant                | 613-232-3000 | Mon. | 6:30-7:30 pm      | Jul 10 | 7       | \$68.75  | <a href="#">1090492</a> |
| Pilates            | Plant                | 613-232-3000 | Wed. | 6:15-7:15 pm      | Apr 26 | 9       | \$88.25  | <a href="#">1084374</a> |
| Pilates            | Plant                | 613-232-3000 | Wed. | 6:15-7:15 pm      | Jul 5  | 8       | \$78.50  | <a href="#">1090531</a> |
| Pilates            | Routhier             | 613-244-4470 | Mon. | 5:30-6:30 pm      | Apr 3  | 10      | \$98     | <a href="#">1072292</a> |
| Pilates            | St-Laurent           | 613-742-6767 | Mon. | 7-8 pm            | Mar 27 | 9       | \$88.25  | <a href="#">1094069</a> |
| Pilates            | St-Laurent           | 613-742-6767 | Mon. | 7-8 pm            | Jul 10 | 6       | \$59     | <a href="#">1094072</a> |
| Pilates            | St-Laurent           | 613-742-6767 | Thu. | 7-8 pm            | Mar 30 | 10      | \$98     | <a href="#">1094071</a> |
| Pilates            | St-Laurent           | 613-742-6767 | Thu. | 7-8 pm            | Jul 13 | 7       | \$68.75  | <a href="#">1094074</a> |
| Pilates            | Tanglewood           | Ext. 41238   | Mon. | 6-7 pm            | Jul 31 | 4       | \$34.75  | <a href="#">1093690</a> |
| Pilates            | Walter Baker         | 613-580-2788 | Tue. | 7-8 pm            | Mar 28 | 12      | \$117.75 | <a href="#">1084120</a> |
| Pilates            | Walter Baker         | 613-580-2788 | Tue. | 7-8 pm            | Jul 4  | 8       | \$78.50  | <a href="#">1092579</a> |
| Pilates with Props | Plant                | 613-232-3000 | Wed. | 7:15-8:15 pm      | Apr 26 | 9       | \$88.25  | <a href="#">1084383</a> |
| Pilates with Props | Plant                | 613-232-3000 | Wed. | 7:15-8:15 pm      | Jul 5  | 8       | \$78.50  | <a href="#">1090537</a> |

