



# Fitness and Wellness

## Exercise Classes

### Spring and Summer 2019

#### Table of Contents

Children Fitness Classes.....	2
Youth Fitness Classes.....	2
Adult Fitness Classes .....	2
Wellness Membership .....	2
Aquafitness .....	2
Dance.....	3
Group Fitness .....	4
Indoor Cycling.....	8
Mind and Body.....	8
Pre Natal and With Baby.....	14

[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

10-14 years	Mon.	5:30-6:30 pm
Apr 1-Jun 10	\$62.25	<a href="#">1465721</a>
10-14 years	Fri.	5:15-6:15 pm
Apr 5-Jun 14	\$69	<a href="#">1466233</a>

## Youth Fitness Classes

### Bootcamp

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit.

#### Ray Friel – 613-580-4765

15-18 years	Tue.	3-4 pm
Apr 2-Jun 25	\$101.50	<a href="#">1433048</a>

### Sport Conditioning

Athletic, sports-based skills and drills incorporating, speed, agility, plyometrics and coordinated movement patterns.

#### Ray Friel – 613-580-4765

15-18 years	Thu.	3-4 pm
Apr 4-Jun 27	\$101.50	<a href="#">1433253</a>

### Strength Training

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

#### Nepean Sportsplex – 613-580-2828

14-18 years	Wed.	6-7 pm
Apr 10-Jun 26	\$93.75	<a href="#">1468087</a>

#### Ray Friel – 613-580-4765

15-18 years	Wed.	3-4 pm
Apr 3-Jun 26	\$101.50	<a href="#">1433123</a>

## Yoga

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

#### Ray Friel – 613-580-4765

15-18 years	Mon.	3-4 pm
Apr 1-Jun 24	\$105.75	<a href="#">1432666</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: \$37.50  
3 months: \$98.75  
Drop-in \$5.15

## Self Defence

Combine practical, easily-learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence. Develop confidence and learn about your own inherent strength in a safe and fun environment.

#### Hintonburg – 613-798-8874

15+ years	Sun.	10 am-noon
May 5	\$40.75	<a href="#">1464276</a>

## Self Defence – Women

Designed for women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically.

