



Fitness and Wellness

Exercise Classes

Spring and Summer 2018

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FITNESS
MEMBERSHIPS

FITNESS
SCHEDULES

AQUAFITNESS
SCHEDULES



fee support



facilities

Children Fitness Classes

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

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

Cardio & Strength

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

François Dupuis – 613-580-8080

7-10 years	Mon.	5:30-6:30 pm
Apr 9-Jun 11	\$61	1159504
11-14 years	Fri.	5:30-6:30 pm
Apr 6-Jun 15	\$74.50	1160432



Youth Fitness Classes

Bootcamp

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

Kanata Leisure – 613-591-9283

15-17 years	Tue.	3:15-4:15 pm
Apr 10-Jun 12	\$76.50	1155168
15-17 years	Thu.	6:20-7:20 pm
Apr 12-Jun 14	\$76.50	1155173

Strength Training

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

Nepean Sportsplex – 613-580-2828

Mar 21-May 2	Wed.	6-7 pm
14-17 years	\$53.50	1158845
Mar 24-May 5	Sat.	10:30-11:30 am
14-17 years	\$46	1158941
May 9-Jun 20	Wed.	6-7 pm
14-17 years	\$53.50	1158853
May 12-Jun 23	Sat.	10:30-11:30 am
14-17 years	\$46	1158950
Jul 4-Aug 29	Wed.	6-7 pm
14-17 years	\$69	1159737
Pincrest – 613-828-3118		
14-17 years	Sun.	10:45-11:45 am
Apr 8-Jun 10	\$69	1160136
Jul 8-Aug 19	\$46	1160137

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	
Aqua Therapy	
Mon.-Fri.	1:15-2 pm
Thu.	8-8:45 pm
Sat.	12:15-1 pm
Chronic Pain	
Mon.-Fri.	2:15-3 pm

Ongoing Membership:

1 month:	\$35.25
3 months:	\$94.75
Drop-in	\$5.15

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 23	13	\$171.50	1155297
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 am	Mar 20	13	\$171.50	1141573
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Mar 20	13	\$171.50	1141574
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Mar 20	13	\$171.50	1141586
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Tue.	10-11 am	Jul 3	6	\$79.25	1141592
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 am	Mar 22	14	\$184.75	1141587
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Mar 22	14	\$184.75	1141588
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Thu.	12:45-1:45 pm	Mar 22	14	\$184.75	1141589
Aqua Arthritis	Nepean Sportsplex	613-580-2828	Thu.	10-11 am	Jul 5	6	\$79.25	1141593

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 Boot Camp	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Mar 20	14	\$184.75	1155325
Aqua Boot Camp	Kanata Leisure	613-591-9283	Tue.	7-8 pm	Apr 10	10	\$132	1154955
Aqua Boot Camp	Kanata Leisure	613-591-9283	Wed.	5-6 pm	Jul 4	7	\$92.50	1142360
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Mar 19	12	\$158.50	1141564
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10-11 am	Jul 9	4	\$53	1141568
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Mar 21	13	\$171.50	1141565
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10-11 am	Jul 4	6	\$79.25	1141570
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Mar 19	12	\$158.50	1155343
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Jul 9	4	\$53	1155461
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3pm	Mar 20	14	\$184.75	1155349
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Mar 21	14	\$184.75	1155353
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Jul 4	6	\$79.25	1155464
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Mar 22	14	\$184.75	1155355
Aqua Healing Waters	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Mar 21	15	\$198	1162566
Aqua Healing Waters	Richcraft-Kanata	613-580-9696	Fri.	1-2 pm	Mar 23	13	\$171.50	1157432
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8- 9 pm	Mar 20	14	\$184.75	1162353
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Mar 22	15	\$198	1162588
Aqua Yoga	St-Laurent	613-742-6767	Sun.	5:30-6:30 pm	Mar 18	12	\$158.50	1164158
Aqua Yoga	St-Laurent	613-742-6767	Sun.	5:30-6:30 pm	Jul 8	7	\$92.50	1164532

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
IC Intro	Nepean Sportsplex	613-580-2828	Sun.	11:30 am-12:30 pm	Mar 25	6	\$49.50	1156647
IC Intro	Nepean Sportsplex	613-580-2828	Sun.	11:30 am-12:30 pm	May 13	6	\$49.50	1156652
IC & Yoga	Goulbourn	613-580-2532	Wed.	7-8:30 pm	Mar 21	9	\$118.25	1156138
IC & Yoga	Goulbourn	613-580-2532	Thu.	7-8:30 pm	Mar 22	9	\$118.25	1156141
IC & Yoga	Goulbourn	613-580-2532	Thu.	7-8:30 pm	Jul 5	9	\$118.25	1161197
IC & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	Mar 19	6	\$90	1156974
IC & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	May 7	6	\$90	1156975