## Mind and Body

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| Activity        | Location               | Phone #      | Day  | Time              | Start  | Classes | Cost     | Barcode                 |
|-----------------|------------------------|--------------|------|-------------------|--------|---------|----------|-------------------------|
| Pilates-Level 2 | Plant                  | 613-232-3000 | Mon. | 7:30-8:30 pm      | Apr 24 | 8       | \$78.50  | <a href="#">1081878</a> |
| Pilates-Level 2 | Plant                  | 613-232-3000 | Mon. | 7:30-8:30 pm      | Jul 10 | 7       | \$68.75  | <a href="#">1090497</a> |
| Pilates-Level 2 | Routhier               | 613-244-4470 | Mon. | 6:30-7:30 pm      | Apr 3  | 10      | \$98     | <a href="#">1072304</a> |
| Pilates-Level 3 | Pinecrest              | 613-828-3118 | Tue. | 6-7:30 pm         | Apr 4  | 12      | \$176.50 | <a href="#">1084996</a> |
| Pilates-Level 3 | Pinecrest              | 613-828-3118 | Wed. | 9-10:30 am        | Apr 5  | 12      | \$176.50 | <a href="#">1084998</a> |
| Qi Gong         | Greenboro              | 613-580-2805 | Mon. | 6:30-7:30 pm      | Apr 3  | 10      | \$98     | <a href="#">1089335</a> |
| Qi Gong         | Greenboro              | 613-580-2805 | Thu. | 11:45 am-12:45 pm | Apr 6  | 10      | \$98     | <a href="#">1089336</a> |
| Qi Gong         | Plant                  | 613-232-3000 | Sat. | 10:30-11:30 am    | May 6  | 7       | \$68.75  | <a href="#">1086193</a> |
| Qi Gong         | Ray Friel              | 613-580-4765 | Wed. | 11:30 am-12:30 pm | Apr 5  | 12      | \$117.75 | <a href="#">1077328</a> |
| Qi Gong         | Richcraft-Kanata       | 613-580-9696 | Sat. | 1-2:55 pm         | Mar 25 | 12      | \$225.50 | <a href="#">1072136</a> |
| Tai Chi         | Alexander              | 613-798-8978 | Tue. | 7-8 pm            | Apr 4  | 8       | \$78.50  | <a href="#">1079211</a> |
| Tai Chi         | Blackburn Hamlet       | 613-580-9600 | Wed. | 1-2 pm            | Apr 5  | 11      | \$108    | <a href="#">1088891</a> |
| Tai Chi         | Bob MacQuarrie-Orléans | 613-580-9600 | Tue. | 6:45-7:45 pm      | Apr 4  | 10      | \$98     | <a href="#">1088879</a> |
| Tai Chi         | Overbrook              | 613-742-5147 | Wed. | 6:30-7:30 pm      | Apr 5  | 10      | \$98     | <a href="#">1085566</a> |
| Tai Chi         | Plant                  | 613-232-3000 | Thu. | 6:30-7:30 pm      | Apr 27 | 9       | \$88.25  | <a href="#">1085184</a> |
| Tai Chi         | Rockcliffe Park        | 613-842-8578 | Fri. | 9:30-10:30 am     | Mar 31 | 9       | \$88.25  | <a href="#">1075797</a> |
| Tai Chi         | Ron Kolbus Lakeside    | 613-828-4313 | Thu. | 6:15-7:15 pm      | Apr 13 | 8       | \$78.50  | <a href="#">1092925</a> |
| Tai Chi         | Richelieu-Vanier       | 613-560-6030 | Fri. | 9:30-10:30 am     | Jul 7  | 8       | \$78.50  | <a href="#">1075806</a> |
| Tai Chi         | St-Laurent             | 613-742-6767 | Tue. | 1-2 pm            | Mar 28 | 10      | \$98     | <a href="#">1094086</a> |
| Tai Chi         | St-Laurent             | 613-742-6767 | Thu. | 1-2 pm            | Mar 30 | 10      | \$98     | <a href="#">1094085</a> |
| Tai Chi 2       | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | 6-7 pm            | Apr 6  | 10      | \$98     | <a href="#">1088903</a> |
| Tai Chi 2       | Overbrook              | 613-742-5147 | Thu. | 6:30-7:30 pm      | Apr 6  | 10      | \$98     | <a href="#">1085587</a> |
| Tai Chi 2       | Plant                  | 613-232-3000 | Thu. | 7:30-8:30 pm      | Apr 27 | 9       | \$88.25  | <a href="#">1085199</a> |
| Tai Chi 2       | St-Laurent             | 613-742-6767 | Tue. | 2-3 pm            | Mar 28 | 10      | \$98     | <a href="#">1094087</a> |
| Tai Chi 2       | St-Laurent             | 613-742-6767 | Thu. | 2-3 pm            | Mar 30 | 10      | \$98     | <a href="#">1094089</a> |
| Yoga            | Alexander              | 613-798-8978 | Sun. | 1-2 pm            | Apr 2  | 8       | \$78.50  | <a href="#">1079300</a> |
| Yoga            | Beacon Hill North      | 613-748-1771 | Thu. | 10:30-11:30 am    | Apr 6  | 10      | \$98     | <a href="#">1074492</a> |
| Yoga            | Beacon Hill North      | 613-748-1771 | Thu. | 10:30-11:30 am    | Jul 6  | 8       | \$78.50  | <a href="#">1092857</a> |
| Yoga            | Blackburn Hamlet Hall  | 613-580-9600 | Tue. | 6:15-7:15 pm      | Apr 4  | 11      | \$108    | <a href="#">1086129</a> |
| Yoga            | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 1-2 pm            | Apr 3  | 9       | \$88.25  | <a href="#">1084439</a> |

## Mind and Body

These classes are designed to relax, strengthen and engage your whole being by connecting mind and body. For extension numbers, call 613-580-2424, then the extension.