#### Greenboro – 613-580-2805






19+ years	Sat.	1-4 pm
Apr 27	\$61	<a href="#">1464140</a>

#### Routhier – 613-244-4470

18+ years	Mon.	7-8:30 pm
Apr 1-Jun 17	\$305	<a href="#">1467046</a>
Jul 8-Sep 23	\$305	<a href="#">1467071</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 Acute	Bob MacQuarrie-Orléans	613-580-9600	Fri.	noon-1 pm	Mar 29	12	\$161.50	<a href="#">1429482</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 am	Mar 19	12	\$161.50	<a href="#">1426320</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Mar 19	12	\$161.50	<a href="#">1426321</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Mar 19	12	\$161.50	<a href="#">1426322</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	8:30- 9:30 am	Mar 21	13	\$175	<a href="#">1426323</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Mar 21	13	\$175	<a href="#">1426324</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	Thu.	12:45-1:45 pm	Mar 21	13	\$175	<a href="#">1426325</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Jul 2	8	\$107.75	<a href="#">1474102</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Jul 4	8	\$107.75	<a href="#">1474103</a>
Aqua Boot Camp	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Apr 2	12	\$161.50	<a href="#">1429494</a>
Aqua Boot Camp	Kanata Leisure	613-580-9677	Tue.	7-8 pm	Apr 16	10	\$134.75	<a href="#">1427308</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Apr 3	6	\$80.75	<a href="#">1434595</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Jul 10	6	\$80.75	<a href="#">1436251</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Mar 18	11	\$148	<a href="#">1426318</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Mar 20	12	\$161.50	<a href="#">1426319</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Jul 3	8	\$107.75	<a href="#">1474101</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Jul 8	6	\$80.75	<a href="#">1474100</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Apr1	10	\$134.75	<a href="#">1429433</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Jul8	6	\$80.75	<a href="#">1429611</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3 pm	Apr2	12	\$161.50	<a href="#">1429442</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Apr3	12	\$161.50	<a href="#">1429439</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Jul3	8	\$107.75	<a href="#">1429614</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Apr4	12	\$161.50	<a href="#">1429445</a>
Aqua Healing Waters 	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Apr 10	12	\$161.50	<a href="#">1467204</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Apr 1	10	\$134.75	<a href="#">1429580</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Thu.	noon-1 pm	Apr 4	12	\$161.50	<a href="#">1429520</a>
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Apr 11	12	\$161.50	<a href="#">1467237</a>
Aqua Yoga	St-Laurent Complex	613-742-6767	Wed.	3:30-4:30 pm	Apr 3	9	\$121.25	<a href="#">1431886</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 dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Masala Bhangra®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Apr 10	12	\$100.75	<a href="#">1468095</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Mar 21	10	\$102	<a href="#">1466258</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9-10 am	Jul 4	9	\$91.75	<a href="#">1463496</a>
Party	Heron	613-247-4808	Mon.	6-7 pm	Apr 1	8	\$67.25	<a href="#">1462673</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 dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Party	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Apr 6	8	\$67.25	<a href="#">1464220</a>
Zumba®	Beacon Hill North	613-748-1771	Thu.	7-8 pm	Apr 11	12	\$100.75	<a href="#">1433624</a>
Zumba®	Eva James	613-580-2442	Fri.	7-8 pm	Mar 29	11	\$92.50	<a href="#">1436312</a>
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Apr 4	10	\$84	<a href="#">1462448</a>
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Apr 3	10	\$84	<a href="#">1464072</a>
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Apr 2	12	\$100.75	<a href="#">1437837</a>
Zumba®	Manotick Arena	Ext. 30235	Mon.	7:30-8:30 pm	Apr 1	10	\$84	<a href="#">1462480</a>
Zumba®	Manotick Arena	Ext. 30235	Wed.	7:30-8:30 pm	Apr 3	12	\$100.75	<a href="#">1462486</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Apr 11	12	\$100.75	<a href="#">1468098</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jul 4	9	\$75.75	<a href="#">1469424</a>
Zumba®	Pat Clark	613-748-1771	Tue.	7-8 pm	Apr 9	12	\$100.75	<a href="#">1433623</a>
Zumba®	Plant	613-232-3000	Tue.	6-7 pm	Apr 30	8	\$67.25	<a href="#">1463817</a>
Zumba®	Plant	613-232-3000	Tue.	6-7 pm	Jul 2	8	\$67.25	<a href="#">1467498</a>
Zumba®	Plant	613-232-3000	Fri.	6-7 pm	Jul 5	7	\$59	<a href="#">1467646</a>