Dance

Bring out your inner dancer! 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®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Mar 21	7	\$57.75	1158740
Masala Bhangra®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	May 9	7	\$57.75	1158742
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Mar 22	9	\$90	1156931
Nia	John G. Mlacak	613-580-2980	Thu.	9-10 am	Jul 5	9	\$90	1160869
Party	Heron	613-247-4808	Mon.	6-7 pm	Apr 9	8	\$66	1162721
Party (Caribbean Fit)	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Apr 7	9	\$74.25	1160056
Zumba®	Beacon Hill North	613-748-1771	Thu.	7-8 pm	Mar 22	12	\$99	1147509
Zumba®	Eva James	613-271-0712	Fri.	7-8 pm	Apr 6	11	\$90.75	1139944
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Mar 27	12	\$99	1157155
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Apr 5	9	\$74.25	1162736
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Apr 4	10	\$82.50	1160037
Zumba®	Manotick	Extension 30235	Wed.	7:30-8:30 pm	Apr 4	12	\$99	1159443
Zumba®	Manotick	Extension 30235	Mon.	7:30-8:30 pm	Apr 9	10	\$82.50	1159432
Zumba®	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Mar 20	7	\$57.75	1157123
Zumba®	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	May 8	7	\$57.75	1157126
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Mar 22	7	\$57.75	1157131
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	May 10	7	\$57.75	1157129
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jul 5	9	\$74.25	1159755
Zumba®	Plant	613-232-3000	Fri.	7:30-8:30 pm	Mar 23	12	\$99	1162813
Zumba®	Plant	613-232-3000	Fri.	7:30-8:30 pm	Jul 6	7	\$57.75	1164239
Zumba®	Rideauview	613-822-7887	Thu.	7:30-8:30 pm	Mar 29	12	\$99	1160054
Zumba®	Sawmill Creek	613-521-4092	Wed.	6-7 pm	Mar 21	12	\$99	1164473
Zumba®	Sawmill Creek	613-521-4092	Thu.	6-7 pm	Mar 22	12	\$99	1164474
Zumba®	South Fallingbrook	613-824-0633	Tue.	6-7 pm	Apr 3	12	\$99	1146529
Zumba®	South Fallingbrook	613-824-0633	Tue.	6-7 pm	Jun 26	9	\$74.25	1146544
Zumba®	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Apr 4	12	\$99	1146538
Zumba®	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Jun 27	9	\$74.25	1146547
Zumba® Step	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Apr 9	9	\$74.25	1159585
Zumba® Step	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Jun 25	9	\$74.25	1163810
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7:30-8:30 pm	Apr 5	11	\$90.75	1160361

Dance

Bring out your inner dancer! 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® Toning	François Dupuis	613-580-8080	Thu.	7:30-8:30 pm	Jun 28	10	\$82.50	1163811
Zumba® Woman	Albion Heatherington	613-247-4828	Wed.	11 am-Noon	Apr 4	12	\$99	1152070
Zumba® Woman	Ray Friel	613-580-4765	Fri.	6:30-7:30 pm	Apr 13	8	\$66	1156802

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	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Mar 20	7	\$57.75	1157020
Barre Fit	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	May 8	7	\$57.75	1157022
Barre Fit	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jul 3	9	\$74.25	1159593
Barre Fit	Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Mar 22	7	\$57.75	1157024
Barre Fit	Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	May 10	7	\$57.75	1157023
Barre Fit	Nepean Sportsplex	613-580-2828	Thu.	6-7 pm	Jul 5	9	\$74.25	1159595
Barre Fit	Pinecrest	613-828-3118	Wed.	7-8 pm	Mar 28	13	\$107	1158826
Barre Fit	Pinecrest	613-828-3118	Wed.	7-8 pm	Jul 4	9	\$74.25	1158855
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Mar 29	12	\$99	1155276
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Jul 5	9	\$74.25	1161768
Bootcamp	Constance Bay	613-580-9696	Wed.	7-8 pm	Mar 28	12	\$99	1161214
Bootcamp	Eva James	613-271-0712	Mon.	9-10 am	Apr 9	9	\$74.25	1139173
Bootcamp	Metcalfe	Extension 30235	Wed.	6:30-7:30 pm	Apr 4	11	\$90.75	1158684
Bootcamp	Richmond	Extension 20705	Mon.	6:30-7:30 pm	Mar 19	11	\$90.75	1141629
Bootcamp	Richmond	Extension 20705	Thu.	6:30-7:30 pm	Mar 22	12	\$99	1141632
Bootcamp for Women	Goulbourn	613-580-2532	Sun.	9-10 am	Mar 25	10	\$82.50	1156153
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7- 8 pm	Mar 20	7	\$57.75	1157060
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Mar 22	7	\$57.75	1157065
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	May 8	7	\$57.75	1157061
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	May 10	7	\$57.75	1157064
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jul 3	9	\$74.25	1159712
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Jul 5	9	\$74.25	1159715
Cardio Blast	Eva James	613-271-0712	Fri.	9-10 am	Apr 6	11	\$90.75	1139933
Cardio & Strength	Carleton Heights	613-226-2208	Wed.	6:30-7:30 pm	Mar 21	14	\$115.25	1162729