| Activity | Location                   | Phone #      | Day  | Time              | Start  | Classes | Cost     | Barcode                 |
|----------|----------------------------|--------------|------|-------------------|--------|---------|----------|-------------------------|
| Yoga     | Bob MacQuarrie-Orléans     | 613-580-9600 | Mon. | 6-7 pm            | Apr 3  | 9       | \$88.25  | <a href="#">1084444</a> |
| Yoga     | Bob MacQuarrie-Orléans     | 613-580-9600 | Mon. | 6:30-7:30 pm      | Jul 10 | 6       | \$59     | <a href="#">1084465</a> |
| Yoga     | Bob MacQuarrie-Orléans     | 613-580-9600 | Wed. | 7-8 pm            | Apr 5  | 10      | \$98     | <a href="#">1084452</a> |
| Yoga     | Bob MacQuarrie-Orléans     | 613-580-9600 | Sat. | 8:30-9:30 am      | Apr 8  | 8       | \$78.50  | <a href="#">1084460</a> |
| Yoga     | Bob MacQuarrie-Orléans     | 613-580-9600 | Sat. | 8:30-9:30 am      | Jul 8  | 8       | \$78.50  | <a href="#">1084467</a> |
| Yoga     | Carleton Heights           | 613-226-2208 | Mon. | 8-9 pm            | Mar 20 | 12      | \$111    | <a href="#">1092485</a> |
| Yoga     | Carleton Heights           | 613-226-2208 | Thu. | 9:30-10:30 am     | Mar 23 | 14      | \$129.50 | <a href="#">1092515</a> |
| Yoga     | Carleton Heights           | 613-226-2208 | Thu. | 6 pm              | Mar 23 | 14      | \$129.50 | <a href="#">1092486</a> |
| Yoga     | Carleton Heights           | 613-226-2208 | Thu. | 6:15-7:15 pm      | Jul 6  | 8       | \$74     | <a href="#">1092521</a> |
| Yoga     | Eva James                  | 613-271-0712 | Mon. | 11:15 am-12:15 pm | Apr 3  | 10      | \$98     | <a href="#">1077627</a> |
| Yoga     | Eva James                  | 613-271-0712 | Mon. | 7:15-8:15 pm      | Apr 3  | 10      | \$98     | <a href="#">1077635</a> |
| Yoga     | Eva James                  | 613-271-0712 | Wed. | 8:15-9:15 pm      | Apr 12 | 10      | \$98     | <a href="#">1077656</a> |
| Yoga     | Fisher Park                | 613-798-8945 | Tue. | 7-8:30 pm         | Apr 4  | 10      | \$147    | <a href="#">1079842</a> |
| Yoga     | Fisher Park                | 613-798-8945 | Thu. | 7-8:30 pm         | Apr 6  | 10      | \$147    | <a href="#">1079843</a> |
| Yoga     | Fitzroy Harbour            | Ext. 34488   | Mon. | 7:30-8:30 pm      | Mar 20 | 8       | \$78.50  | <a href="#">1076645</a> |
| Yoga     | Goulbourn                  | 613-580-2532 | Tue. | 6:15-7:15 pm      | Mar 21 | 7       | \$68.75  | <a href="#">1092931</a> |
| Yoga     | Goulbourn Municipal Office | Ext. 20705   | Thu. | 9:30-11 am        | Apr 6  | 6       | \$88.25  | <a href="#">1072276</a> |
| Yoga     | Goulbourn Municipal Office | Ext. 20705   | Thu. | 9:30-11 am        | May 18 | 6       | \$88.25  | <a href="#">1072278</a> |
| Yoga     | Greely                     | Ext. 30235   | Mon. | 8-9 pm            | Apr 3  | 10      | \$98     | <a href="#">1088244</a> |
| Yoga     | Greely                     | Ext. 30235   | Wed. | 1:45-3:15 pm      | Apr 5  | 10      | \$147    | <a href="#">1088285</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Mon. | 11:30 am-12:30 pm | Apr 3  | 10      | \$98     | <a href="#">1089359</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Mon. | 11:30 am-12:30 pm | Jul 10 | 7       | \$68.75  | <a href="#">1089949</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Tue. | 7:30-8:30 pm      | Apr 4  | 10      | \$98     | <a href="#">1089362</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Tue. | 7:30-8:30 pm      | Jul 11 | 8       | \$78.50  | <a href="#">1089953</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Fri. | 10:30-11:30 am    | Apr 21 | 10      | \$98     | <a href="#">1089368</a> |
| Yoga     | Greenboro                  | 613-580-2805 | Fri. | 10:30-11:30 am    | Jul 7  | 8       | \$78.50  | <a href="#">1089957</a> |
| Yoga     | Hintonburg                 | 613-798-8874 | Mon. | 6-7 pm            | Mar 27 | 9       | \$88.25  | <a href="#">1091336</a> |
| Yoga     | Hunt Club-Riverside        | 613-260-1299 | Mon. | 7:30-8:30 pm      | Apr 10 | 8       | \$78.50  | <a href="#">1093292</a> |
| Yoga     | Hunt Club-Riverside        | 613-260-1299 | Mon. | 7:30-8:30 pm      | Jul 3  | 8       | \$78.50  | <a href="#">1093350</a> |
| Yoga     | Hunt Club-Riverside        | 613-260-1299 | Tue. | 6:30-7:30 pm      | Apr 11 | 8       | \$78.50  | <a href="#">1093293</a> |