Zumba®	Sawmill Creek	613-521-4092	Wed.	7-8 pm	Mar 27	11	\$92.50	<a href="#">1468450</a>
Zumba®	South Fallingbrook	613-824-0633	Sat.	9-10 am	Apr 6	10	\$84	<a href="#">1437568</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Apr 10	11	\$92.50	<a href="#">1437581</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Jul 3	8	\$67.25	<a href="#">1439975</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Apr 2	6	\$50.50	<a href="#">1436149</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	May 14	6	\$50.50	<a href="#">1436153</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Jul 9	6	\$50.50	<a href="#">1439004</a>
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Apr 1	9	\$75.75	<a href="#">1465745</a>
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7-8 pm	Apr 4	11	\$92.50	<a href="#">1466223</a>
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Jul 8	7	\$59	<a href="#">1470408</a>
Zumba® Woman	Ray Friel	613-580-4765	Sat.	11:15 am-12:15 pm	Apr 6	12	\$100.75	<a href="#">1433351</a>
Zumba® Woman	Ray Friel	613-580-4765	Sat.	11:15 am-12:15 pm	Jul 6	7	\$59	<a href="#">1467808</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 dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Barre Fit	Churchill Seniors Centre	613-798-8927	Mon.	9-10 am	Mar 18	7	\$59	<a href="#">1464380</a>
Barre Fit	Churchill Seniors Centre	613-798-8927	Mon.	9-10 am	May 13	6	\$50.50	<a href="#">1464389</a>
Barre Fit	Churchill Seniors Centre	613-798-8927	Mon.	9-10 am	Jul 8	7	\$59	<a href="#">1465590</a>
Barre Fit	McNabb	613-564-1070	Tue.	6-7 pm	Mar 26	12	\$100.75	<a href="#">1470550</a>
Barre Fit	McNabb	613-564-1070	Thu.	6-7 pm	Mar 28	12	\$100.75	<a href="#">1470549</a>
Barre Fit	McNabb	613-564-1070	Tue.	6-7 pm	Jul 2	8	\$67.25	<a href="#">1470584</a>
Barre Fit	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Apr 9	12	\$100.75	<a href="#">1468073</a>
Barre Fit	Routhier	613-244-4470	Tue.	6:30-7:30 pm	Apr 2	12	\$100.75	<a href="#">1466049</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Apr 25	9	\$75.75	<a href="#">1436213</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Jul 11	7	\$59	<a href="#">1439356</a>
Bootcamp	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-6:30 pm	Mar 25	11	\$92.50	<a href="#">1431624</a>
Bootcamp	Heron	613-247-4808	Mon.	8-9 am	Apr 1	8	\$67.25	<a href="#">1462458</a>
Bootcamp	Richmond	Ext. 20705	Mon.	6:30-7:30 pm	Apr 1	10	\$84	<a href="#">1430386</a>
Bootcamp	Rideauview	613-822-7887	Mon.	8-9 pm	Apr 1	10	\$84	<a href="#">1436142</a>
Bootcamp	Metcalfe	Ext. 30235	Wed.	6:30-7:30 pm	Apr 3	10	\$84	<a href="#">1470092</a>
Bootcamp	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Apr 9	12	\$100.75	<a href="#">1468077</a>
Bootcamp	Richmond	Ext. 20705	Thu.	6:30-7:30 pm	Apr 4	10	\$84	<a href="#">1430391</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Apr 9	12	\$100.75	<a href="#">1468069</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jul 2	9	\$75.75	<a href="#">1469414</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Apr 11	12	\$100.75	<a href="#">1468070</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Jul 4	9	\$75.75	<a href="#">1469418</a>
Bootcamp for Women	Pincrest	613-580-9676	Wed.	7-8 pm	Mar 27	12	\$100.75	<a href="#">1464661</a>
Cardio & Strength	Eva James	613-580-2442	Mon.	9-10 am	Mar 25	10	\$84	<a href="#">1432367</a>
Cardio & Strength	Eva James	613-580-2442	Fri.	9-10 am	Mar 29	11	\$92.50	<a href="#">1432368</a>
Cardio & Strength	Greely School	Ext. 30235	Tue.	7-8 pm	Apr 2	12	\$100.75	<a href="#">1467846</a>
Cardio & Strength	Greely	Ext. 30235	Thu.	7-8 pm	Apr 4	12	\$100.75	<a href="#">1467857</a>
Cardio & Strength	Heron	613-247-4808	Wed.	8-9 am	Apr 3	10	\$84	<a href="#">1462475</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Tue.	9-10 am	May 7	7	\$59	<a href="#">1438878</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Tue.	10:15-11:15 am	Jul 9	8	\$67.25	<a href="#">1430500</a>
Cardio & Strength	Kinburn	613-580-9696	Mon.	7-8 pm	Mar 25	7	\$59	<a href="#">1464176</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 dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Cardio & Strength	Ron Kolbus Lakeside	613-828-4313	Tue.	6-7 pm	Mar 19	10	\$84	<a href="#">1464236</a>
Cardio & Strength	Ron Kolbus Lakeside	613-828-4313	Tue.	6-7 pm	Jul 2	7	\$59	<a href="#">1465483</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Mar 23	12	\$100.75	<a href="#">1470545</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Jul 6	7	\$59	<a href="#">1470580</a>
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Mar 26	12	\$100.75	<a href="#">1470546</a>
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Jul 2	8	\$67.25	<a href="#">1470581</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Mar 28	12	\$100.75	<a href="#">1470547</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Jul 4	8	\$67.25	<a href="#">1470582</a>
