



# Fitness and Wellness

## Exercise Classes

Fall 2018 and Winter 2019

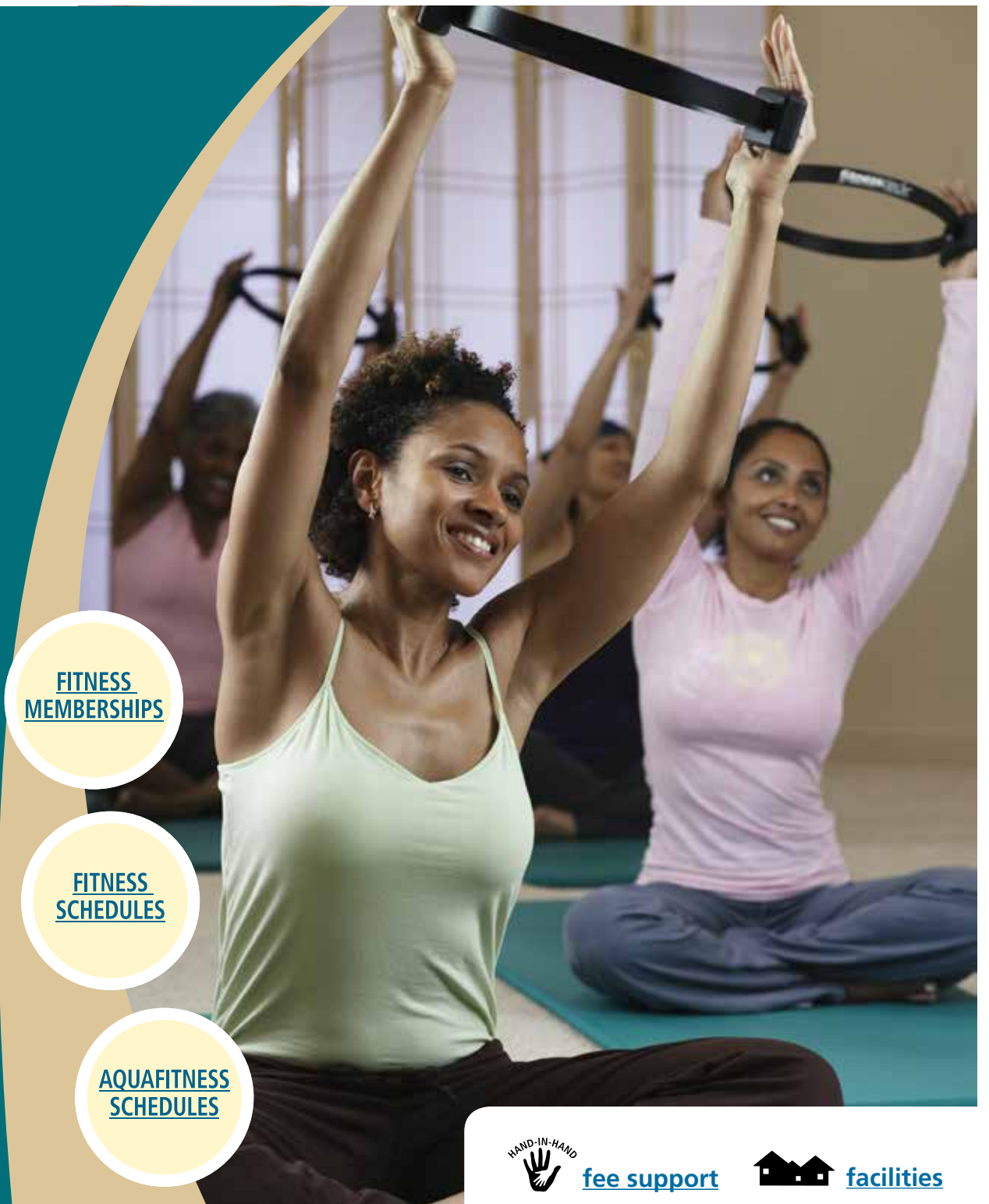
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[FITNESS SCHEDULES](#)

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## 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

11-14 years	Fri.	5:30-6:30 pm
Sep 21-Dec 14		<a href="#">1321276</a>
11-14 years	Fri.	5:15-6:15 pm
Jan 18-Mar 29		<a href="#">1403209</a>
7-10 years	Mon.	5:15-6:15 pm
Sep 17-Dec 10		<a href="#">1321269</a>
Jan 14-Mar 25		<a href="#">1403175</a>

### Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

#### Walter Baker – 613-580-2788

13-14 years	Tue.	7:15-8:15 pm
Sep 25-Dec 11		<a href="#">1407706</a>
Jan 22-Mar 5		<a href="#">1407710</a>

## Youth Fitness Classes

### Strength Training

Gain confidence using weight and cardio machines. Learn proper techniques in this social setting.

#### Nepean Sportsplex – 613-580-2828

14-17 years	Wed.	6-7 pm
Sep 12-Dec 12		<a href="#">1400799</a>
Jan 9-Mar 27		<a href="#">1406657</a>

### Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

#### Nepean Sportsplex – 613-580-2828

14-18 years	Thu.	5-6 pm
Sep 13-Dec 13		<a href="#">1401818</a>
Jan 10-Mar 28		<a href="#">1406702</a>

### Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

#### Walter Baker – 613-580-2788





15-18 years	Tue.	7:15-8:15 pm
Sep 25-Dec 11		<a href="#">1407679</a>
Jan 22-Mar 5		<a href="#">1407681</a>



## Adult Fitness Classes

### 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
Aqua Acute	Bob MacQuarrie-Orléans	613-580-9600	Fri.	Noon-1 pm	Jan 11	11	\$145.25	<a href="#">1187869</a>
Aqua Acute	François Dupuis	613-580-8080	Fri.	1:30-2:30 pm	Sep 14	15	\$198	<a href="#">1187887</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 am	Oct 9	11	\$145.25	<a href="#">1186955</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 am	Jan 8	9	\$118.75	<a href="#">1186983</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Oct 9	11	\$145.25	<a href="#">1186957</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Jan 8	9	\$118.75	<a href="#">1186985</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
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Oct 9	11	\$145.25	<a href="#">1186959</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Jan 8	9	\$118.75	<a href="#">1186987</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 am	Oct 11	11	\$145.25	<a href="#">1186964</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 am	Jan 10	9	\$118.75	<a href="#">1187027</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Oct 11	11	\$145.25	<a href="#">1186962</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Jan 10	9	\$118.75	<a href="#">1187024</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	12:45-1:45 pm	Oct 11	11	\$145.25	<a href="#">1186960</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	12:45-1:45 pm	Jan 10	9	\$118.75	<a href="#">1187022</a>
Aqua Boot Camp	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Jan 8	12	\$158.50	<a href="#">1187929</a>
Aqua Boot Camp	François Dupuis	613-580-8080	Tue.	7:15-8:15 pm	Sep 11	15	\$198	<a href="#">1187935</a>
Aqua Boot Camp	Kanata Leisure	613-580-9677	Tue.	7-8 pm	Sep 18	13	\$171.50	<a href="#">1183146</a>
Aqua Boot Camp	Kanata Leisure	613-580-9677	Tue.	7-8 pm	Jan 8	9	\$118.75	<a href="#">1183590</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Sep 19	6	\$79.25	<a href="#">1400607</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Nov 7	6	\$79.25	<a href="#">1400609</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Jan 23	7	\$92.50	<a href="#">1402259</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Oct 15	10	\$132	<a href="#">1185856</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Jan 7	8	\$105.75	<a href="#">1185861</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Oct 10	11	\$145.25	<a href="#">1185857</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Jan 9	9	\$118.75	<a href="#">1185863</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Jan 7	11	\$145.25	<a href="#">1187900</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3 pm	Jan 8	12	\$158.50	<a href="#">1187911</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Jan 9	12	\$158.50	<a href="#">1187915</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Jan 10	12	\$158.50	<a href="#">1187918</a>
Aqua Healing Waters 	François Dupuis	613-580-8080	Tue.	1:30-2:30 pm	Sep 11	15	\$198	<a href="#">1187896</a>
Aqua Healing Waters	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Sep 12	15	\$198	<a href="#">1408038</a>
Aqua Healing Waters	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Jan 9	9	\$118.75	<a href="#">1408041</a>
Aqua Healing Waters	Richcraft	613-580-9696	Fri.	1-2 pm	Sep 28	13	\$171.50	<a href="#">1408044</a>
Aqua Healing Waters	Richcraft	613-580-9696	Fri.	1-2 pm	Jan 11	9	\$118.75	<a href="#">1408054</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Jan 7	11	\$145.25	<a href="#">1187995</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
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Thu.	Noon-1 pm	Jan 10	12	\$158.50	<a href="#">1188002</a>
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Sep 13	15	\$198	<a href="#">1408142</a>
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Jan 10	9	\$118.75	<a href="#">1408148</a>
Aqua Yoga	St-Laurent Complex	613-742-6767	Sun.	5:30-6:30 pm	Sep 9	7	\$92.50	<a href="#">1409248</a>
Aqua Yoga	St-Laurent Complex	613-742-6767	Sun.	5:30-6:30 pm	Nov 4	7	\$92.50	<a href="#">1409249</a>
Aqua Yoga	St-Laurent Complex	613-742-6767	Sun.	5:30-6:30 pm	Jan 13	11	\$145.25	<a href="#">1409362</a>