## Mind and Body

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| Activity | Location                | Phone #      | Day  | Time          | Start  | Classes | Cost     | Barcode                 |
|----------|-------------------------|--------------|------|---------------|--------|---------|----------|-------------------------|
| Yoga     | Hunt Club-Riverside     | 613-260-1299 | Tue. | 6:30-7:30 pm  | Jul 4  | 8       | \$78.50  | <a href="#">1093351</a> |
| Yoga     | Hunt Club-Riverside     | 613-260-1299 | Thu. | 7-8 pm        | Apr 13 | 8       | \$78.50  | <a href="#">1093294</a> |
| Yoga     | Hunt Club-Riverside     | 613-260-1299 | Thu. | 7-8 pm        | Jul 6  | 8       | \$78.50  | <a href="#">1093352</a> |
| Yoga     | Hunt Club-Riverside     | 613-260-1299 | Sat. | 8:30-9:30 am  | Apr 22 | 8       | \$78.50  | <a href="#">1093295</a> |
| Yoga     | Hunt Club-Riverside     | 613-260-1299 | Sat. | 8:30-9:30 am  | Jul 8  | 8       | \$78.50  | <a href="#">1093353</a> |
| Yoga     | John G. Mlacak          | 613-580-2980 | Thu. | 7:40-8:40 pm  | Mar 23 | 10      | \$98     | <a href="#">1076004</a> |
| Yoga     | Kanata Leisure          | 613-591-9283 | Wed. | 12:30-1:30 pm | Mar 22 | 8       | \$78.50  | <a href="#">1079443</a> |
| Yoga     | McNabb                  | 613-564-1070 | Tue. | 6-7:30 pm     | Mar 21 | 12      | \$159.25 | <a href="#">1076291</a> |
| Yoga     | Metcalfe Client Service | Ext. 30235   | Mon. | 1:45-3:15 pm  | Apr 3  | 10      | \$147    | <a href="#">1088257</a> |
| Yoga     | Minto-Barrhaven         | 613-727-2683 | Wed. | 8:10-9:10 pm  | Mar 22 | 14      | \$137.25 | <a href="#">1084058</a> |
| Yoga     | Mother Teresa School    | Ext. 41227   | Tue. | 7-8 pm        | Apr 4  | 10      | \$98     | <a href="#">1088482</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Mon. | 7-8 pm        | Mar 20 | 6       | \$59     | <a href="#">1086328</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Mon. | 7-8 pm        | May 8  | 6       | \$59     | <a href="#">1086332</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Mon. | 7-8 pm        | Jul 10 | 6       | \$59     | <a href="#">1086334</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Tue. | 7-8 pm        | Mar 21 | 6       | \$59     | <a href="#">1089538</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Tue. | 7-8 pm        | May 2  | 6       | \$59     | <a href="#">1089541</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Tue. | 7-8 pm        | Jul 11 | 6       | \$59     | <a href="#">1089545</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Thu. | 6-7 pm        | Mar 23 | 6       | \$59     | <a href="#">1086325</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Thu. | 6-7 pm        | May 4  | 6       | \$59     | <a href="#">1086327</a> |
| Yoga     | Nepean Sportsplex       | 613-580-2828 | Thu. | 6-7 pm        | Jul 13 | 6       | \$59     | <a href="#">1086335</a> |
| Yoga     | North Gower School      | Ext. 20705   | Wed. | 6:30-8 pm     | Mar 29 | 8       | \$111    | <a href="#">1072271</a> |
| Yoga     | Pat Clark (Cyrville)    | 613-748-1771 | Wed. | 7-8 pm        | Apr 5  | 10      | \$98     | <a href="#">1074449</a> |
| Yoga     | Pat Clark (Cyrville)    | 613-748-1771 | Wed. | 7-8 pm        | Jul 5  | 8       | \$78.50  | <a href="#">1092825</a> |
| Yoga     | Plant                   | 613-232-3000 | Mon. | 6:35-7:35 pm  | Apr 24 | 8       | \$78.50  | <a href="#">1081843</a> |
| Yoga     | Plant                   | 613-232-3000 | Mon. | 6:35-7:35 pm  | Jul 10 | 7       | \$68.75  | <a href="#">1090489</a> |
| Yoga     | Plant                   | 613-232-3000 | Tue. | 7:30-8:30 pm  | Apr 25 | 9       | \$88.25  | <a href="#">1084198</a> |
| Yoga     | Plant                   | 613-232-3000 | Tue. | 7:30-8:30 pm  | Jul 4  | 8       | \$78.50  | <a href="#">1090518</a> |
| Yoga     | Plant                   | 613-232-3000 | Wed. | Noon-1 pm     | Apr 26 | 9       | \$88.25  | <a href="#">1084334</a> |
| Yoga     | Plant                   | 613-232-3000 | Wed. | 6:35-7:35 pm  | Apr 26 | 9       | \$88.25  | <a href="#">1084317</a> |
| Yoga     | Plant                   | 613-232-3000 | Wed. | 6:35-7:35 pm  | Jul 5  | 8       | \$78.50  | <a href="#">1090522</a> |