Cardio Kickboxing	Greenboro	613-580-2805	Sat.	12:45-1:45 pm	Mar 23	8	\$67.25	<a href="#">1470792</a>
Cardio Kickboxing	Hintonburg	613-798-8874	Mon.	5-6 pm	Apr 1	8	\$67.25	<a href="#">1464246</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:30-8:30 pm	Apr 4	9	\$75.75	<a href="#">1436224</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Mon.	7-8 pm	Apr 8	10	\$84	<a href="#">1464788</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Mon.	8-9 pm	Jul 8	7	\$59	<a href="#">1440267</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Apr 10	12	\$100.75	<a href="#">1468092</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Jul 3	9	\$75.75	<a href="#">1469421</a>
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Mar 19	14	\$117.75	<a href="#">1466196</a>
Core Conditioning	Eva James	613-580-2442	Thu.	7:15-8:15 pm	Mar 28	12	\$100.75	<a href="#">1436223</a>
Core Conditioning	Sandy Hill	613-564-1062	Mon.	1:30-2:30 pm	Mar 25	10	\$84	<a href="#">1469330</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Mon.	10:15-11:15 am	May 6	7	\$59	<a href="#">1438919</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Mon.	10:15-11:15 am	Jul 8	6	\$50.50	<a href="#">1430511</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Thu.	10:15-11:15 am	May 16	7	\$59	<a href="#">1438935</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Thu.	10:15-11:15 am	Jul 11	7	\$59	<a href="#">1430515</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Apr 3	7	\$71.50	<a href="#">1438435</a>
Feldenkrais	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	May 22	6	\$61.25	<a href="#">1438438</a>
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Mar 20	14	\$117.75	<a href="#">1466200</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Mar 25	11	\$112.25	<a href="#">1436220</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Jul 8	6	\$61.25	<a href="#">1436495</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Mar 25	11	\$112.25	<a href="#">1436445</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Jul 8	6	\$61.25	<a href="#">1436498</a>
Nordic Walking	Aquaview Hall	613-824-0633	Thu.	1-2 pm	May 2	8	\$67.25	<a href="#">1432987</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 dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Restorative Mobility	McNabb	613-564-1070	Wed.	noon-1 pm	Jul 3	8	\$67.25	<a href="#">1470588</a>
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Apr 8	10	\$84	<a href="#">1468037</a>
Strength Training	Ray Friel	613-580-4765	Mon.	6-7 pm	Apr 1	11	\$92.50	<a href="#">1432715</a>
Strength Training	Ray Friel	613-580-4765	Mon.	6-7 pm	Jul 8	7	\$59	<a href="#">1466766</a>
Strength Training	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Apr 2	13	\$109.25	<a href="#">1432871</a>
Strength Training	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Jul 2	9	\$75.75	<a href="#">1466772</a>
Stretch & Strength	Alexander	613-798-8978	Mon.	6-7 pm	Apr 8	10	\$84	<a href="#">1436406</a>
Stretch & Strength	Alexander	613-798-8978	Wed.	6-7 pm	Apr 10	10	\$84	<a href="#">1436409</a>
Stretch & Strength	Eva James	613-580-2442	Wed.	9-10 am	Mar 27	12	\$100.75	<a href="#">1433484</a>
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Apr 8	7	\$59	<a href="#">1430260</a>
Stretch & Strength	McNabb	613-564-1070	Tue.	7-8 pm	Jul 2	8	\$67.25	<a href="#">1470585</a>
Stretch & Strength	Richmond	Ext. 20705	Thu.	9:30-10:30 am	Apr 4	10	\$84	<a href="#">1461672</a>
STRONG by Zumba®	Eva James	613-580-2442	Thu.	8-9 pm	Mar 28	12	\$100.75	<a href="#">1436252</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Mar 21	10	\$84	<a href="#">1439968</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Jul 4	8	\$67.25	<a href="#">1440061</a>
Tabata	Eva James	613-580-2442	Tue.	6-7 pm	Mar 26	12	\$100.75	<a href="#">1433439</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	7:30-8:30 pm	Mar 20	10	\$84	<a href="#">1464194</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	7:30-8:30 pm	Jul 3	7	\$59	<a href="#">1465568</a>
TMC	Carleton Heights	613-226-2208	Mon.	9-10 am	Mar 18	12	\$100.75	<a href="#">1466130</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Mar 19	14	\$117.75	<a href="#">1466131</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Jul 2	8	\$67.25	<a href="#">1466164</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Mar 19	14	\$117.75	<a href="#">1466132</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Jul 2	8	\$67.25	<a href="#">1466162</a>
TMC	Carleton Heights	613-226-2208	Thu.	9-10 am	Jul 4	8	\$67.25	<a href="#">1466165</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Mar 21	14	\$117.75	<a href="#">1466133</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Jul 4	8	\$67.25	<a href="#">1466163</a>
TMC	Carleton Heights	613-226-2208	Fri.	9-10 am	Mar 22	13	\$109.25	<a href="#">1466134</a>