## Indoor Cycling

A variety of indoor cycling (IC) 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
Indoor Cycling Intro	Nepean Sportsplex	613-580-2828	Sun.	11:30 am-12:30 pm	Sep 16	13	\$107	<a href="#">1400715</a>
Indoor Cycling Intro	Nepean Sportsplex	613-580-2828	Sun.	11:30 am-12:30 pm	Jan 13	10	\$82.50	<a href="#">1403879</a>
Indoor Cycling & Yoga	Goulbourn	613-580-2532	Wed.	7-8:30 pm	Sep 26	12	\$178.50	<a href="#">1404804</a>
Indoor Cycling & Yoga	Goulbourn	613-580-2532	Wed.	7-8:30 pm	Jan 9	9	\$134	<a href="#">1406892</a>
Indoor Cycling & Yoga	Goulbourn	613-580-2532	Thu.	7-8:30 pm	Sep 27	12	\$178.50	<a href="#">1404805</a>
Indoor Cycling & Yoga	Goulbourn	613-580-2532	Thu.	7-8:30 pm	Jan 10	9	\$134	<a href="#">1406894</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	Sep 10	13	\$195	<a href="#">1400750</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	Jan 7	10	\$150	<a href="#">1404034</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®	Lansdowne	Ext. 17323	Mon.	5-6 pm	Oct 1	4	\$33	<a href="#">1407743</a>
Masala Bhangra®	Lansdowne	Ext. 17323	Mon.	5-6 pm	Nov 5	5	\$41.25	<a href="#">1407746</a>
Masala Bhangra®	Lansdowne	Ext. 17323	Mon.	5-6 pm	Jan 21	6	\$49.50	<a href="#">1408485</a>
Masala Bhangra®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Sep 12	14	\$115.25	<a href="#">1400794</a>
Masala Bhangra®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Jan 9	11	\$90.75	<a href="#">1406635</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Sep 20	10	\$100	<a href="#">1179838</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Jan 10	9	\$90	<a href="#">1185378</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
Party	Heron	613-247-4808	Mon.	6-7 pm	Sep 24	8	\$66	<a href="#">1321256</a>
Party	Heron	613-247-4808	Mon.	6-7 pm	Jan 14	8	\$66	<a href="#">1403891</a>
Party	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Sep 22	10	\$82.50	<a href="#">1406943</a>
Party	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Jan 12	9	\$74.25	<a href="#">1406947</a>
Party	Ray Friel	613-580-4765	Thu.	10:15-11:15 am	Sep 13	15	\$123.50	<a href="#">1408930</a>
Party	Ray Friel	613-580-4765	Thu.	10:15-11:15 am	Jan 10	12	\$99	<a href="#">1408964</a>
Party	Ron Kolbus Lakeside	613-828-4313	Tue.	6:15-7:15 pm	Sep 18	10	\$82.50	<a href="#">1401557</a>
Party	Ron Kolbus Lakeside	613-828-4313	Tue.	6:15-7:15 pm	Jan 15	8	\$66	<a href="#">1401580</a>
Zumba®	Beacon Hill North	613-748-1771	Thu.	7-8 pm	Sep 20	10	\$82.50	<a href="#">1179485</a>
Zumba®	Beacon Hill North	613-748-1771	Thu.	7-8 pm	Jan 10	9	\$74.25	<a href="#">1321539</a>
Zumba®	Eva James	613-271-0712	Fri.	7-8 pm	Sep 21	14	\$115.25	<a href="#">1402332</a>
Zumba®	Eva James	613-271-0712	Fri.	7-8 pm	Jan 11	9	\$74.25	<a href="#">1402261</a>
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Sep 27	8	\$66	<a href="#">1321254</a>
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Jan 17	8	\$66	<a href="#">1403880</a>
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Sep 26	10	\$82.50	<a href="#">1406274</a>
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Jan 9	9	\$74.25	<a href="#">1406357</a>
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Sep 25	12	\$99	<a href="#">1183255</a>
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Jan 15	11	\$90.75	<a href="#">1188507</a>
Zumba®	Manotick Arena	Ext. 30235	Mon.	7:30-8:30 pm	Sep 10	12	\$99	<a href="#">1404160</a>
Zumba®	Manotick Arena	Ext. 30235	Mon.	7:30-8:30 pm	Jan 14	9	\$74.25	<a href="#">1408059</a>
Zumba®	Manotick Arena	Ext. 30235	Wed.	7:30-8:30 pm	Sep 12	13	\$107	<a href="#">1404176</a>
Zumba®	Manotick Arena	Ext. 30235	Wed.	7:30-8:30 pm	Jan 16	10	\$82.50	<a href="#">1408061</a>
Zumba®	McNabb	613-564-1070	Wed.	6:30-7:30 pm	Sep 26	12	\$99	<a href="#">1409478</a>
Zumba®	McNabb	613-564-1070	Wed.	6:30-7:30 pm	Jan 9	9	\$74.25	<a href="#">1409531</a>
Zumba®	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Sep 11	14	\$115.25	<a href="#">1400781</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Sep 18	14	\$115.25	<a href="#">1401790</a>
Zumba®	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Jan 8	11	\$90.75	<a href="#">1406570</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jan 10	11	\$90.75	<a href="#">1406575</a>
Zumba®	Pat Clark	613-748-1771	Tue.	7-8 pm	Jan 8	9	\$74.25	<a href="#">1321533</a>
Zumba®	Plant	613-232-3000	Tue.	6-7 pm	Sep 18	13	\$107	<a href="#">1401854</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®	Plant	613-232-3000	Tue.	6-7 pm	Jan 8	14	\$115.25	<a href="#">1408297</a>
Zumba®	Sawmill	613-521-4092	Wed.	7-8 pm	Sep 12	8	\$66	<a href="#">1409144</a>
Zumba®	Sawmill	613-521-4092	Wed.	7-8 pm	Nov 7	7	\$57.75	<a href="#">1409145</a>
Zumba®	Sawmill	613-521-4092	Wed.	7-8 pm	Jan 9	9	\$74.25	<a href="#">1409148</a>
Zumba®	Sawmill	613-521-4092	Thu.	7-8 pm	Sep 13	8	\$66	<a href="#">1409146</a>
Zumba®	Sawmill	613-521-4092	Thu.	7-8 pm	Nov 8	7	\$57.75	<a href="#">1409147</a>
Zumba®	Sawmill	613-521-4092	Thu.	7-8 pm	Jan 10	9	\$74.25	<a href="#">1409149</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Sep 12	12	\$99	<a href="#">1183955</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Jan 16	10	\$82.50	<a href="#">1183957</a>
Zumba®	South Fallingbrook	613-824-0633	Sat.	9-10 am	Sep 15	12	\$99	<a href="#">1183954</a>
Zumba®	South Fallingbrook	613-824-0633	Sat.	9-10 am	Jan 12	10	\$82.50	<a href="#">1183956</a>
Zumba®	Tanglewood	Ext. 41238	Thu.	6:15-7:15 pm	Sep 20	10	\$82.50	<a href="#">1407788</a>
Zumba®	Tanglewood	Ext. 41238	Thu.	6:15-7:15 pm	Jan 17	10	\$82.50	<a href="#">1407793</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Sep 25	12	\$99	<a href="#">1401415</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Jan 22	7	\$57.75	<a href="#">1401419</a>
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Sep 17	11	\$90.75	<a href="#">1321245</a>
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Jan 14	10	\$82.50	<a href="#">1403168</a>
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7-8 pm	Sep 20	12	\$99	<a href="#">1321249</a>
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7-8 pm	Jan 17	11	\$90.75	<a href="#">1403344</a>
Zumba® Woman	Ray Friel	613-580-4765	Fri.	6:30-7:30 pm	Sep 14	15	\$123.50	<a href="#">1408938</a>
Zumba® Woman	Ray Friel	613-580-4765	Fri.	6:30-7:30 pm	Jan 11	12	\$99	<a href="#">1408969</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
Barre Fit	Churchill Seniors	613-798-8927	Mon.	8:45-9:45 am	Sep 10	7	\$57.75	<a href="#">1321426</a>
Barre Fit	Churchill Seniors	613-798-8927	Mon.	8:45-9:45 am	Nov 5	7	\$57.75	<a href="#">1321428</a>
Barre Fit	Churchill Seniors	613-798-8927	Mon.	8:45-9:45 am	Jan 14	7	\$57.75	<a href="#">1404452</a>
Barre Fit	Churchill Seniors	613-798-8927	Thu.	7-8 pm	Sep 13	7	\$57.75	<a href="#">1321458</a>
Barre Fit	Churchill Seniors	613-798-8927	Thu.	7-8 pm	Nov 1	7	\$57.75	<a href="#">1321460</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
Barre Fit	Churchill Seniors	613-798-8927	Thu.	7-8 pm	Jan 17	8	\$66	<a href="#">1404454</a>