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	Greely School	Extension 30235	Tue.	7-8 pm	Apr 3	12	\$99	1157563
Cardio & Strength	Greely	Extension 30235	Thu.	7-8 pm	Apr 5	11	\$90.75	1157575
Cardio & Strength	Hunt Club-Riverside Park	613-260-1299	Tue.	9-10 am	Mar 20	14	\$115.25	1149209
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Mar 27	12	\$99	1145997
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Jul 3	8	\$66	1149656
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Mar 29	12	\$99	1146001
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Jul 5	8	\$66	1149662
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Mar 24	11	\$90.75	1146008
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Jul 7	7	\$57.75	1149666
Cardio Kickboxing	Dempsey	613-748-1771	Mon.	7-8 pm	Apr 9	11	\$99	1154613
Cardio Kickboxing	Dempsey	613-748-1771	Mon.	7-8 pm	Jul 9	7	\$63	1161070
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Mar 21	7	\$57.75	1158765
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	May 9	7	\$57.75	1158767
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Jul 4	9	\$74.25	1159722
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Mar 20	14	\$115.25	1162942
Core Conditioning	Carp Memorial Hall	613-580-9696	Mon.	6-7 pm	Mar 26	10	\$82.50	1161248
Core Conditioning	Eva James	613-271-0712	Thu.	7:15-8:15 pm	Mar 29	12	\$99	1139918
Core Conditioning	Sandy Hill	613-564-1062	Mon.	1:30-2:30 pm	Mar 26	10	\$82.50	1163088
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Mon.	10:15-11:15 am	Mar 19	12	\$99	1148631
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Mon.	10:15-11:15 am	Jul 9	7	\$57.75	1148706
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Thu.	10:15-11:15 am	Mar 22	14	\$115.25	1148670
Core Conditioning Women	Hunt Club-Riverside Park	613-260-1299	Thu.	10:15-11:15 am	Jul 12	8	\$66	1148707
Drums Alive®	Ray Friel	613-580-4765	Fri.	5:30-6:30 pm	Apr 13	8	\$66	1161284
Drums Alive®	Walter Baker	613-580-2788	Wed.	7-8 pm	Mar 21	6	\$49.50	1161792
Drums Alive®	Walter Baker	613-580-2788	Wed.	7-8 pm	May 2	6	\$49.50	1161794
Feldenkrais	St-Laurent	613-742-6767	Wed.	6-7 pm	Mar 21	7	\$70	1162333
Feldenkrais	St-Laurent	613-742-6767	Wed.	6-7 pm	May 9	8	\$80	1162334
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Mar 21	14	\$115.25	1162732
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Mar 24	11	\$110	1145391
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Sat.	10-11 am	Jul 7	7	\$70	1145409
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Mar 26	11	\$110	1145375