## Indoor Cycling

A variety of indoor cycling classes that are sure to meet everyone's needs. For extension numbers, call 613-580-2424, then dial 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	Apr 7	10	\$84	<a href="#">1468146</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Apr 8	10	\$102	<a href="#">1468049</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jul 8	7	\$71.50	<a href="#">1469410</a>
Indoor Cycling & Yoga	Cardel Rec (Goulbourn)	613-580-2532	Wed.	7-8:30 pm	Apr 10	9	\$136.75	<a href="#">1466805</a>
Indoor Cycling & Yoga	Cardel Rec (Goulbourn)	613-580-2532	Thu.	7-8:30 pm	Apr 11	9	\$136.75	<a href="#">1466806</a>
Indoor Cycling & Yoga	Cardel Rec (Goulbourn)	613-580-2532	Thu.	7-8:30 pm	Jul 4	9	\$136.75	<a href="#">1466818</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Pilates	Eva James	613-580-2442	Wed.	11:15 am-12:15 pm	Mar 27	12	\$122.50	<a href="#">1433547</a>
Pilates	Heron	613-247-4808	Thu.	7:30-8:30 pm	Apr 4	10	\$102	<a href="#">1462433</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Apr 8	10	\$102	<a href="#">1468000</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Jul 8	7	\$71.50	<a href="#">1469357</a>
Pilates	Pinecrest	613-580-9676	Mon.	10:30-11:30 am	Mar 25	11	\$112.25	<a href="#">1464348</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Apr 29	7	\$71.50	<a href="#">1463300</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jul 8	7	\$71.50	<a href="#">1467371</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	May 1	8	\$81.75	<a href="#">1466759</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Jul 3	8	\$81.75	<a href="#">1467520</a>
Pilates	Richcraft	613-580-9696	Thu.	noon-1 pm	Mar 21	15	\$153	<a href="#">1465475</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Apr 3	11	\$112.25	<a href="#">1431895</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	May 14	6	\$61.25	<a href="#">1438980</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Jul 9	7	\$71.50	<a href="#">1439386</a>
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Apr 29	7	\$71.50	<a href="#">1463303</a>
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Jul 8	7	\$71.50	<a href="#">1467396</a>
Pilates 3	Pinecrest	613-580-9676	Mon.	9-10:30 am	Mar 25	11	\$168.25	<a href="#">1464329</a>
Pilates 3	Pinecrest	613-580-9676	Tue.	5:30-7 pm	Mar 26	12	\$183.50	<a href="#">1464337</a>
Pilates 3	Pinecrest	613-580-9676	Wed.	9-10:30 am	Mar 27	12	\$183.50	<a href="#">1464340</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15- 8:15 pm	May 1	8	\$81.75	<a href="#">1466761</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Jul 3	8	\$81.75	<a href="#">1467524</a>



## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Mar 18	6	\$61.25	<a href="#">1431560</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	May 6	7	\$71.50	<a href="#">1431734</a>
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	Mar 21	7	\$71.50	<a href="#">1431747</a>
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	May 9	8	\$81.75	<a href="#">1431760</a>
Qi Gong	Pinecrest	613-580-9676	Thu.	10:45-11:45 am	Mar 22	12	\$122.50	<a href="#">1464802</a>
Qi Gong	Richcraft	613-580-9696	Sat.	1-3 pm	Mar 23	12	\$244.75	<a href="#">1465480</a>
Tai Chi	Alexander	613-798-8978	Tue.	7-8 pm	Apr 2	8	\$81.75	<a href="#">1430947</a>
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Apr 3	12	\$122.50	<a href="#">1462799</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Apr 2	12	\$122.50	<a href="#">1462787</a>
Tai Chi	Pinecrest	613-580-9676	Tue.	10:45-11:45 am	Mar 26	12	\$122.50	<a href="#">1464401</a>
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	May 2	8	\$81.75	<a href="#">1466801</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Mar 20	10	\$102	<a href="#">1464375</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Jul 3	7	\$71.50	<a href="#">1465496</a>
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	noon-1 pm	Apr 2	13	\$132.75	<a href="#">1431900</a>
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	noon-1 pm	Apr 4	13	\$132.75	<a href="#">1431901</a>
Tai Chi 2	Blackburn Hamlet Hall	613-580-9600	Wed.	2:15-3:15 pm	Apr 3	12	\$122.50	<a href="#">1462803</a>
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Apr 4	12	\$122.50	<a href="#">1462793</a>
Tai Chi 2	Plant	613-232-3000	Thu.	7:30-8:30 pm	May 2	8	\$81.75	<a href="#">1466803</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Apr 2	13	\$132.75	<a href="#">1431906</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Apr 4	13	\$132.75	<a href="#">1431908</a>
Yoga	Alexander	613-798-8978	Fri.	7-8 pm	Apr 5	8	\$81.75	<a href="#">1430933</a>
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Apr 10	12	\$122.50	<a href="#">1433621</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Apr 11	12	\$122.50	<a href="#">1433622</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	7-8 pm	Jul 4	9	\$91.75	<a href="#">1440305</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Mar 25	11	\$112.25	<a href="#">1436107</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Mar 25	11	\$112.25	<a href="#">1436110</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	7-8 pm	Mar 27	10	\$102	<a href="#">1436113</a>
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Mar 18	12	\$122.50	<a href="#">1466179</a>
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Mar 21	14	\$142.75	<a href="#">1466180</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Mar 21	14	\$142.75	<a href="#">1466181</a>
Yoga	Carleton Heights	613-226-2208	Thu.	6:15-7:15 pm	Jul 4	8	\$81.75	<a href="#">1466183</a>
Yoga	Eva James	613-580-2442	Mon.	11:15 am-12:15 pm	Mar 25	10	\$102	<a href="#">1432505</a>
Yoga	Eva James	613-580-2442	Mon.	7:15-8:15 pm	Mar 25	10	\$102	<a href="#">1432508</a>
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Apr 2	10	\$153	<a href="#">1426490</a>
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Apr 11	10	\$153	<a href="#">1426491</a>
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Apr 1	6	\$61.25	<a href="#">1432133</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Apr 3	5	\$76.50	<a href="#">1466528</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	May 8	5	\$76.50	<a href="#">1466530</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Mar 18	6	\$61.25	<a href="#">1431829</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	May 6	7	\$71.50	<a href="#">1431836</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Jul 8	7	\$71.50	<a href="#">1431845</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Mar 19	7	\$71.50	<a href="#">1431894</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	May 7	8	\$81.75	<a href="#">1431902</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Mar 22	6	\$61.25	<a href="#">1431952</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	May 10	8	\$81.75	<a href="#">1431978</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Jul 12	8	\$81.75	<a href="#">1431981</a>
Yoga	Goulbourn Municipal Office	Ext. 20705	Thu.	9:30-11 am	Apr 11	6	\$91.75	<a href="#">1430908</a>
Yoga	Goulbourn Municipal Office	Ext. 20705	Thu.	9:30-11 am	May 23	6	\$91.75	<a href="#">1430910</a>
Yoga	Hintonburg	613-798-8874	Mon.	6-7 pm	Apr 1	9	\$91.75	<a href="#">1464080</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Mon.	7-8 pm	Jul 8	6	\$61.25	<a href="#">1430594</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Tue.	6:30-7:30 pm	May 7	7	\$71.50	<a href="#">1439196</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Tue.	6:30-7:30 pm	Jul 9	8	\$81.75	<a href="#">1430612</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Thu.	7-8 pm	May 9	7	\$71.50	<a href="#">1439193</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Thu.	7-8 pm	Jul 11	7	\$71.50	<a href="#">1430608</a>
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Mar 26	12	\$122.50	<a href="#">1465759</a>
Yoga	Manotick Arena	Ext. 30235	Tue.	7:15-8:15 pm	Apr 2	6	\$61.25	<a href="#">1462500</a>
Yoga	Manotick Arena	Ext. 30235	Tue.	7:15-8:15 pm	May 14	6	\$61.25	<a href="#">1462504</a>
Yoga	Manotick Arena	Ext. 30235	Thu.	1-2 pm	Apr 4	6	\$61.25	<a href="#">1462507</a>
Yoga	Manotick Arena	Ext. 30235	Thu.	1-2 pm	May 16	6	\$61.25	<a href="#">1462508</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Apr 2	10	\$153	<a href="#">1470548</a>
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Jul 2	8	\$122.50	<a href="#">1470583</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Apr 1	8	\$122.50	<a href="#">1466526</a>
Yoga	Mother Teresa School	613-727-2683	Tue.	7-8 pm	Mar 26	10	\$102	<a href="#">1437488</a>
Yoga	Navan	613-824-0633	Thu.	9:30-10:30 am	Apr 11	8	\$81.75	<a href="#">1433086</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Apr 8	10	\$102	<a href="#">1468009</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jul 8	7	\$71.50	<a href="#">1469399</a>
Yoga	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Apr 9	12	\$122.50	<a href="#">1468023</a>
Yoga	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jul 2	9	\$91.75	<a href="#">1469405</a>
Yoga	North Gower School	Ext. 20705	Wed.	6:30-8 pm	Mar 20	9	\$137.75	<a href="#">1430517</a>
Yoga	Optimiste Park	613-742-6767	Tue.	5:30-6:30 pm	Jul 2	9	\$91.75	<a href="#">1431946</a>