Barre Fit	McNabb	613-564-1070	Thu.	6-7 pm	Sep 27	12	\$99	<a href="#">1409526</a>
Barre Fit	McNabb	613-564-1070	Thu.	6-7 pm	Jan 10	9	\$74.25	<a href="#">1409527</a>
Barre Fit	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Sep 11	14	\$115.25	<a href="#">1400766</a>
Barre Fit	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jan 8	11	\$90.75	<a href="#">1404085</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Sep 27	12	\$99	<a href="#">1401181</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Jan 24	12	\$99	<a href="#">1401184</a>
Bootcamp	Eva James	613-271-0712	Mon.	9-10 am	Sep 17	12	\$99	<a href="#">1400727</a>
Bootcamp	Eva James	613-271-0712	Mon.	9-10 am	Jan 7	8	\$66	<a href="#">1400732</a>
Bootcamp	Heron	613-247-4808	Mon.	8-9 am	Sep 24	8	\$66	<a href="#">1321258</a>
Bootcamp	Heron	613-247-4808	Mon.	8-9 am	Jan 14	8	\$66	<a href="#">1403922</a>
Bootcamp	Metcalfe	Ext. 30235	Wed.	6:30-7:30 pm	Sep 5	15	\$123.50	<a href="#">1404102</a>
Bootcamp	Metcalfe	Ext. 30235	Wed.	6:30-7:30 pm	Jan 9	11	\$90.75	<a href="#">1408046</a>
Bootcamp	Richmond	Ext. 20705	Mon.	6:30-7:30 pm	Sep 17	12	\$99	<a href="#">1183510</a>
Bootcamp	Richmond	Ext. 20705	Mon.	6:30-7:30 pm	Jan 7	10	\$82.50	<a href="#">1186970</a>
Bootcamp	Richmond	Ext. 20705	Thu.	6:30-7:30 pm	Sep 20	12	\$99	<a href="#">1183514</a>
Bootcamp	Richmond	Ext. 20705	Thu.	6:30-7:30 pm	Jan 10	10	\$82.50	<a href="#">1186980</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Sep 11	14	\$115.25	<a href="#">1400777</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jan 8	11	\$90.75	<a href="#">1406553</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Sep 13	14	\$115.25	<a href="#">1400778</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Jan 10	11	\$90.75	<a href="#">1406557</a>
Cardio	Ray Friel	613-580-4765	Thu.	7:30-8:30 pm	Sep 13	15	\$123.50	<a href="#">1408934</a>
Cardio	Ray Friel	613-580-4765	Thu.	7:30-8:30 pm	Jan 10	12	\$99	<a href="#">1408967</a>
Cardio & Strength	Greely	Ext. 30235	Thu.	7-8 pm	Sep 13	14	\$115.25	<a href="#">1405883</a>
Cardio & Strength	Greely School	Ext. 30235	Tue.	7-8 pm	Sep 18	13	\$107	<a href="#">1405893</a>
Cardio & Strength	Greely School	Ext. 30235	Tue.	7-8 pm	Jan 15	10	\$82.50	<a href="#">1408078</a>
Cardio & Strength	Greely School	Ext. 30235	Thu.	7-8 pm	Jan 17	10	\$82.50	<a href="#">1408090</a>
Cardio & Strength	Heron	613-247-4808	Wed.	8-9 am	Sep 26	8	\$66	<a href="#">1321261</a>
Cardio & Strength	Heron	613-247-4808	Wed.	8-9 am	Jan 16	8	\$66	<a href="#">1403946</a>
Cardio & Strength	Hunt Club-Riverside Park	613-260-1299	Tue.	9-10 am	Sep 18	14	\$115.25	<a href="#">1402188</a>
Cardio & Strength	Hunt Club-Riverside Park	613-260-1299	Tue.	9-10 am	Jan 8	14	\$115.25	<a href="#">1402194</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
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Sep 25	12	\$99	<a href="#">1409475</a>
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Jan 8	9	\$74.25	<a href="#">1409528</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Sep 27	12	\$99	<a href="#">1409476</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Jan 10	9	\$74.25	<a href="#">1409529</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Sep 29	11	\$90.75	<a href="#">1409477</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Jan 12	9	\$74.25	<a href="#">1409530</a>
Cardio Blast	Eva James	613-271-0712	Fri.	9-10 am	Sep 21	14	\$115.25	<a href="#">1402284</a>
Cardio Blast	Eva James	613-271-0712	Fri.	9-10 am	Jan 11	9	\$74.25	<a href="#">1402214</a>
Cardio Kickboxing	Dempsey	613-247-4846	Mon.	7-8 pm	Sep 24	11	\$90.75	<a href="#">1182284</a>
Cardio Kickboxing	Dempsey	613-247-4846	Mon.	7-8 pm	Jan 7	11	\$90.75	<a href="#">1321406</a>
Cardio Kickboxing	Earl Armstrong Arena	613-746-7109	Mon.	8-9 pm	Sep 10	13	\$107	<a href="#">1179631</a>
Cardio Kickboxing	Hintonburg	613-798-8874	Mon.	5-6 pm	Sep 24	8	\$66	<a href="#">1406996</a>
Cardio Kickboxing	Hintonburg	613-798-8874	Mon.	5-6 pm	Jan 7	8	\$66	<a href="#">1407000</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Sep 12	14	\$115.25	<a href="#">1400797</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Jan 9	11	\$90.75	<a href="#">1406651</a>
Cardio Kickboxing	Pat Clark	613-748-1771	Mon.	8-9 pm	Jan 7	8	\$66	<a href="#">1181363</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:15-8:15 pm	Oct 11	10	\$82.50	<a href="#">1400641</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:15-8:15 pm	Jan 24	7	\$57.75	<a href="#">1402287</a>
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Sep 11	13	\$107	<a href="#">1181560</a>
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Jan 8	9	\$74.25	<a href="#">1181564</a>
Core Conditioning	Carp Memorial Hall	613-580-9696	Mon.	6-7 pm	Sep 24	10	\$82.50	<a href="#">1407933</a>
Core Conditioning	Carp Memorial Hall	613-580-9696	Mon.	6-7 pm	Jan 21	8	\$66	<a href="#">1407946</a>
Core Conditioning	Eva James	613-271-0712	Thu.	7:15-8:15 pm	Sep 20	14	\$115.25	<a href="#">1402216</a>
Core Conditioning	Eva James	613-271-0712	Thu.	7:15-8:15 pm	Jan 10	9	\$74.25	<a href="#">1402125</a>
Core Conditioning	Sandy Hill	613-564-1062	Mon.	1:30-2:30 pm	Sep 10	12	\$99	<a href="#">1406424</a>
Core Conditioning	Sandy Hill	613-564-1062	Mon.	1:30-2:30 pm	Jan 7	8	\$66	<a href="#">1406886</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Mon.	10:15-11:15 am	Sep 10	13	\$107	<a href="#">1401899</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Mon.	10:15-11:15 am	Jan 7	14	\$115.25	<a href="#">1401902</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Thu.	10:15-11:15 am	Sep 13	14	\$115.25	<a href="#">1401924</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Thu.	10:15-11:15 am	Jan 10	14	\$115.25	<a href="#">1401911</a>
Core Conditioning Women	Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Sep 13	14	\$115.25	<a href="#">1400801</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
Core Conditioning Women	Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jan 10	11	\$90.75	<a href="#">1406674</a>
Core Conditioning Women	Pinecrest	613-828-3118	Wed.	7-8 pm	Sep 19	13	\$107	<a href="#">1408491</a>
Core Conditioning Women	Pinecrest	613-828-3118	Wed.	7-8 pm	Jan 9	9	\$74.25	<a href="#">1408717</a>
Drums Alive®	Ray Friel	613-580-4765	Fri.	9:15-10:15 am	Sep 14	15	\$123.50	<a href="#">1408935</a>
Drums Alive®	Ray Friel	613-580-4765	Fri.	9:15-10:15 am	Jan 11	12	\$99	<a href="#">1408968</a>
Drums Alive®	Walter Baker	613-580-2788	Wed.	7-8 pm	Sep 26	6	\$49.50	<a href="#">1400534</a>
Drums Alive®	Walter Baker	613-580-2788	Wed.	7-8 pm	Nov 7	6	\$49.50	<a href="#">1400536</a>
Drums Alive®	Walter Baker	613-580-2788	Wed.	7-8 pm	Jan 23	7	\$57.75	<a href="#">1400538</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Sep 12	7	\$70	<a href="#">1398620</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Oct 31	7	\$70	<a href="#">1398622</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Jan 9	6	\$60	<a href="#">1398672</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Feb 20	5	\$50	<a href="#">1398679</a>