## Mind and Body

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| Activity | Location            | Phone #      | Day  | Time           | Start  | Classes | Cost     | Barcode                 |
|----------|---------------------|--------------|------|----------------|--------|---------|----------|-------------------------|
| Yoga     | Plant               | 613-232-3000 | Thu. | 9:30-10:30 am  | Apr 27 | 9       | \$88.25  | <a href="#">1085479</a> |
| Yoga     | Plant               | 613-232-3000 | Thu. | 7:15-8:15 pm   | Apr 27 | 9       | \$88.25  | <a href="#">1085485</a> |
| Yoga     | Plant               | 613-232-3000 | Thu. | 9:30-10:30 am  | Jul 6  | 8       | \$78.50  | <a href="#">1090571</a> |
| Yoga     | Plant               | 613-232-3000 | Fri. | 9:30-10:30 am  | Apr 28 | 8       | \$78.50  | <a href="#">1085872</a> |
| Yoga     | Plant               | 613-232-3000 | Fri. | 9:30-10:30 am  | Jul 7  | 7       | \$68.75  | <a href="#">1090579</a> |
| Yoga     | Plant               | 613-232-3000 | Sat. | 9:30-10:30 am  | Apr 29 | 8       | \$78.50  | <a href="#">1086211</a> |
| Yoga     | Richcraft-Kanata    | 613-580-9696 | Sun. | 10:30-11:25 am | Mar 26 | 12      | \$108    | <a href="#">1072137</a> |
| Yoga     | Richcraft-Kanata    | 613-580-9696 | Mon. | 7:30-8:25 pm   | Mar 20 | 12      | \$108    | <a href="#">1072134</a> |
| Yoga     | Richcraft-Kanata    | 613-580-9696 | Mon. | 7:30-8:25 pm   | Jul 3  | 8       | \$72     | <a href="#">1078956</a> |
| Yoga     | Rideauview          | 613-822-7887 | Tue. | 6:30-7:30 pm   | Mar 21 | 12      | \$117.75 | <a href="#">1089178</a> |
| Yoga     | Ron Kolbus Lakeside | 613-828-4313 | Tue. | 7:30-8:30 pm   | Mar 28 | 8       | \$78.50  | <a href="#">1076087</a> |
| Yoga     | Ron Kolbus Lakeside | 613-828-4313 | Tue. | 7:30-8:30 pm   | Jul 11 | 8       | \$78.50  | <a href="#">1076296</a> |
| Yoga     | Routhier            | 613-244-4470 | Mon. | 6:45-7:45 pm   | Apr 3  | 10      | \$98     | <a href="#">1072357</a> |
| Yoga     | Routhier            | 613-244-4470 | Thu. | 6-7 pm         | Apr 6  | 12      | \$117.75 | <a href="#">1072369</a> |
| Yoga     | Sandy Hill          | 613-564-1062 | Mon. | 6:30-8 pm      | Apr 10 | 10      | \$147    | <a href="#">1090508</a> |
| Yoga     | Sandy Hill          | 613-564-1062 | Tue. | 9:30-11 am     | Apr 11 | 11      | \$161.75 | <a href="#">1090515</a> |
| Yoga     | Splash Wave Pool    | 613-748-4222 | Tue. | 6:30-8 pm      | Mar 21 | 14      | \$205.75 | <a href="#">1077274</a> |
| Yoga     | Splash Wave Pool    | 613-748-4222 | Thu. | 6:30-7:30 pm   | Mar 23 | 14      | \$137.25 | <a href="#">1077278</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Mon. | 8-9 pm         | Mar 27 | 9       | \$88.25  | <a href="#">1094090</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Mon. | 8-9 pm         | Jul 10 | 6       | \$59     | <a href="#">1094095</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Wed. | 6-7 pm         | Mar 29 | 10      | \$98     | <a href="#">1094092</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Wed. | 6-7 pm         | Jul 12 | 7       | \$68.75  | <a href="#">1094096</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Thu. | 8-9 pm         | Mar 30 | 10      | \$98     | <a href="#">1094094</a> |
| Yoga     | St-Laurent          | 613-742-6767 | Thu. | 8-9 pm         | Jul 13 | 7       | \$68.75  | <a href="#">1094100</a> |
| Yoga     | South Fallingbrook  | 613-824-0633 | Mon. | 7-8 pm         | Apr 10 | 9       | \$85.75  | <a href="#">1088494</a> |
| Yoga     | South Fallingbrook  | 613-824-0633 | Tue. | 7-8 pm         | Apr 11 | 10      | \$95.25  | <a href="#">1088505</a> |
| Yoga     | South Fallingbrook  | 613-824-0633 | Wed. | 7-8 pm         | Apr 12 | 10      | \$95.25  | <a href="#">1088548</a> |
| Yoga     | South Fallingbrook  | 613-824-0633 | Wed. | 7-8 pm         | Jun 28 | 9       | \$85.75  | <a href="#">1088577</a> |
| Yoga     | Tanglewood          | Ext. 41238   | Wed. | 7-8 pm         | Mar 29 | 10      | \$98     | <a href="#">1090717</a> |
| Yoga 2   | Blackburn Hamlet    | 613-580-9600 | Wed. | 7:45-8:45 pm   | Apr 5  | 11      | \$108    | <a href="#">1086142</a> |