Yoga	Optimiste Park	613-742-6767	Thu.	noon-1 pm	Jul 4	9	\$91.75	<a href="#">1431947</a>
Yoga	Plant	613-232-3000	Mon.	6:45-7:45 pm	Apr 29	7	\$71.50	<a href="#">1463290</a>
Yoga	Plant	613-232-3000	Mon.	6:45-7:45 pm	Jul 8	7	\$71.50	<a href="#">1467348</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Apr 30	8	\$81.75	<a href="#">1463870</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Jul 2	8	\$81.75	<a href="#">1467494</a>
Yoga	Plant	613-232-3000	Wed.	noon-1 pm	May 1	8	\$81.75	<a href="#">1466737</a>
Yoga	Plant	613-232-3000	Wed.	6:45-7:45 pm	May 1	8	\$81.75	<a href="#">1466736</a>
Yoga	Plant	613-232-3000	Wed.	6:45-7:45 pm	Jul 3	8	\$81.75	<a href="#">1467507</a>
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	May 2	8	\$81.75	<a href="#">1466739</a>
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Jul 4	8	\$81.75	<a href="#">1467612</a>
Yoga	Plant	613-232-3000	Thu.	7:30-8:30 pm	May 2	8	\$81.75	<a href="#">1466742</a>
Yoga	Plant	613-232-3000	Fri.	7-8 pm	May 3	8	\$81.75	<a href="#">1466804</a>
Yoga	Plant	613-232-3000	Fri.	9:30-10:30 am	Jul 5	7	\$71.50	<a href="#">1467633</a>
Yoga	Plant	613-232-3000	Sat.	9:30-10:30 am	May 4	7	\$71.50	<a href="#">1466819</a>
Yoga	Richcraft	613-580-9696	Mon.	7:30-8:30 pm	Mar 18	13	\$132.75	<a href="#">1465466</a>
Yoga	Richcraft	613-580-9696	Sat.	10:30-11:30 am	Mar 23	12	\$122.50	<a href="#">1465469</a>
Yoga	Richmond	Ext. 20705	Mon.	7:30-8:30 pm	Apr 1	10	\$102	<a href="#">1430423</a>
Yoga	Richmond	Ext. 20705	Thu.	7:30-8:30 pm	Apr 4	11	\$112.25	<a href="#">1430433</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Rideauview	613-822-7887	Tue.	7:30-8:30 pm	Apr 2	10	\$102	<a href="#">1436148</a>
Yoga	Rideauview	613-822-7887	Thu.	7:30-8:30 pm	Apr 4	10	\$102	<a href="#">1436183</a>
Yoga	R. J. Kennedy	613-824-0633	Tue.	9:30-10:30 am	Apr 9	8	\$81.75	<a href="#">1433083</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Mar 19	10	\$102	<a href="#">1463618</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Jul 2	7	\$71.50	<a href="#">1465488</a>
Yoga	Routhier	613-244-4470	Wed.	6-7:15 pm	Apr 3	12	\$153	<a href="#">1465762</a>
Yoga	Routhier	613-244-4470	Wed.	6-7:15 pm	Jul 10	12	\$153	<a href="#">1467066</a>
Yoga	Sandy Hill	613-564-1062	Mon.	6:30- 8 pm	Apr 1	10	\$153	<a href="#">1469512</a>
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Apr 2	12	\$183.50	<a href="#">1469555</a>
Yoga	Sawmill Creek	613-521-4092	Fri.	6-7 pm	Mar 29	10	\$102	<a href="#">1468451</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Apr 8	10	\$102	<a href="#">1437594</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Jul 8	6	\$61.25	<a href="#">1437608</a>
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Apr 10	11	\$112.25	<a href="#">1437598</a>
Yoga	Splash Wave Pool	613-748-4222	Tue.	6-7 pm	Apr 9	11	\$112.25	<a href="#">1475448</a>
Yoga	Splash Wave Pool	613-748-4222	Thu.	6-7 pm	Apr 11	11	\$112.25	<a href="#">1475447</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Apr 1	11	\$112.25	<a href="#">1431923</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Jul 8	7	\$71.50	<a href="#">1431938</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Apr 3	13	\$132.75	<a href="#">1431930</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Jul 3	9	\$91.75	<a href="#">1431939</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Apr 4	13	\$132.75	<a href="#">1431934</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Jul 4	9	\$91.75	<a href="#">1431942</a>
Yoga	Walter Baker	613-580-2788	Wed.	8-9 pm	Apr 3	10	\$102	<a href="#">1438989</a>
Yoga	Walter Baker	613-580-2788	Wed.	8-9 pm	Jul 10	7	\$71.50	<a href="#">1439391</a>
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Apr 3	12	\$122.50	<a href="#">1462811</a>
Yoga 2	Rideauview	613-822-7887	Wed.	7:30-9 pm	Apr 3	12	\$183.50	<a href="#">1436174</a>
Yoga 2	Rockcliffe Park	613-842-8578	Fri.	9:30-10:30 am	Mar 29	11	\$112.25	<a href="#">1431184</a>
Yoga Meditation	Eva James	613-580-2442	Wed.	7-8 pm	Mar 27	12	\$122.50	<a href="#">1434967</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Apr 1	9	\$91.75	<a href="#">1465732</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Jul 8	7	\$71.50	<a href="#">1470406</a>
Yoga Meditation	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Apr 2	13	\$132.75	<a href="#">1432905</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga Meditation	Ray Friel	613-580-4765	Wed.	7:30-8:30 pm	Apr 3	13	\$132.75	<a href="#">1433129</a>
Yoga Meditation	Ray Friel	613-580-4765	Wed.	7:30-8:30 pm	Jul 3	9	\$91.75	<a href="#">1467759</a>
Yoga Meditation	Rockcliffe Park	613-842-8578	Fri.	10:45-11:45 am	Mar 29	11	\$112.25	<a href="#">1431190</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Mar 21	7	\$71.50	<a href="#">1431994</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	May 9	8	\$81.75	<a href="#">1431999</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Mon.	9:45-11 am	Apr 1	9	\$114.75	<a href="#">1437052</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Apr 3	11	\$140.25	<a href="#">1437190</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Apr 11	12	\$122.50	<a href="#">1468137</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jul 4	9	\$91.75	<a href="#">1469429</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1-2 pm	Apr 1	11	\$112.25	<a href="#">1431915</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Apr 2	12	\$122.50	<a href="#">1431953</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Jul 2	9	\$91.75	<a href="#">1431950</a>
Yoga Power	Plant	613-232-3000	Thu.	8:30-9:30 pm	May 2	8	\$81.75	<a href="#">1466747</a>
Yoga Power	Plant	613-232-3000	Thu.	7:45-8:45 pm	Jul 4	8	\$81.75	<a href="#">1467625</a>
Yoga Power	Ray Friel	613-580-4765	Tue.	5:15-6:15 pm	Apr 2	13	\$132.75	<a href="#">1433082</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Mar 17	6	\$61.25	<a href="#">1434834</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	May 5	7	\$71.50	<a href="#">1434845</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Jul 7	7	\$71.50	<a href="#">1434872</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Apr 1	9	\$91.75	<a href="#">1465739</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Jul 8	7	\$71.50	<a href="#">1470407</a>
Yoga Yin	Ray Friel	613-580-4765	Wed.	noon-1 pm	Apr 3	13	\$132.75	<a href="#">1433118</a>
Yoga Yin	Ray Friel	613-580-4765	Wed.	noon-1 pm	Jul 3	9	\$91.75	<a href="#">1467713</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	7:45-8:45 pm	Apr 4	13	\$132.75	<a href="#">1433306</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	7:45-8:45 pm	Jul 4	9	\$91.75	<a href="#">1467799</a>