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Sep 12	13	\$107	<a href="#">1181627</a>
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Jan 9	9	\$74.25	<a href="#">1181632</a>
Interval	Ray Friel	613-580-4765	Wed.	6:30-7:30 pm	Sep 12	15	\$123.50	<a href="#">1408929</a>
Interval	Ray Friel	613-580-4765	Wed.	6:30-7:30 pm	Jan 9	12	\$99	<a href="#">1408963</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Sep 17	12	\$120	<a href="#">1398251</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Jan 7	8	\$80	<a href="#">1398255</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Sep 17	12	\$120	<a href="#">1398252</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Jan 7	8	\$80	<a href="#">1398258</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Sep 8	15	\$150	<a href="#">1398253</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Jan 5	10	\$100	<a href="#">1398257</a>
Nordic Walking	Terry Fox	613-247-4883	Wed.	6:30-7:30 pm	Sep 12	6	\$49.50	<a href="#">1399118</a>
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Sep 10	13	\$107	<a href="#">1400744</a>
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Jan 7	10	\$82.50	<a href="#">1403967</a>
Stretch & Strength	Alexander	613-798-8978	Mon.	6-7 pm	Sep 24	12	\$99	<a href="#">1186467</a>
Stretch & Strength	Alexander	613-798-8978	Mon.	6-7 pm	Jan 7	12	\$99	<a href="#">1186499</a>
Stretch & Strength	Alexander	613-798-8978	Wed.	6-7 pm	Sep 26	12	\$99	<a href="#">1186475</a>
Stretch & Strength	Alexander	613-798-8978	Wed.	6-7 pm	Jan 9	12	\$99	<a href="#">1186501</a>
Stretch & Strength	Eva James	613-271-0712	Wed.	9-10 am	Sep 19	14	\$115.25	<a href="#">1401965</a>
Stretch & Strength	Eva James	613-271-0712	Wed.	9-10 am	Jan 9	9	\$74.25	<a href="#">1401933</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
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Sep 17	9	\$74.25	<a href="#">1188452</a>
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Feb 4	7	\$57.75	<a href="#">1400206</a>
STRONG by Zumba®	Eva James	613-271-0712	Thu.	8-9 pm	Sep 20	14	\$115.25	<a href="#">1402272</a>
STRONG by Zumba®	Eva James	613-271-0712	Thu.	8-9 pm	Jan 10	9	\$74.25	<a href="#">1402202</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Sep 20	12	\$99	<a href="#">1398418</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Jan 10	8	\$66	<a href="#">1398510</a>
Tabata	Eva James	613-271-0712	Tue.	6-7 pm	Sep 18	14	\$115.25	<a href="#">1401775</a>
Tabata	Eva James	613-271-0712	Tue.	6-7 pm	Jan 8	9	\$74.25	<a href="#">1401783</a>
Tabata	Ray Friel	613-580-4765	Mon.	6:30-7:30 pm	Sep 10	14	\$115.25	<a href="#">1406823</a>
Tabata	Ray Friel	613-580-4765	Mon.	6:30-7:30 pm	Jan 7	11	\$90.75	<a href="#">1408953</a>
Tabata	Ray Friel	613-580-4765	Fri.	10:15-11:15 am	Sep 14	15	\$123.50	<a href="#">1408936</a>
Tabata	Ray Friel	613-580-4765	Fri.	10:15-11:15 am	Jan 11	12	\$99	<a href="#">1408954</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Oct 3	9	\$74.25	<a href="#">1401491</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Jan 16	8	\$66	<a href="#">1401529</a>
TMC	Carleton Heights	613-226-2208	Mon.	9-10 am	Sep 10	12	\$99	<a href="#">1180888</a>
TMC	Carleton Heights	613-226-2208	Mon.	9-10 am	Jan 7	8	\$66	<a href="#">1180916</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Sep 11	13	\$107	<a href="#">1180895</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Jan 8	9	\$74.25	<a href="#">1180917</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Sep 11	13	\$107	<a href="#">1180899</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Jan 8	9	\$74.25	<a href="#">1180918</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Sep 13	13	\$107	<a href="#">1180906</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Jan 10	9	\$74.25	<a href="#">1180919</a>
TMC	Carleton Heights	613-226-2208	Fri.	9-10 am	Sep 14	13	\$107	<a href="#">1180912</a>
TMC	Carleton Heights	613-226-2208	Fri.	9-10 am	Jan 11	9	\$74.25	<a href="#">1180920</a>
TMC	Churchill Seniors	613-798-8927	Mon.	6:30-7:30 pm	Sep 10	7	\$57.75	<a href="#">1358469</a>
TMC	Churchill Seniors	613-798-8927	Mon.	6:30-7:30 pm	Nov 5	7	\$57.75	<a href="#">1365264</a>
TMC	Churchill Seniors	613-798-8927	Mon.	6:30-7:30 pm	Jan 14	7	\$57.75	<a href="#">1406259</a>
TMC	Pat Clark	613-748-1771	Mon.	7-8 pm	Jan 7	8	\$66	<a href="#">1321549</a>
TMC	Pinecrest	613-828-3118	Tue.	7-8 am	Sep 18	13	\$107	<a href="#">1408411</a>
TMC	Pinecrest	613-828-3118	Tue.	7-8 am	Jan 8	9	\$74.25	<a href="#">1408709</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
TMC	Pinecrest	613-828-3118	Thu.	7-8 am	Sep 20	13	\$107	<a href="#">1408420</a>
TMC	Pinecrest	613-828-3118	Thu.	7-8 am	Jan 10	9	\$74.25	<a href="#">1408711</a>
TMC	Walter Baker	613-580-2788	Thu.	6:15-7:15 pm	Oct 11	10	\$82.50	<a href="#">1400699</a>
TMC	Walter Baker	613-580-2788	Thu.	6:15-7:15 pm	Jan 24	7	\$57.75	<a href="#">1402295</a>
Walking Club	Sandy Hill	613-564-1062	Mon., Wed.-Fri.	9-10 am	Sep 17	51	\$8.75	<a href="#">1406528</a>
Walking Club	Sandy Hill	613-564-1062	Mon., Wed.-Fri.	9-10 am	Jan 7	43	\$7.75	<a href="#">1406908</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
Pilates	Eva James	613-271-0712	Wed.	11:15 am-12:15 pm	Sep 19	14	\$140	<a href="#">1402040</a>
Pilates	Eva James	613-271-0712	Wed.	11:15 am-12:15 pm	Jan 9	9	\$90	<a href="#">1401992</a>
Pilates	Heron	613-247-4808	Thu.	7:30-8:30 pm	Sep 27	8	\$80	<a href="#">1321247</a>
Pilates	Heron	613-247-4808	Thu.	7:30-8:30 pm	Jan 17	8	\$80	<a href="#">1403875</a>
Pilates	Hunt Club-Riverside Park	613-260-1299	Wed.	11:05 am-12:05 pm	Sep 12	14	\$140	<a href="#">1407664</a>
Pilates	Hunt Club-Riverside Park	613-260-1299	Wed.	11:05 am-12:05 pm	Jan 9	14	\$140	<a href="#">1407662</a>
Pilates	Hunt Club-Riverside Park	613-260-1299	Thu.	6:30-7:30 pm	Sep 13	14	\$140	<a href="#">1407663</a>
Pilates	Hunt Club-Riverside Park	613-260-1299	Thu.	6:30-7:30 pm	Jan 10	14	\$140	<a href="#">1407660</a>
Pilates	Nepean Creative Arts	613-596-5783	Fri.	9:15-10 am	Sep 21	10	\$75	<a href="#">1247000</a>
Pilates	Nepean Creative Arts	613-596-5783	Fri.	9:15-10 am	Feb 8	7	\$52.50	<a href="#">1405321</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Sep 10	13	\$130	<a href="#">1400762</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Jan 7	10	\$100	<a href="#">1404069</a>
Pilates	Pinecrest	613-828-3118	Mon.	10:30-11:30 am	Sep 10	13	\$130	<a href="#">1408393</a>
Pilates	Pinecrest	613-828-3118	Mon.	10:30-11:30 am	Jan 7	8	\$80	<a href="#">1408701</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 17	12	\$120	<a href="#">1401575</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 7	13	\$130	<a href="#">1408070</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Sep 19	13	\$130	<a href="#">1404192</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Jan 9	14	\$140	<a href="#">1408385</a>