## Mind and Body

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| Activity           | Location               | Phone #      | Day  | Time              | Start  | Classes | Cost     | Barcode                 |
|--------------------|------------------------|--------------|------|-------------------|--------|---------|----------|-------------------------|
| Yoga 2             | Rideauview             | 613-822-7887 | Wed. | 7:30-9 pm         | Mar 22 | 13      | \$191.25 | <a href="#">1089277</a> |
| Yoga-Meditation    | St-Laurent             | 613-742-6767 | Fri. | 7-8 pm            | Mar 31 | 9       | \$88.25  | <a href="#">1094098</a> |
| Yoga-Meditation    | St-Laurent             | 613-742-6767 | Fri. | 7-8 pm            | Jul 14 | 7       | \$68.75  | <a href="#">1094097</a> |
| Yoga-Pilates       | Greenboro              | 613-580-2805 | Thu. | 7:30-8:30 pm      | Apr 6  | 10      | \$98     | <a href="#">1089347</a> |
| Yoga-Pilates       | Kanata Leisure         | 613-591-9283 | Tue. | 11:30 am-12:30 pm | Mar 21 | 8       | \$78.50  | <a href="#">1079961</a> |
| Yoga-Pilates       | Nepean Creative Arts   | 613-596-5783 | Wed. | 9:45-11 am        | Apr 12 | 10      | \$122.50 | <a href="#">1071032</a> |
| Yoga-Pilates       | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm            | Mar 23 | 6       | \$59     | <a href="#">1089124</a> |
| Yoga-Pilates       | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm            | May 4  | 6       | \$59     | <a href="#">1089125</a> |
| Yoga-Pilates       | Nepean Sportsplex      | 613-580-2828 | Thu. | 7-8 pm            | Jul 13 | 6       | \$59     | <a href="#">1089134</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Mon. | 1-2 pm            | Mar 27 | 9       | \$88.25  | <a href="#">1094076</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Tue. | 6-7 pm            | Mar 28 | 10      | \$98     | <a href="#">1094077</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Tue. | 6-7 pm            | Jul 11 | 7       | \$68.75  | <a href="#">1094081</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Tue. | 7-8 pm            | Mar 28 | 10      | \$98     | <a href="#">1094078</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Tue. | 7-8 pm            | Jul 11 | 7       | \$68.75  | <a href="#">1094082</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Thu. | 6-7 pm            | Mar 30 | 10      | \$98     | <a href="#">1094080</a> |
| Yoga-Pilates       | St-Laurent             | 613-742-6767 | Thu. | 6-7 pm            | Jul 13 | 7       | \$68.75  | <a href="#">1094084</a> |
| Yoga-Power         | Eva James              | 613-271-0712 | Wed. | 7-8 pm            | Apr 12 | 10      | \$98     | <a href="#">1077752</a> |
| Yoga-Power         | Lansdowne              | 613-580-2429 | Mon. | 12:30-1:30 pm     | May 29 | 5       | \$49     | <a href="#">1090932</a> |
| Yoga-Power         | Plant                  | 613-232-3000 | Thu. | 8:15-9:15 pm      | Apr 27 | 9       | \$88.25  | <a href="#">1085527</a> |
| Yoga-Power         | Plant                  | 613-232-3000 | Thu. | 7:35-8:35 pm      | Jul 6  | 8       | \$78.50  | <a href="#">1090573</a> |
| Yoga-Yin           | François Dupuis        | 613-580-8080 | Mon. | 7:45-8:45 pm      | Apr 3  | 9       | \$88.25  | <a href="#">1080498</a> |
| Yoga-Yin           | South Fallingbrook     | 613-824-0633 | Wed. | 8-9 pm            | Apr 5  | 12      | \$117.75 | <a href="#">1088603</a> |
| Yoga-Yoga Tune Up® | Bob MacQuarrie-Orléans | 613-580-9600 | Wed. | 5:30-6:30 pm      | Apr 5  | 10      | \$98     | <a href="#">1085100</a> |
| Yoga-Yoga Tune Up® | Greenboro              | 613-580-2805 | Sun. | 10:30-11:30 am    | Apr 2  | 10      | \$98     | <a href="#">1089309</a> |
| Yoga-Yoga Tune Up® | Greenboro              | 613-580-2805 | Sun. | 10:30-11:30 am    | Jul 9  | 8       | \$78.50  | <a href="#">1089322</a> |