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
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Jul 9	7	\$70	1145401
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Mar 26	11	\$110	1145381
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Jul 9	7	\$70	1145403
Kettlebells	Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	Mar 22	7	\$70	1158890
Kettlebells	Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	May 10	7	\$70	1158893
Small Group Conditioning Women	Pinecrest	613-828-3118	Wed.	5-6 pm	Mar 28	8	\$188.25	1158679
Small Group Conditioning Women	Pinecrest	613-828-3118	Fri.	10:45-11:45 am	Apr 6	8	\$188.25	1158705
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Mar 19	6	\$49.50	1156756
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	May 7	6	\$49.50	1156763
Strength Circuit	Nepean Sportsplex	613-580-2828	Mon.	6:30-7:30 pm	Jul 9	7	\$57.75	1159560
Stretch & Strength	Eva James	613-271-0712	Wed.	9-10 am	Mar 28	12	\$99	1139507
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Apr 9	8	\$66	1139605
STRONG by Zumba®	Eva James	613-271-0712	Thu.	8-9 pm	Mar 29	12	\$99	1139929
STRONG by Zumba®	Kanata Leisure	613-591-9283	Mon.	7:30-8:30 pm	Apr 9	10	\$82.50	1155047
STRONG by Zumba®	Kanata Leisure	613-591-9283	Mon.	7:30-8:30 pm	Jul 9	7	\$57.75	1142363
STRONG by Zumba®	Kanata Leisure	613-591-9283	Fri.	11:30 am-12:30 pm	Apr 13	10	\$82.50	1155052
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Mar 29	12	\$99	1150454
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Jul 5	8	\$66	1150489
TMC	Carleton Heights	613-226-2208	Mon.	9-10 am	Mar 19	12	\$99	1162548
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Mar 20	14	\$115.25	1162551
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Jul 3	8	\$66	1162612
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Mar 20	14	\$115.25	1162549
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Jul 3	8	\$66	1162610
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Mar 22	14	\$115.25	1162550
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Jul 5	8	\$66	1162611
TMC	Carleton Heights	613-226-2208	Thu.	9-10 am	Jul 5	8	\$66	1162613
TMC	Carleton Heights	613-226-2208	Fri.	9-10 am	Mar 23	13	\$107	1162552
TMC	Carp Memorial Hall	613-580-9696	Wed.	6-7 pm	Mar 28	12	\$99	1161275
TMC	Kanata Recreation	613-580-2570	Mon.	6-7 pm	Mar 19	12	\$99	1156517
TMC	South Fallingbrook	613-824-0633	Tue.	7-8 pm	Apr 3	12	\$99	1146581

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	South Fallingbrook	613-824-0633	Thu.	7-8 pm	Apr 5	12	\$99	1146585
TRX®	Kanata Leisure	613-591-9283	Tue.	6-7 pm	Apr 10	10	\$82.50	1155075
TRX®	Kanata Leisure	613-591-9283	Tue.	6-7 pm	Jul 3	7	\$57.75	1142365
TRX®	Kanata Leisure	613-591-9283	Thu.	6-7 pm	Apr 12	10	\$82.50	1155076
TRX®	Kanata Leisure	613-591-9283	Thu.	6-7 pm	Jul 5	7	\$57.75	1142368
Walking Club	Sandy Hill	613-564-1062	Mon.,Wed.-Fri.	9-10 am	Mar 19	8	\$1.50	1163223

Mind and Body

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	Mar 28	12	\$120	1139554
Pilates	Heron	613-247-4808	Thu.	7:30-8:30 pm	Apr 5	9	\$90	1162679
Pilates	Kanata Leisure	613-591-9283	Tue.	Noon-1 pm	Apr 10	5	\$50	1155070
Pilates	Kanata Leisure	613-591-9283	Tue.	Noon-1 pm	May 15	5	\$50	1155071
Pilates	Nepean Creative Arts	613-596-5783	Fri.	9:45-10:45 am	Apr 6	8	\$80	1139951
Pilates	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Mar 19	6	\$60	1156990
Pilates	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	May 7	6	\$60	1156994
Pilates	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Jul 9	7	\$70	1159574
Pilates	Pinecrest	613-828-3118	Mon.	9-10:30 am	Mar 26	11	\$165	1158571
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Mar 19	12	\$120	1146271
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Mar 21	14	\$140	1162573
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Jul 4	8	\$80	1164192
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jul 9	7	\$70	1164181
Pilates	Richcraft – Kanata	613-580-9696	Thu.	Noon-1 pm	Mar 22	14	\$140	1157468
Pilates	St-Laurent	613-742-6767	Mon.	6:30-7:30 pm	Mar 19	12	\$120	1164159
Pilates	St-Laurent	613-742-6767	Mon.	6:30-7:30 pm	Jul 2	8	\$80	1164533
Pilates	St-Laurent	613-742-6767	Thu.	6:30-7:30 pm	Mar 22	14	\$140	1164160
Pilates	St-Laurent	613-742-6767	Thu.	6:30-7:30 pm	Jul 5	9	\$90	1164534
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Mar 27	12	\$120	1155243