Pilates	Richcraft	613-580-9696	Thu.	Noon-1 pm	Jan 10	9	\$90	<a href="#">1405478</a>
Pilates	Richcraft	613-580-9696	Thu.	Noon-1 pm	Sep 27	13	\$130	<a href="#">1405455</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
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Sep 12	8	\$80	<a href="#">1409273</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Nov 7	7	\$70	<a href="#">1409274</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Jan 9	12	\$120	<a href="#">1409371</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Sep 25	12	\$120	<a href="#">1401169</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Jan 22	7	\$70	<a href="#">1402304</a>
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 17	12	\$120	<a href="#">1401607</a>
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Jan 7	13	\$130	<a href="#">1408076</a>
Pilates 3	Pinecrest	613-828-3118	Mon.	9-10:30 am	Sep 10	13	\$195	<a href="#">1408341</a>
Pilates 3	Pinecrest	613-828-3118	Mon.	9-10:30 am	Jan 7	8	\$120	<a href="#">1408690</a>
Pilates 3	Pinecrest	613-828-3118	Tue.	6-7:30 pm	Sep 18	13	\$195	<a href="#">1408351</a>
Pilates 3	Pinecrest	613-828-3118	Tue.	6-7:30 pm	Jan 8	9	\$135	<a href="#">1408693</a>
Pilates 3	Pinecrest	613-828-3118	Wed.	9-10:30 am	Sep 19	13	\$195	<a href="#">1408356</a>
Pilates 3	Pinecrest	613-828-3118	Wed.	9-10:30 am	Jan 9	9	\$135	<a href="#">1408694</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Sep 19	13	\$130	<a href="#">1404216</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Jan 9	14	\$140	<a href="#">1408396</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Sep 17	6	\$60	<a href="#">1399329</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Nov 5	7	\$70	<a href="#">1399338</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Jan 7	8	\$80	<a href="#">1399362</a>
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	Sep 20	7	\$70	<a href="#">1399342</a>
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	Nov 8	7	\$70	<a href="#">1399346</a>
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	Jan 10	9	\$90	<a href="#">1399381</a>
Qi Gong	Pinecrest	613-828-3118	Thu.	10:45-11:45 am	Sep 20	13	\$130	<a href="#">1408498</a>
Qi Gong	Pinecrest	613-828-3118	Thu.	10:45-11:45 am	Jan 10	9	\$90	<a href="#">1408720</a>
Qi Gong	Richcraft	613-580-9696	Sat.	1-3 pm	Oct 13	10	\$200	<a href="#">1408200</a>
Qi Gong	Richcraft	613-580-9696	Sat.	1-3 pm	Jan 12	7	\$140	<a href="#">1408210</a>
Tai Chi	Alexander	613-798-8978	Tue.	7-8 pm	Sep 25	8	\$80	<a href="#">1184824</a>
Tai Chi	Alexander	613-798-8978	Tue.	7-8 pm	Jan 15	8	\$80	<a href="#">1184827</a>
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Sep 26	12	\$120	<a href="#">1184503</a>
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Jan 16	8	\$80	<a href="#">1400933</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Sep 25	12	\$120	<a href="#">1184502</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Jan 15	8	\$80	<a href="#">1400932</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Sep 12	10	\$100	<a href="#">1320431</a>
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Jan 9	9	\$90	<a href="#">1320419</a>
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Sep 20	13	\$130	<a href="#">1404340</a>
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Jan 10	14	\$140	<a href="#">1408530</a>
Tai Chi	Plant	613-232-3000	Thu.	7:30-8:30 pm	Sep 20	13	\$130	<a href="#">1404346</a>
Tai Chi	Plant	613-232-3000	Thu.	7:30-8:30 pm	Jan 10	14	\$140	<a href="#">1408534</a>
Tai Chi	Pinecrest	613-828-3118	Tue.	10:45-11:45 am	Sep 18	13	\$130	<a href="#">1408436</a>
Tai Chi	Pinecrest	613-828-3118	Tue.	10:45-11:45 am	Jan 8	9	\$90	<a href="#">1408713</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	6-7 pm	Sep 20	6	\$60	<a href="#">1401784</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	6-7 pm	Jan 17	7	\$70	<a href="#">1401809</a>
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Sep 18	12	\$120	<a href="#">1409252</a>
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Jan 15	10	\$100	<a href="#">1409363</a>
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	Noon-1 pm	Sep 20	12	\$120	<a href="#">1409253</a>
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	Noon-1 pm	Jan 17	10	\$100	<a href="#">1409364</a>
Tai Chi 2	Blackburn Hamlet Hall	613-580-9600	Wed.	2:15-3:15 pm	Sep 26	12	\$120	<a href="#">1184508</a>
Tai Chi 2	Blackburn Hamlet Hall	613-580-9600	Wed.	2:15-3:15 pm	Jan 16	8	\$80	<a href="#">1400935</a>
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 27	12	\$120	<a href="#">1184506</a>
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jan 17	8	\$80	<a href="#">1400934</a>
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Sep 27	10	\$100	<a href="#">1320500</a>
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Jan 10	9	\$90	<a href="#">1320518</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Sep 18	12	\$120	<a href="#">1409255</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Jan 15	10	\$100	<a href="#">1409365</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Sep 20	12	\$120	<a href="#">1409256</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Jan 17	10	\$100	<a href="#">1409366</a>
Yoga	Alexander	613-798-8978	Fri.	7-8 pm	Sep 28	8	\$80	<a href="#">1184842</a>
Yoga	Alexander	613-798-8978	Fri.	6-7 pm	Jan 18	8	\$80	<a href="#">1184837</a>
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Sep 19	10	\$100	<a href="#">1179489</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Sep 20	10	\$100	<a href="#">1179494</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Jan 10	9	\$90	<a href="#">1321513</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Sep 17	12	\$120	<a href="#">1343410</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Jan 7	8	\$80	<a href="#">1359172</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Sep 17	12	\$120	<a href="#">1346194</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Jan 7	8	\$80	<a href="#">1365188</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	7-8 pm	Sep 19	12	\$120	<a href="#">1346205</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	7-8 pm	Jan 16	8	\$80	<a href="#">1369646</a>
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Sep 10	12	\$120	<a href="#">1181522</a>
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Jan 7	8	\$80	<a href="#">1181535</a>
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Sep 13	13	\$130	<a href="#">1181527</a>
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Jan 10	9	\$90	<a href="#">1181536</a>
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Sep 13	13	\$130	<a href="#">1181532</a>
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Jan 10	9	\$90	<a href="#">1181537</a>
Yoga	Eva James	613-271-0712	Mon.	11:15 am-12:15 pm	Sep 17	13	\$130	<a href="#">1320971</a>
Yoga	Eva James	613-271-0712	Mon.	11:15 am-12:15 pm	Jan 7	8	\$80	<a href="#">1320974</a>
Yoga	Eva James	613-271-0712	Mon.	7:15-8:15 pm	Sep 17	13	\$130	<a href="#">1320973</a>