## Pre Natal and With Baby

Fitness classes designed with soon to be mom's or parents with babies in mind. For extension numbers, call 613-580-2424, then the extension.

| Activity             | Location               | Phone #      | Day  | Time              | Start  | Classes | Cost     | Barcode                 |
|----------------------|------------------------|--------------|------|-------------------|--------|---------|----------|-------------------------|
| <b>Aquafitness</b>   |                        |              |      |                   |        |         |          |                         |
| Diaper Fit           | François Dupuis        | 613-580-8080 | Wed. | 10:45-11:30 am    | Mar 22 | 13      | \$126.25 | <a href="#">1092598</a> |
| Diaper Fit           | François Dupuis        | 613-580-8080 | Fri. | 5:45-6:30 pm      | Mar 24 | 12      | \$116.50 | <a href="#">1092602</a> |
| Diaper Fit           | François Dupuis        | 613-580-8080 | Fri. | 5:45-6:30 pm      | Jul 7  | 9       | \$87.50  | <a href="#">1092637</a> |
| Diaper Fit           | Goulbourn              | 613-580-2532 | Mon. | 10:45-11:30 am    | Mar 20 | 6       | \$58.25  | <a href="#">1092870</a> |
| Diaper Fit           | Goulbourn              | 613-580-2532 | Mon. | 10:45-11:30 am    | May 8  | 6       | \$58.25  | <a href="#">1092879</a> |
| Diaper Fit           | Jack Purcell           | 613-564-1050 | Tue. | 11-11:45 am       | Apr 25 | 9       | \$87.50  | <a href="#">1089706</a> |
| Diaper Fit           | Jack Purcell           | 613-564-1050 | Tue. | 11-11:45 am       | Jul 4  | 9       | \$87.50  | <a href="#">1090275</a> |
| Diaper Fit           | Walter Baker           | 613-580-2788 | Tue. | 10:15-11 am       | Mar 28 | 6       | \$58.25  | <a href="#">1084173</a> |
| Diaper Fit           | Walter Baker           | 613-580-2788 | Tue. | 10:15-11 am       | May 9  | 6       | \$58.25  | <a href="#">1084178</a> |
| Pre Natal            | Bob MacQuarrie-Orléans | 613-580-9600 | Wed. | 6:45-7:30 pm      | Apr 19 | 10      | \$97     | <a href="#">1089531</a> |
| Pre Natal            | François Dupuis        | 613-580-8080 | Fri. | 5:45-6:30 pm      | Mar 24 | 12      | \$116.50 | <a href="#">1092623</a> |
| Pre Natal            | François Dupuis        | 613-580-8080 | Fri. | 5:45-6:30 pm      | Jul 7  | 9       | \$87.50  | <a href="#">1092648</a> |
| Pre Natal            | Goulbourn              | 613-580-2532 | Tue. | 7-7:45 pm         | Mar 21 | 10      | \$97     | <a href="#">1092911</a> |
| Pre Natal            | Goulbourn              | 613-580-2532 | Tue. | 7-7:45 pm         | Jun 6  | 8       | \$77.75  | <a href="#">1092915</a> |
| Pre Natal            | Kanata Leisure         | 613-591-9283 | Mon. | 7:45-8:30 pm      | Mar 20 | 8       | \$77.75  | <a href="#">1078182</a> |
| Pre Natal            | Kanata Leisure         | 613-591-9283 | Mon. | 5:45-6:30 pm      | Jul 10 | 6       | \$58.25  | <a href="#">1076851</a> |
| Pre Natal            | Minto-Barrhaven        | 613-727-2683 | Tue. | 8-8:45 pm         | Apr 18 | 9       | \$87.50  | <a href="#">1093366</a> |
| Pre Natal            | Minto-Barrhaven        | 613-727-2683 | Tue. | 8-8:45 pm         | Jul 4  | 8       | \$77.75  | <a href="#">1093376</a> |
| Pre Natal            | Plant                  | 613-232-3000 | Mon. | 6:30-7:15 pm      | Apr 24 | 8       | \$77.75  | <a href="#">1081838</a> |
| Pre Natal            | Plant                  | 613-232-3000 | Mon. | 6:30-7:15 pm      | Jul 10 | 7       | \$68     | <a href="#">1090485</a> |
| <b>Group Fitness</b> |                        |              |      |                   |        |         |          |                         |
| Bootcamp with Baby   | Bob MacQuarrie-Orléans | 613-580-9600 | Wed. | 9:30-10:30 am     | Apr 5  | 6       | \$48.50  | <a href="#">1085073</a> |
| Bootcamp with Baby   | Kanata Leisure         | 613-591-9283 | Mon. | 11:30 am-12:30 pm | Mar 20 | 8       | \$64.75  | <a href="#">1078282</a> |
| Bootcamp with Baby   | Kanata Leisure         | 613-591-9283 | Thu. | 10:15-11:15 am    | Mar 23 | 8       | \$64.75  | <a href="#">1078286</a> |
| Bootcamp with Baby   | Nepean Sportsplex      | 613-580-2828 | Mon. | 11 am-Noon        | Mar 20 | 6       | \$48.50  | <a href="#">1086358</a> |
| Bootcamp with Baby   | Nepean Sportsplex      | 613-580-2828 | Mon. | 11 am-Noon        | May 8  | 6       | \$48.50  | <a href="#">1086359</a> |
| Spinning® with Baby  | Ray Friel              | 613-580-4765 | Tue. | 10:30-11:15 am    | Apr 4  | 10      | \$60.75  | <a href="#">1077408</a> |