## Pre Natal and With Baby

Fitness classes designed with soon to be mom's or parents with babies in mind.

### Aquafitness

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aqua Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Tue.	10-11 am	Apr 2	12	\$161.50	<a href="#">1429513</a>
Aqua Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Apr 4	12	\$161.50	<a href="#">1429517</a>
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Apr 12	11	\$148	<a href="#">1467251</a>
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jul 5	9	\$121.25	<a href="#">1467258</a>
Aqua Pre Natal	Cardel Rec (Goulbourn)	613-580-2532	Tue.	6:45-7:45 pm	Apr 9	9	\$121.25	<a href="#">1466802</a>
Aqua Pre Natal	Kanata Leisure	613-580-9677	Mon.	7-8 pm	Apr 15	9	\$121.25	<a href="#">1427288</a>
Aqua Pre Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jul 8	7	\$94.25	<a href="#">1467334</a>
Aqua Diaper Fit	Bob MacQuarrie-Orléans	613-580-9600	Tue.	10-11 am	Apr 2	12	\$161.50	<a href="#">1429505</a>
Aqua Diaper Fit	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Apr 4	12	\$161.50	<a href="#">1429508</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Wed.	10:30-11:30 am	Apr 10	12	\$161.50	<a href="#">1467212</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Apr 12	11	\$148	<a href="#">1467227</a>
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jul 5	9	\$121.25	<a href="#">1467265</a>
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Apr 2	8	\$80.75	<a href="#">1462287</a>
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Jul 2	9	\$91	<a href="#">1467316</a>

### Dance

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Party with Baby	Cardel Rec (Goulbourn)	613-580-2532	Tue.	11:45 am-12:45 pm	Apr 9	9	\$75.75	<a href="#">1466800</a>

### Group Fitness

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Apr 4	6	\$50.50	<a href="#">1438940</a>
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	May 16	6	\$50.50	<a href="#">1438942</a>
Stretch & Strength with Baby	Ray Friel	613-580-4765	Thu.	10:30-11:30 am	Apr 4	13	\$109.25	<a href="#">1433156</a>
Stretch & Strength with Baby	Rideauview	613-822-7887	Wed.	9:30-10:30 am	Apr 3	10	\$84	<a href="#">1436117</a>
Strollercise	École Jeanne-Sauvé	613-580-4765	Tue.	6-7 pm	Apr 2	11	\$92.50	<a href="#">1461924</a>

## Indoor Cycling

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Indoor Cycling with Baby	Ray Friel	613-580-4765	Mon.	10:15-11:15 am	Apr 1	11	\$92.50	<a href="#">1432175</a>
Indoor Cycling with Baby	Ray Friel	613-580-4765	Mon.	10:15-11:15 am	Jul 8	7	\$59	<a href="#">1462052</a>

## Mind and Body

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Mar 25	11	\$112.25	<a href="#">1436207</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Apr 8	10	\$102	<a href="#">1467988</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Jul 8	7	\$71.50	<a href="#">1468265</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Sun.	11:15 am-12:15 pm	Apr 7	10	\$102	<a href="#">1433973</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Sun.	11:15 am-12:15 pm	Jul 7	7	\$71.50	<a href="#">1467816</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Apr 4	13	\$132.75	<a href="#">1433292</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Jul 4	9	\$91.75	<a href="#">1467795</a>
Yoga with baby	Chapman Mills	613-822-7887	Tue.	1-2 pm	Apr 30	8	\$81.75	<a href="#">1437022</a>
Yoga with baby	Ray Friel	613-580-4765	Tue.	11:15 am-12:15 pm	Jul 2	9	\$91.75	<a href="#">1466782</a>
Yoga with baby	Ray Friel	613-580-4765	Wed.	10:30-11:30 am	Apr 3	13	\$132.75	<a href="#">1433112</a>