Yoga	Eva James	613-271-0712	Mon.	7:15-8:15 pm	Jan 7	8	\$80	<a href="#">1320975</a>
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Sep 18	10	\$150	<a href="#">1179911</a>
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Jan 8	9	\$135	<a href="#">1179960</a>
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Sep 20	10	\$150	<a href="#">1179963</a>
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Jan 10	9	\$135	<a href="#">1179949</a>
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Sep 17	13	\$130	<a href="#">1320800</a>
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Jan 7	8	\$80	<a href="#">1320818</a>
Yoga	Goulbourn Municipal	Ext. 20705	Thu.	10-11:30 am	Sep 6	8	\$120	<a href="#">1185322</a>
Yoga	Goulbourn Municipal	Ext. 20705	Thu.	10-11:30 am	Nov 1	8	\$120	<a href="#">1185324</a>
Yoga	Goulbourn Municipal	Ext. 20705	Thu.	9:30-11 am	Jan 10	6	\$90	<a href="#">1246622</a>
Yoga	Goulbourn Municipal	Ext. 20705	Thu.	9:30-11 am	Feb 21	6	\$90	<a href="#">1246629</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Sep 19	6	\$90	<a href="#">1403968</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Oct 31	7	\$105	<a href="#">1404133</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Jan 16	9	\$135	<a href="#">1407937</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Sep 17	6	\$60	<a href="#">1399407</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Nov 5	7	\$70	<a href="#">1399418</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Jan 7	8	\$80	<a href="#">1399482</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Sep 18	7	\$70	<a href="#">1399430</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Nov 6	7	\$70	<a href="#">1399436</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Jan 8	9	\$90	<a href="#">1399488</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Sep 21	7	\$70	<a href="#">1399440</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Nov 9	7	\$70	<a href="#">1399441</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Jan 11	9	\$90	<a href="#">1399492</a>
Yoga	Hintonburg	613-798-8874	Mon.	6-7 pm	Sep 24	10	\$100	<a href="#">1406390</a>
Yoga	Hintonburg	613-798-8874	Mon.	6-7 pm	Jan 7	8	\$80	<a href="#">1406448</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Sep 10	14	\$140	<a href="#">1401971</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Jan 7	14	\$140	<a href="#">1401985</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Tue.	7-8 pm	Sep 11	14	\$140	<a href="#">1401981</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Tue.	7-8 pm	Jan 8	14	\$140	<a href="#">1401987</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Thu.	7-8 pm	Sep 13	14	\$140	<a href="#">1401977</a>
Yoga	Hunt Club-Riverside Park	613-260-1299	Thu.	7-8 pm	Jan 10	14	\$140	<a href="#">1401986</a>
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Sep 25	12	\$120	<a href="#">1180835</a>
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Jan 8	9	\$90	<a href="#">1186632</a>
Yoga	John G. Mlacak	613-580-2980	Thu.	7-8 pm	Sep 20	12	\$120	<a href="#">1183102</a>
Yoga	John G. Mlacak	613-580-2980	Thu.	7-8 pm	Jan 10	9	\$90	<a href="#">1410186</a>
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Sep 18	12	\$180	<a href="#">1409491</a>
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Jan 8	9	\$135	<a href="#">1409541</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Sep 17	10	\$150	<a href="#">1403985</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Jan 14	9	\$135	<a href="#">1407952</a>
Yoga	Mother Teresa School	Ext. 41227	Tue.	7-8 pm	Oct 2	10	\$100	<a href="#">1401246</a>
Yoga	Mother Teresa School	Ext. 41227	Tue.	7-8 pm	Jan 8	8	\$80	<a href="#">1401255</a>
Yoga	Navan	613-824-0633	Mon.	9:30-10:30 am	Sep 10	13	\$130	<a href="#">1184647</a>
Yoga	Navan	613-824-0633	Mon.	9:30-10:30 am	Jan 7	10	\$100	<a href="#">1184650</a>
Yoga	Navan	613-824-0633	Thu.	9:30-10:30 am	Sep 13	14	\$140	<a href="#">1184648</a>
Yoga	Navan	613-824-0633	Thu.	9:30-10:30 am	Jan 10	11	\$110	<a href="#">1184651</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Sep 10	13	\$130	<a href="#">1400729</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jan 7	10	\$100	<a href="#">1403945</a>
Yoga	North Gower School		Wed.	6:30-8 pm	Sep 26	9	\$135	<a href="#">1185328</a>
Yoga	North Gower School		Wed.	6:30-8 pm	Jan 16	8	\$120	<a href="#">1246685</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Pat Clark	613-748-1771	Wed.	7-8 pm	Jan 9	9	\$90	<a href="#">1321505</a>
Yoga	Plant	613-232-3000	Mon.	6:35-7:35 pm	Sep 17	11	\$110	<a href="#">1401628</a>
Yoga	Plant	613-232-3000	Mon.	6:35-7:35 pm	Jan 7	13	\$130	<a href="#">1408085</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Sep 18	13	\$130	<a href="#">1401882</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Jan 8	14	\$140	<a href="#">1408317</a>
Yoga	Plant	613-232-3000	Wed.	9:30-10:30 am	Sep 19	13	\$130	<a href="#">1404324</a>
Yoga	Plant	613-232-3000	Wed.	Noon-1 pm	Sep 19	13	\$130	<a href="#">1404164</a>
Yoga	Plant	613-232-3000	Wed.	Noon-1 pm	Jan 9	14	\$140	<a href="#">1408370</a>
Yoga	Plant	613-232-3000	Wed.	6:35-7:35 pm	Sep 19	13	\$130	<a href="#">1404148</a>
Yoga	Plant	613-232-3000	Wed.	6:35-7:35 pm	Jan 9	14	\$140	<a href="#">1408365</a>
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Jan 10	14	\$140	<a href="#">1408496</a>
Yoga	Plant	613-232-3000	Thu.	7:05-8:05 pm	Sep 20	13	\$130	<a href="#">1404353</a>
Yoga	Plant	613-232-3000	Thu.	7:05-8:05 pm	Jan 10	14	\$140	<a href="#">1408552</a>
Yoga	Plant	613-232-3000	Fri.	7:35-8:35 pm	Sep 21	13	\$130	<a href="#">1404402</a>
Yoga	Plant	613-232-3000	Fri.	7:35-8:35 pm	Jan 11	14	\$140	<a href="#">1406917</a>
Yoga	Plant	613-232-3000	Sat.	10-11 am	Sep 22	12	\$120	<a href="#">1404432</a>
Yoga	Plant	613-232-3000	Sat.	10-11 am	Jan 12	14	\$140	<a href="#">1408646</a>
Yoga	Richcraft	613-580-9696	Mon.	7:30-8:30 pm	Sep 24	12	\$120	<a href="#">1405377</a>
Yoga	Richcraft	613-580-9696	Mon.	7:30-8:30 pm	Jan 7	8	\$80	<a href="#">1405392</a>
Yoga	Richcraft	613-580-9696	Sat.	10:30-11:30 am	Sep 29	11	\$110	<a href="#">1408067</a>
Yoga	Richcraft	613-580-9696	Sat.	10:30-11:30 am	Jan 12	7	\$70	<a href="#">1408102</a>
Yoga	Richmond	Ext. 20705	Tue.	9:30-10:30 am	Sep 25	10	\$100	<a href="#">1183585</a>
Yoga	Richmond	Ext. 20705	Tue.	9:30-10:30 am	Jan 8	10	\$100	<a href="#">1187031</a>
Yoga	Rideauview	613-822-7887	Tue.	6:30-7:30 pm	Sep 18	13	\$130	<a href="#">1398524</a>
Yoga	Rideauview	613-822-7887	Tue.	6:30-7:30 pm	Jan 8	12	\$120	<a href="#">1404973</a>
Yoga	R. J. Kennedy	613-580-2595	Tue.	9:30-10:30 am	Sep 11	14	\$140	<a href="#">1184644</a>
Yoga	R. J. Kennedy	613-580-2595	Tue.	9:30-10:30 am	Jan 8	11	\$110	<a href="#">1184645</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Sep 18	10	\$100	<a href="#">1401380</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Jan 15	8	\$80	<a href="#">1401473</a>
Yoga	Routhier	613-244-4470	Wed.	Noon-1 pm	Oct 10	11	\$110	<a href="#">1405956</a>



## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Routhier	613-244-4470	Wed.	Noon-1 pm	Jan 16	11	\$110	<a href="#">1407609</a>
Yoga	Routhier	613-244-4470	Wed.	4:30-6 pm	Oct 10	11	\$165	<a href="#">1405965</a>
Yoga	Routhier	613-244-4470	Wed.	4:30-6 pm	Jan 16	11	\$165	<a href="#">1407610</a>
Yoga	Sandy Hill	613-564-1062	Mon.	6:30-8 pm	Sep 24	11	\$165	<a href="#">1406587</a>
Yoga	Sandy Hill	613-564-1062	Mon.	6:30-8 pm	Jan 7	11	\$165	<a href="#">1406925</a>
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Sep 11	14	\$210	<a href="#">1406607</a>
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Jan 8	11	\$165	<a href="#">1406928</a>
Yoga	Sawmill	613-521-4092	Fri.	6-7 pm	Sep 14	8	\$80	<a href="#">1409150</a>
Yoga	Sawmill	613-521-4092	Fri.	6-7 pm	Nov 9	7	\$70	<a href="#">1409151</a>
Yoga	Sawmill	613-521-4092	Fri.	6-7 pm	Jan 11	9	\$90	<a href="#">1409152</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Sep 10	12	\$120	<a href="#">1183964</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Jan 14	9	\$90	<a href="#">1183959</a>
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Sep 12	12	\$120	<a href="#">1183969</a>
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Jan 16	10	\$100	<a href="#">1183971</a>
Yoga	Splash Wave Pool	613-748-4222	Tue.	6:30-7:30 pm	Sep 11	15	\$150	<a href="#">1401127</a>
Yoga	Splash Wave Pool	613-748-4222	Tue.	6:30-7:30 pm	Jan 8	9	\$90	<a href="#">1401132</a>
Yoga	Splash Wave Pool	613-748-4222	Thu.	6:30-7:30 pm	Sep 13	15	\$150	<a href="#">1401128</a>
Yoga	Splash Wave Pool	613-748-4222	Thu.	6:30-7:30 pm	Jan 10	9	\$90	<a href="#">1401134</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Sep 10	7	\$70	<a href="#">1409260</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Nov 5	7	\$70	<a href="#">1409261</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Jan 7	11	\$110	<a href="#">1409368</a>
Yoga	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Sep 11	8	\$80	<a href="#">1409357</a>
Yoga	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Nov 6	7	\$70	<a href="#">1409356</a>
Yoga	St-Laurent Complex	613-742-6767	Tue.	Noon-1 pm	Jan 8	11	\$110	<a href="#">1409417</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Sep 12	8	\$80	<a href="#">1409263</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Nov 7	7	\$70	<a href="#">1409264</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Jan 16	10	\$100	<a href="#">1409369</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Sep 13	8	\$80	<a href="#">1409267</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Nov 8	7	\$70	<a href="#">1409269</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Jan 10	12	\$120	<a href="#">1409370</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Walter Baker	613-580-2788	Wed.	8-9 pm	Sep 26	12	\$120	<a href="#">1400519</a>
Yoga	Walter Baker	613-580-2788	Wed.	8-9 pm	Jan 23	7	\$70	<a href="#">1402247</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Sep 20	7	\$70	<a href="#">1399503</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Nov 8	7	\$70	<a href="#">1399524</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Jan 10	9	\$90	<a href="#">1399538</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Mon.	9:45-11 am	Sep 17	9	\$112.50	<a href="#">1188459</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Mon.	9:45-11 am	Feb 4	7	\$87.50	<a href="#">1400132</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Sep 19	10	\$125	<a href="#">1188461</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Feb 6	7	\$87.50	<a href="#">1400137</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep 11	14	\$140	<a href="#">1400768</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 8	11	\$110	<a href="#">1404124</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Sep 13	14	\$140	<a href="#">1401779</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jan 10	11	\$110	<a href="#">1404132</a>
Yoga & Pilates	Richmond	Ext. 20705	Mon.	7:30-8:30 pm	Sep 17	12	\$120	<a href="#">1183525</a>
Yoga & Pilates	Richmond	Ext. 20705	Mon.	7:30-8:30 pm	Jan 7	10	\$100	<a href="#">1186998</a>
Yoga & Pilates	Richmond	Ext. 20705	Thu.	7:30-8:30 pm	Sep 20	12	\$120	<a href="#">1183531</a>
Yoga & Pilates	Richmond	Ext. 20705	Thu.	7:30-8:30 pm	Jan 10	10	\$100	<a href="#">1187001</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1-2 pm	Sep 10	7	\$70	<a href="#">1409258</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1-2 pm	Nov 5	7	\$70	<a href="#">1409259</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1-2 pm	Jan 7	10	\$100	<a href="#">1409367</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Wed.	8-9 pm	Sep 12	8	\$80	<a href="#">1409276</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Wed.	8-9 pm	Nov 7	7	\$70	<a href="#">1409277</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Wed.	8-9 pm	Jan 9	12	\$120	<a href="#">1409372</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Sep 11	8	\$80	<a href="#">1409350</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Nov 6	7	\$70	<a href="#">1409351</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Jan 8	11	\$110	<a href="#">1409414</a>
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Sep 26	12	\$120	<a href="#">1184524</a>
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Jan 16	8	\$80	<a href="#">1400941</a>
Yoga 2	Rideauview	613-822-7887	Wed.	7:30-9 pm	Sep 19	13	\$195	<a href="#">1398545</a>
Yoga 2	Rideauview	613-822-7887	Wed.	7:30-9 pm	Jan 9	10	\$150	<a href="#">1404986</a>
Yoga 2	Rockcliffe Park	613-842-8578	Fri.	9:15-10:15 am	Sep 21	12	\$120	<a href="#">1320514</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 2	Rockcliffe Park	613-842-8578	Fri.	9:15-10:15 am	Jan 11	11	\$110	<a href="#">1320536</a>
Yoga Meditation	Eva James	613-271-0712	Wed.	7-8 pm	Sep 19	14	\$140	<a href="#">1402439</a>
Yoga Meditation	Eva James	613-271-0712	Wed.	7-8 pm	Jan 9	9	\$90	<a href="#">1402450</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Sep 17	12	\$120	<a href="#">1321230</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Jan 14	10	\$100	<a href="#">1403165</a>
Yoga Meditation	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Jan 8	12	\$120	<a href="#">1408959</a>
Yoga Meditation	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Sep 11	15	\$150	<a href="#">1406871</a>
Yoga Meditation	Rockcliffe Park	613-842-8578	Fri.	10:30-11:30 am	Sep 21	12	\$120	<a href="#">1320548</a>
Yoga Meditation	Rockcliffe Park	613-842-8578	Fri.	10:30-11:30 am	Jan 11	11	\$110	<a href="#">1320562</a>
Yoga Power	Plant	613-232-3000	Thu.	8:05-9:05 pm	Sep 20	13	\$130	<a href="#">1404360</a>
Yoga Power	Plant	613-232-3000	Thu.	8:05-9:05 pm	Jan 10	14	\$140	<a href="#">1408561</a>
Yoga Power	Ray Friel	613-580-4765	Tue.	5:30-6:30 pm	Sep 11	15	\$150	<a href="#">1406873</a>
Yoga Power	Ray Friel	613-580-4765	Tue.	5:30-6:30 pm	Jan 8	12	\$120	<a href="#">1408960</a>
Yoga Power	Ray Friel	613-580-4765	Fri.	5:30-6:30 pm	Sep 14	15	\$150	<a href="#">1408937</a>
Yoga Power	Ray Friel	613-580-4765	Fri.	5:30-6:30 pm	Jan 11	12	\$120	<a href="#">1408961</a>
Yoga Restorative	Ray Friel	613-580-4765	Wed.	Noon-1 pm	Sep 12	15	\$150	<a href="#">1408927</a>
Yoga Restorative	Ray Friel	613-580-4765	Wed.	Noon-1 pm	Jan 9	12	\$120	<a href="#">1408962</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Sep 16	6	\$60	<a href="#">1408615</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Nov 4	7	\$70	<a href="#">1408626</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Jan 6	8	\$80	<a href="#">1408631</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Sep 17	12	\$120	<a href="#">1321219</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Jan 14	10	\$100	<a href="#">1403161</a>
Yoga Yin	Plant	613-232-3000	Wed.	8:30-9:30 am	Sep 19	13	\$130	<a href="#">1404045</a>
Yoga Yin	Plant	613-232-3000	Wed.	8:30-9:30 am	Jan 9	14	\$140	<a href="#">1408328</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Sep 13	15	\$150	<a href="#">1408933</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Jan 10	12	\$120	<a href="#">1408966</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>								
Aqua Diaper Fit	Bob MacQuarrie-Orléans	613-580-9600	Tue.	10-11 am	Jan 8	12	\$158.50	<a href="#">1187947</a>
Aqua Diaper Fit	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jan 10	12	\$158.50	<a href="#">1187950</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Wed.	10:30-11:30 am	Sep 12	15	\$198	<a href="#">1408050</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Wed.	10:30-11:30 am	Jan 9	9	\$118.75	<a href="#">1408112</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Sep 14	15	\$198	<a href="#">1408056</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jan 11	9	\$118.75	<a href="#">1408135</a>
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Sep 11	15	\$148.50	<a href="#">1403219</a>
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Jan 8	12	\$118.75	<a href="#">1405409</a>
Aqua Diaper Fit	Walter Baker	613-580-2788	Tue.	10:30-11:30 am	Sep 18	6	\$79.25	<a href="#">1401436</a>
Aqua Diaper Fit	Walter Baker	613-580-2788	Tue.	10:30-11:30 am	Nov 6	6	\$79.25	<a href="#">1401439</a>
Aqua Diaper Fit	Walter Baker	613-580-2788	Tue.	10:30-11:30 am	Jan 22	7	\$92.50	<a href="#">1401442</a>
Aqua Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Tue.	10-11 am	Jan 8	12	\$158.50	<a href="#">1187959</a>
Aqua Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jan 10	12	\$158.50	<a href="#">1187962</a>
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Sep 14	15	\$198	<a href="#">1408160</a>
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jan 11	9	\$118.75	<a href="#">1408170</a>
Aqua Pre Natal	Goulbourn	613-580-2532	Tue.	6:45-7:45 pm	Sep 25	12	\$158.50	<a href="#">1404790</a>
Aqua Pre Natal	Goulbourn	613-580-2532	Tue.	6:45-7:45 pm	Jan 8	9	\$118.75	<a href="#">1406881</a>
Aqua Pre Natal	Kanata Leisure	613-580-9676	Mon.	7-8 pm	Sep 17	12	\$158.50	<a href="#">1183141</a>
Aqua Pre Natal	Kanata Leisure	613-580-9676	Mon.	7-8 pm	Jan 7	8	\$105.75	<a href="#">1183583</a>
Aqua Pre Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 17	9	\$118.75	<a href="#">1401562</a>
Aqua Pre Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 7	13	\$171.50	<a href="#">1408058</a>
<b>Group Fitness</b>								
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Sep 20	6	\$49.50	<a href="#">1401192</a>
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Nov 1	6	\$49.50	<a href="#">1401357</a>
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Jan 24	7	\$57.75	<a href="#">1401361</a>
Stretch & Strength – Baby	Ray Friel	613-580-4765	Thu.	10:15-11:15 am	Sep 13	15	\$123.50	<a href="#">1408932</a>
Stretch & Strength – Baby	Ray Friel	613-580-4765	Thu.	10:15-11:15 am	Jan 10	12	\$99	<a href="#">1408965</a>