## Pre Natal and With Baby

Fitness classes designed with soon to be mom's or parents with babies in mind. For extension numbers, call 613-580-2424, then the extension.

| Activity             | Location               | Phone #      | Day  | Time              | Start  | Classes | Cost    | Barcode                 |
|----------------------|------------------------|--------------|------|-------------------|--------|---------|---------|-------------------------|
| <b>Dance</b>         |                        |              |      |                   |        |         |         |                         |
| Party with Baby      | Nepean Sportsplex      | 613-580-2828 | Tue. | 11:15 am-12:15 pm | Mar 21 | 11      | \$89    | <a href="#">1092922</a> |
| Party with Baby      | Nepean Sportsplex      | 613-580-2828 | Wed. | 11 am-Noon        | Mar 22 | 6       | \$48.50 | <a href="#">1086309</a> |
| Party with Baby      | Nepean Sportsplex      | 613-580-2828 | Wed. | 11 am-Noon        | May 3  | 6       | \$48.50 | <a href="#">1086311</a> |
| Party with Baby      | Nepean Sportsplex      | 613-580-2828 | Wed. | 11 am-Noon        | Jul 12 | 6       | \$48.50 | <a href="#">1086316</a> |
| Party with Baby      | Ray Friel              | 613-580-4765 | Thu. | 10:30-11:15 am    | Apr 6  | 10      | \$60.75 | <a href="#">1077459</a> |
| <b>Mind and Body</b> |                        |              |      |                   |        |         |         |                         |
| Yoga-Pre Natal       | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 7-8 pm            | Apr 3  | 9       | \$88.25 | <a href="#">1084470</a> |
| Yoga-Pre Natal       | Bob MacQuarrie-Orléans | 613-580-9600 | Mon. | 7:30-8:30 pm      | Jul 10 | 6       | \$59    | <a href="#">1084471</a> |
| Yoga-Pre Natal       | John G. Mlacak         | 613-580-2980 | Thu. | 6:30-7:30 pm      | Mar 23 | 10      | \$98    | <a href="#">1076003</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Mon. | 5:30-6:30 pm      | Mar 20 | 6       | \$59    | <a href="#">1089163</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Mon. | 5:30-6:30 pm      | May 8  | 6       | \$59    | <a href="#">1089166</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Mon. | 5:30-6:30 pm      | Jul 10 | 6       | \$59    | <a href="#">1089173</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Wed. | 8-9 pm            | Mar 22 | 6       | \$59    | <a href="#">1089159</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Wed. | 8-9 pm            | May 3  | 6       | \$59    | <a href="#">1089161</a> |
| Yoga-Pre Natal       | Nepean Sportsplex      | 613-580-2828 | Wed. | 8-9 pm            | Jul 12 | 6       | \$59    | <a href="#">1089177</a> |
| Yoga with Baby       | Bob MacQuarrie-Orléans | 613-580-9600 | Thu. | 10-11 am          | Apr 6  | 6       | \$59    | <a href="#">1085532</a> |
| Yoga with Baby       | Hintonburg             | 613-798-8874 | Fri. | 10-11 am          | Mar 31 | 9       | \$88.25 | <a href="#">1091371</a> |
| Yoga with Baby       | Nepean Sportsplex      | 613-580-2828 | Fri. | 11 am-Noon        | Mar 24 | 6       | \$59    | <a href="#">1089203</a> |
| Yoga with Baby       | Nepean Sportsplex      | 613-580-2828 | Fri. | 11 am-Noon        | May 12 | 6       | \$59    | <a href="#">1089205</a> |
| Yoga with Baby       | Nepean Sportsplex      | 613-580-2828 | Fri. | 11 am-Noon        | Jul 14 | 6       | \$59    | <a href="#">1089214</a> |