Mind and Body

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	Walter Baker	613-580-2788	Tue.	7-8 pm	Jul 3	9	\$90	1161777
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Mar 19	12	\$120	1146287
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Jul 9	7	\$70	1164184
Pilates 3	Pinecrest	613-828-3118	Tue.	6-7:30 pm	Mar 27	12	\$180	1158646
Pilates 3	Pinecrest	613-828-3118	Wed.	9-10:30 am	Mar 28	12	\$180	1158651
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Mar 21	14	\$140	1162586
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Jul 4	8	\$80	1164193
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Mar 19	10	\$100	1162045
Qi Gong	Greenboro	613-580-2805	Thu.	11:50 am-12:50 pm	Mar 22	12	\$120	1162058
Qi Gong	Richcraft-Kanata	613-580-9696	Sat.	1-3 pm	Mar 24	12	\$240	1157421
Restorative Mobility	Ray Friel	613-580-4765	Wed.	Noon-12:45 pm	Apr 11	12	\$74.25	1161198
Tai Chi	Alexander	613-798-8978	Tue.	7-8 pm	Apr 3	8	\$80	1148219
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Apr 11	10	\$100	1151200
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Apr 3	12	\$120	1151198
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Apr 4	10	\$98	1163931
Tai Chi	Pinecrest	613-828-3118	Wed.	11 am-Noon	Mar 28	12	\$120	1160138
Tai Chi	Pinecrest	613-828-3118	Sat.	10:30-11:30 am	Jul 7	6	\$60	1160139
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Mar 22	14	\$140	1162761
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	6-7 pm	Mar 22	10	\$100	1156526
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	6-7 pm	Jul 19	7	\$70	1156530
Tai Chi	St-Laurent	613-742-6767	Tue.	Noon-1 pm	Mar 20	14	\$140	1164161
Tai Chi	St-Laurent	613-742-6767	Thu.	Noon-1 pm	Mar 22	14	\$140	1164162
Tai Chi 2	Blackburn Hamlet Hall	613-580-9600	Wed.	2:30-3:30 pm	Apr 11	10	\$100	1161457
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Apr 5	12	\$120	1151202
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Apr 5	10	\$98	1163926
Tai Chi 2	Plant	613-232-3000	Thu.	7:30-8:30 pm	Mar 22	14	\$140	1162767
Tai Chi 2	St-Laurent	613-742-6767	Tue.	1-2 pm	Mar 20	14	\$140	1164163
Tai Chi 2	St-Laurent	613-742-6767	Thu.	1-2 pm	Mar 22	14	\$140	1164164
Yoga	Alexander	613-798-8978	Tue.	8-9 pm	Apr 3	8	\$80	1148241
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Mar 21	12	\$120	1154617

Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Mar 22	12	\$120	1147508
Yoga	Blackburn Hamlet Hall	613-580-9600	Tue.	5:15-6:15 pm	Apr 10	10	\$100	1151705
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Mar 26	11	\$110	1142660
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Mar 26	11	\$110	1142662
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Mar 28	12	\$120	1142664
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Sat.	8:30-9:30 am	Mar 31	11	\$110	1142672
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Sat.	8:30-9:30 am	Jul 7	7	\$70	1150305
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Mar 19	12	\$120	1162670
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Mar 22	14	\$140	1162672
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Mar 22	14	\$140	1162671
Yoga	Carleton Heights	613-226-2208	Thu.	6:15-7:15 pm	Jul 5	8	\$80	1162690
Yoga	Eva James	613-271-0712	Mon.	11:15 am-12:15 pm	Apr 9	9	\$90	1139356
Yoga	Eva James	613-271-0712	Mon.	7:15-8:15 pm	Apr 9	9	\$90	1139358
Yoga	Eva James	613-271-0712	Wed.	7-8 pm	Mar 28	12	\$120	1139359
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Apr 3	10	\$150	1143885
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Apr 5	10	\$150	1143890
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Mar 19	8	\$80	1161738
Yoga	Greely	Extension 30235	Wed.	1:45-3:15 pm	Apr 4	9	\$135	1157702
Yoga	Greenboro	613-580-2805	Mon.	11:30 am-12:30 pm	Mar 19	10	\$100	1162062
Yoga	Greenboro	613-580-2805	Mon.	11:45 am-12:45 pm	Jul 9	7	\$70	1163591
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Mar 20	12	\$120	1162068
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Jul 3	8	\$80	1163589
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Mar 23	11	\$110	1162071
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Jul 6	8	\$80	1163590
Yoga	Goulbourn	613-580-2532	Tue.	6:15-7:15 pm	Mar 20	7	\$70	1156115
Yoga	Goulbourn	613-580-2532	Tue.	6:15-7:15 pm	May 8	8	\$80	1156218
Yoga	Goulbourn Municipal Office	Extension 20705	Thu.	9:30-11 am	Mar 15	7	\$105	1148520
Yoga	Goulbourn Municipal Office	Extension 20705	Thu.	9:30-11 am	May 10	7	\$105	1148527
Yoga	Hintonburg	613-798-8874	Mon.	6-7 pm	Mar 26	10	\$100	1160039
Yoga	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Apr 9	10	\$100	1148926

Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Jul 9	7	\$70	1148951
Yoga	Hunt Club-Riverside Park	613-260-1299	Tue.	7-8 pm	Apr 10	11	\$110	1148936
Yoga	Hunt Club-Riverside Park	613-260-1299	Tue.	7-8 pm	Jul 10	8	\$80	1148953
Yoga	Hunt Club-Riverside Park	613-260-1299	Thu.	7-8 pm	Apr 12	11	\$110	1148932
Yoga	Hunt Club-Riverside Park	613-260-1299	Thu.	7-8 pm	Jul 12	8	\$80	1148952
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Mar 20	12	\$120	1158821
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Jul 3	9	\$90	1160926
Yoga	John G. Mlacak	613-580-2980	Thu.	7-8 pm	Mar 22	12	\$120	1158828
Yoga	John G. Mlacak	613-580-2980	Thu.	7-8 pm	Jul 5	9	\$90	1160950
Yoga	Kanata Leisure	613-591-9283	Wed.	12:45-1:45 pm	Apr 11	5	\$50	1155097
Yoga	Kanata Leisure	613-591-9283	Wed.	12:45-1:45 pm	May 16	5	\$50	1155099
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Mar 27	12	\$180	1146030
Yoga	Metcalfe Client Service	Extension 30235	Mon.	1:45-3:15 pm	Apr 9	8	\$120	1157647
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Mar 19	6	\$60	1156690
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	May 7	6	\$60	1156699
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jul 9	7	\$70	1159525
Yoga	North Gower School	Extension 20705	Wed.	6:30-8 pm	Mar 21	9	\$135	1148546
Yoga	Optimiste Park	613-742-6767	Tue.	Noon-1 pm	Jul 3	9	\$90	1164545
Yoga	Optimiste Park	613-742-6767	Thu.	6-7 pm	Jul 5	9	\$90	1164546
Yoga	Plant	613-232-3000	Mon.	6:45-7:45 pm	Mar 19	12	\$120	1146264
Yoga	Plant	613-232-3000	Mon.	6:45-7:45 pm	Jul 9	7	\$70	1164178
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Mar 20	14	\$140	1159377
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Jul 3	8	\$80	1164189
Yoga	Plant	613-232-3000	Wed.	Noon-1 pm	Mar 21	14	\$140	1162559
Yoga	Plant	613-232-3000	Wed.	6:45-7:45 pm	Mar 21	14	\$140	1162558
Yoga	Plant	613-232-3000	Wed.	6:45-7:45 pm	Jul 4	8	\$80	1164191
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Mar 22	14	\$140	1162774
Yoga	Plant	613-232-3000	Thu.	7:15-8:15 pm	Mar 22	14	\$140	1162778

Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Jul 5	8	\$80	1164213
Yoga	Plant	613-232-3000	Fri.	9:30-10:30 am	Mar 23	12	\$120	1162880
Yoga	Plant	613-232-3000	Fri.	9:30-10:30 am	Jul 6	7	\$70	1164209
Yoga	Plant	613-232-3000	Sat.	9:30-10:30 am	Mar 24	12	\$120	1162905
Yoga	Richcraft – Kanata	613-580-9696	Mon.	7:30-8:30 pm	Mar 19	12	\$120	1157344
Yoga	Rideauview	613-822-7887	Tue.	6:30-7:30 pm	Apr 3	12	\$120	1159493
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Mar 20	5	\$50	1156510
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Jul 3	9	\$90	1156516
Yoga	Sandy Hill	613-564-1062	Mon.	6:30-8 pm	Mar 19	12	\$180	1163131
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Mar 20	14	\$210	1163213
Yoga	Sawmill Creek	613-521-4092	Wed.	6-7 pm	Jul 4	9	\$90	1164477
Yoga	Sawmill Creek	613-521-4092	Fri.	6-7 pm	Mar 23	11	\$110	1164476
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Apr 9	10	\$100	1146589
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Jun 25	7	\$70	1146610
Yoga	South Fallingbrook	613-824-0633	Tue.	7-8 pm	Apr 3	12	\$120	1146590
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Apr 4	12	\$120	1146591
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Jun 27	9	\$90	1146601
Yoga	Splash Wave Pool	613-748-4222	Tue.	6:30-7:30 pm	Mar 20	15	\$150	1144739
Yoga	Splash Wave Pool	613-748-4222	Thu.	6:30-7:30 pm	Mar 22	15	\$150	1144729
Yoga	St-Laurent	613-742-6767	Mon.	7:30-8:30 pm	Mar 19	12	\$120	1164166
Yoga	St-Laurent	613-742-6767	Mon.	7:30-8:30 pm	Jul 2	8	\$80	1164535
Yoga	St-Laurent	613-742-6767	Wed.	6-7 pm	Mar 21	14	\$140	1164167
Yoga	St-Laurent	613-742-6767	Wed.	6-7 pm	Jul 4	9	\$90	1164536
Yoga	St-Laurent	613-742-6767	Thu.	7:30-8:30 pm	Mar 22	14	\$140	1164168
Yoga	St-Laurent	613-742-6767	Thu.	7:30-8:30 pm	Jul 5	9	\$90	1164537
Yoga	Richcraft – Kanata	613-580-9696	Fri.	7-8 pm	Mar 23	13	\$130	1157411
Yoga	Richcraft – Kanata	613-580-9696	Sat.	10:30-11:30 am	Mar 24	12	\$120	1157373
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Apr 11	10	\$100	1151710
Yoga 2	Rideauview	613-822-7887	Wed.	7:30-9 pm	Mar 28	12	\$180	1159802

Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga Meditation	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Apr 10	12	\$120	1139931
Yoga Meditation	Rockcliffe Park	613-842-8578	Fri.	10:45-11:45 am	Apr 6	9	\$90	1139946
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Mar 22	8	\$80	1162081
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Apr 4	11	\$137.50	1139776
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Mar 20	7	\$70	1157049
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	May 8	7	\$70	1157052
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jul 3	9	\$90	1159682
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Mar 22	7	\$70	1157056
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	May 10	7	\$70	1157055
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jul 5	9	\$90	1159745
Yoga & Pilates	Richmond	Extension 20705	Mon.,Thu.	7:30-8:30 pm	Mar 19	11	\$110	1141661
Yoga & Pilates	St-Laurent	613-742-6767	Mon.	1-2 pm	Mar 19	12	\$120	1164170
Yoga & Pilates	St-Laurent	613-742-6767	Tue.	6-7 pm	Mar 20	14	\$140	1164171
Yoga & Pilates	St-Laurent	613-742-6767	Tue.	6-7 pm	Jul 3	9	\$90	1164538
Yoga & Pilates	St-Laurent	613-742-6767	Tue.	7-8 pm	Mar 20	14	\$140	1164172
Yoga & Pilates	St-Laurent	613-742-6767	Tue.	7-8 pm	Jul 3	9	\$90	1164539
Yoga & Pilates	St-Laurent	613-742-6767	Thu.	11:45 am-12:45 pm	Mar 22	14	\$140	1164173
Yoga & Pilates with Props	St-Laurent	613-742-6767	Mon.	5:30-6:30 pm	Mar 19	12	\$120	1164175
Yoga Power	Plant	613-232-3000	Thu.	8:30-9:30 pm	Mar 22	14	\$140	1162792
Yoga Power	Plant	613-232-3000	Thu.	7:45-8:45 pm	Jul 5	8	\$80	1164219
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Apr 9	9	\$90	1159521
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Jun 25	9	\$90	1163809
Yoga Yin	François Dupuis	613-580-8080	Fri.	9:30-10:30 am	Apr 6	11	\$110	1160400
Yoga Yin	Ray Friel	613-580-4765	Thu.	6:45-7:45 pm	Apr 12	12	\$120	1161487
Yoga Yin	St-Laurent	613-742-6767	Sun.	6:30-7:30 pm	Mar 18	12	\$120	1164177
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Apr 8	8	\$80	1162089
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Jul 8	7	\$70	1163592