## Pre Natal and With Baby

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Dance</b>								
Party with Baby	Goulbourn	613-580-2532	Tue.	11:45 am-12:45 pm	Sep 25	12	\$99	<a href="#">1404798</a>
Party with Baby	Goulbourn	613-580-2532	Tue.	11:45 am-12:45 pm	Jan 8	9	\$74.25	<a href="#">1406889</a>
Party with Baby	Nepean Sportsplex	613-580-2828	Wed.	11 am-Noon	Sep 12	14	\$115.25	<a href="#">1400796</a>
Party with Baby	Nepean Sportsplex	613-580-2828	Wed.	11 am-Noon	Jan 9	11	\$90.75	<a href="#">1406645</a>
<b>Mind and Body</b>								
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Sep 17	12	\$120	<a href="#">1398133</a>
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Jan 7	8	\$80	<a href="#">1398140</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Sep 10	13	\$130	<a href="#">1400757</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Jan 7	10	\$100	<a href="#">1404050</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Mon.	6:45-7:45 pm	Sep 10	14	\$140	<a href="#">1406841</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Mon.	6:45-7:45 pm	Jan 7	11	\$110	<a href="#">1408956</a>
Yoga with baby	Nepean Sportsplex	613-580-2828	Mon.	11 am-Noon	Sep 10	13	\$130	<a href="#">1400749</a>
Yoga with baby	Nepean Sportsplex	613-580-2828	Mon.	11 am-Noon	Jan 7	10	\$100	<a href="#">1404025</a>

## Drop In Activities

You can now search for up to date drop-in activities at your local facility using our [search tool](#).