Pre Natal and With Baby

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
Aquafitness								
Aqua Diaper Fit	Bob MacQuarrie-Orléans	613-580-9600	Tue.	10-11 am	Mar 27	14	\$184.75	1155399
Aqua Diaper Fit	François Dupuis	613-580-8080	Wed.	10:30-11:30 am	Mar 21	15	\$198	1162571
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Mar 23	14	\$184.75	1162574
Aqua Diaper Fit	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jul 6	9	\$118.75	1162590
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11 am-Noon	Apr 24	9	\$118.75	1145398
Aqua Diaper Fit	Jack Purcell	613-564-1050	Tue.	11 am-Noon	Jul 3	9	\$118.75	1148134
Aqua Diaper Fit	Walter Baker	613-580-2788	Tue.	10:30-11:30 am	Mar 20	8	\$105.75	1155290
Aqua Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Mar 22	14	\$184.75	1155380
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Mar 23	14	\$184.75	1162576
Aqua Pre Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jul 6	9	\$118.75	1162582
Aqua Pre Natal	Goulbourn	613-580-2532	Tue.	6:45-7:45 pm	Mar 20	6	\$79.25	1156209
Aqua Pre Natal	Kanata Leisure	613-591-9283	Mon.	7-8 pm	Apr 9	10	\$132	1154954
Aqua Pre Natal	Kanata Leisure	613-591-9283	Mon.	5-6pm	Jul 9	7	\$92.50	1142357
Aqua Pre Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Mar 19	12	\$158.50	1146217
Aqua Pre Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jul 9	7	\$92.50	1164176
Group Fitness								
Bootcamp with Baby	Bob MacQuarrie-Orléans	613-580-9600	Wed.	9:30-10:30 am	Mar 28	6	\$49.50	1150736
Bootcamp with Baby	Bob MacQuarrie-Orléans	613-580-9600	Wed.	9:30-10:30 am	May 9	6	\$49.50	1150737
Bootcamp with Baby	Kanata Leisure	613-591-9283	Mon.	11:30 am-12:30 pm	Apr 9	10	\$82.50	1155032
Bootcamp with Baby	Kanata Leisure	613-591-9283	Thu.	10:15-11:15 am	Apr 12	10	\$82.50	1155033
Core Conditioning with Baby	Ray Friel	613-580-4765	Thu.	10:15-11 am	Apr 12	6	\$37.25	1156782
Core Conditioning with Baby	Ray Friel	613-580-4765	Thu.	10:15-11 am	May 24	6	\$37.25	1156785
IC with Baby	Ray Friel	613-580-4765	Tue.	10:15-11 am	Apr 10	6	\$37.25	1139935
IC with Baby	Ray Friel	613-580-4765	Tue.	10:15-11 am	May 22	6	\$37.25	1145284
Stretch & Strength with Baby	Eva James	613-271-0712	Fri.	10-11 am	Apr 6	11	\$90.75	1139934
Stretch & Strength with Baby	Ray Friel	613-580-4765	Wed.	11:15 am-Noon	Apr 11	6	\$37.25	1156759

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
Stretch & Strength with Baby	Ray Friel	613-580-4765	Wed.	11:15 am-Noon	May 23	6	\$37.25	1156772
Strollercise	Eva James	613-271-0712	Wed.	9:15-10:15 am	Mar 28	12	\$99	1139508
Strollercise	Walter Baker	613-580-2788	Tue.	10:30-11:30 am	May 15	6	\$49.50	1155302
Dance								
Party with Baby	Goulbourn	613-580-2532	Tue.	11:15 am-12:15 pm	Mar 20	11	\$90.75	1156133
Party with Baby	Nepean Sportsplex	613-580-2828	Wed.	11 am-Noon	Mar 21	7	\$57.75	1158751
Party with Baby	Nepean Sportsplex	613-580-2828	Wed.	11 am-Noon	May 9	7	\$57.75	1158753
Mind and Body								
Yoga with Baby	Eva James	613-271-0712	Thu.	10:15-11:15 am	Mar 29	12	\$120	1139923
Yoga with Baby	Hintonburg	613-798-8874	Fri.	10-11 am	Apr 6	9	\$90	1160043
Yoga with Baby	Kanata Leisure	613-591-9283	Tue.	10:45-11:45 am	Apr 10	5	\$50	1155062
Yoga with Baby	Kanata Leisure	613-591-9283	Tue.	10:45-11:45 am	May 15	5	\$50	1155063
Yoga with Baby	Nepean Sportsplex	613-580-2828	Mon.	11 am-Noon	Mar 19	6	\$60	1156778
Yoga with Baby	Nepean Sportsplex	613-580-2828	Mon.	11 am-Noon	May 7	6	\$60	1156972
Yoga with Baby	Ray Friel	613-580-4765	Fri.	10:45-11:45 am	Apr 13	5	\$50	1139943
Yoga with Baby	Ray Friel	613-580-4765	Fri.	10:45-11:45 am	May 25	5	\$50	1145300
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Mar 26	11	\$110	1145415
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Mar 19	6	\$60	1156981
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	May 7	6	\$60	1156984
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Jul 9	7	\$70	1159568
Yoga Pre Natal	Ray Friel	613-580-4765	Mon.	6:45-7:45 pm	May 28	5	\$50	1161454