



FALL 2019 AND  
WINTER 2020

EXERCISE CLASSES

# Fitness and Wellness

RECREATION EGUIDE

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## Fitness Classes for Youth

### 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
Jan 7-Mar 31	\$101.50	<a href="#">1505530</a>

### 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

15-17 years	Fri.	5:15-6:15 pm
Sep 20-Dec 20	\$109.50	<a href="#">1507910</a>
Jan 17-Mar 27	\$78	<a href="#">1507920</a>

### Strength Training

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

#### Pinecrest – 613-580-9676

15-18 years	Fri.	5-6 pm
Sep 27-Nov 1	\$47	<a href="#">1499844</a>
Jan 24-Feb 28	\$47	<a href="#">1499846</a>

#### Ray Friel – 613-580-4765

15-18 years	Wed.	3-4 pm
Sep 11-Dec 18	\$117	<a href="#">1495862</a>
Jan 8-Apr 1	\$101.50	<a href="#">1505550</a>

## Fitness Classes for Children

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

12-14 years	Fri.	5:15-6:15 pm
Sep 20-Dec 20	\$96.75	<a href="#">1501078</a>
Jan 17-Mar 27	\$69	<a href="#">1504630</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
Sep 9-Dec 16	\$134.50	<a href="#">1495817</a>
Jan 6-Mar 30	\$115.25	<a href="#">1501132</a>

## Fitness Classes for Adults

### 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
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#### Ongoing Membership:

1 month:	\$36.75
3 months:	\$96.75
Drop-in:	\$5.50











## 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.	8:30-9:30 am	Sep 24	13	\$175	<a href="#">1509501</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Sep 24	13	\$175	<a href="#">1509502</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Sep 24	13	\$175	<a href="#">1509504</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 am	Sep 26	13	\$175	<a href="#">1509505</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Sep 26	13	\$175	<a href="#">1509506</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	12:45-1:45 pm	Sep 26	13	\$175	<a href="#">1509507</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 am	Jan 7	10	\$134.75	<a href="#">1509510</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	9:30-10:30 am	Jan 7	10	\$134.75	<a href="#">1509511</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Tue.	12:45-1:45 pm	Jan 7	10	\$134.75	<a href="#">1509512</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 am	Jan 9	10	\$134.75	<a href="#">1509513</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	9:30-10:30 am	Jan 9	10	\$134.75	<a href="#">1509514</a>
Aqua Arthritis 	Nepean Sportsplex	613-580-2828	Thu.	12:45-1:45 pm	Jan 9	10	\$134.75	<a href="#">1509516</a>
Aqua Boot Camp	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Sep 3	13	\$175	<a href="#">1491257</a>
Aqua Boot Camp	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Jan 7	12	\$161.50	<a href="#">1491276</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Sep 11	14	\$188.50	<a href="#">1502972</a>
Aqua Boot Camp	Walter Baker	613-580-2788	Wed.	7:30-8:30 pm	Jan 8	14	\$188.50	<a href="#">1502976</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Sep 23	12	\$161.50	<a href="#">1509491</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Sep 25	13	\$175	<a href="#">1509493</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Mon.	10:30-11:30 am	Jan 6	9	\$121.25	<a href="#">1509496</a>
Aqua Fibromyalgia	Nepean Sportsplex	613-580-2828	Wed.	10:30-11:30 am	Jan 8	10	\$134.75	<a href="#">1509498</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 Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Sep 9	11	\$148	<a href="#">1491250</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3 pm	Sep 3	13	\$175	<a href="#">1491254</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Sep 4	13	\$175	<a href="#">1491252</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Sep 5	13	\$175	<a href="#">1491256</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6-7 pm	Jan 6	11	\$148	<a href="#">1491270</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Tue.	2-3 pm	Jan 7	11	\$148	<a href="#">1491273</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Wed.	6-7 pm	Jan 8	12	\$161.50	<a href="#">1491271</a>
Aqua Healing Waters 	Bob MacQuarrie-Orléans	613-580-9600	Thu.	2-3 pm	Jan 9	11	\$148	<a href="#">1491274</a>
Aqua Healing Waters 	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Sep 11	15	\$202	<a href="#">1507797</a>
Aqua Healing Waters 	François Dupuis	613-580-8080	Wed.	1:30-2:30 pm	Jan 8	9	\$121.25	<a href="#">1507852</a>
Aqua Healing Waters	Richcraft-Kanata	613-580-9696	Fri.	1-2 pm	Sep 27	13	\$175	<a href="#">1483806</a>
Aqua Healing Waters	Richcraft-Kanata	613-580-9696	Fri.	2-3 pm	Sep 27	13	\$175	<a href="#">1483807</a>
Aqua Healing Waters	Richcraft-Kanata	613-580-9696	Fri.	1-2 pm	Jan 10	10	\$134.75	<a href="#">1485037</a>
Aqua Healing Waters	Richcraft-Kanata	613-580-9696	Fri.	2-3 pm	Jan 10	10	\$134.75	<a href="#">1485041</a>
Aqua Kick Box	Bob MacQuarrie-Orléans	613-580-9600	Wed.	1-2 pm	Sep 4	13	\$175	<a href="#">1491261</a>
Aqua Kick Box	Bob MacQuarrie-Orléans	613-580-9600	Thu.	8-9 pm	Sep 5	13	\$175	<a href="#">1491262</a>
Aqua Kick Box	Bob MacQuarrie-Orléans	613-580-9600	Wed.	1-2 pm	Jan 8	11	\$148	<a href="#">1491284</a>
Aqua Kick Box	Bob MacQuarrie-Orléans	613-580-9600	Thu.	8-9 pm	Jan 9	12	\$161.50	<a href="#">1491291</a>
AquaRunning	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Sep 9	11	\$148	<a href="#">1491263</a>
AquaRunning	Bob MacQuarrie-Orléans	613-580-9600	Thu.	1-2 pm	Sep 5	13	\$175	<a href="#">1491264</a>
AquaRunning	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Jan 6	11	\$148	<a href="#">1491300</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
AquaRunning	Bob MacQuarrie-Orléans	613-580-9600	Thu.	1-2 pm	Jan 9	11	\$148	<a href="#">1491302</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Sep 9	11	\$148	<a href="#">1491265</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Thu.	noon-1 pm	Sep 5	13	\$175	<a href="#">1491266</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Jan 6	11	\$148	<a href="#">1491294</a>
Aqua Yoga	Bob MacQuarrie-Orléans	613-580-9600	Thu.	noon-1 pm	Jan 9	11	\$148	<a href="#">1491296</a>
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Sep 12	15	\$202	<a href="#">1507867</a>
Aqua Yoga	François Dupuis	613-580-8080	Thu.	8:15-9:15 pm	Jan 9	9	\$121.25	<a href="#">1507887</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®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Sep 18	14	\$117.75	<a href="#">1501950</a>
Masala Bhangra®	Nepean Sportsplex	613-580-2828	Wed.	8-9 pm	Jan 15	12	\$100.75	<a href="#">1507546</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Sep 19	11	\$112.25	<a href="#">1490130</a>
Nia	John G. Mlacak	613-580-2980	Thu.	9:30-10:30 am	Jan 9	10	\$102	<a href="#">1490140</a>
Party	Heron	613-247-4808	Mon.	6-7 pm	Sep 23	12	\$100.75	<a href="#">1495811</a>
Party	Heron	613-247-4808	Mon.	6-7 pm	Jan 20	9	\$75.75	<a href="#">1499707</a>
Party (Caribbean Fit)	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Sep 21	10	\$84	<a href="#">1504717</a>
Party (Caribbean Fit)	Hintonburg	613-798-8874	Sat.	9:30-10:30 am	Jan 18	8	\$67.25	<a href="#">1504731</a>
Zumba®	Albion Heatherington	613-247-4828	Thu.	8-9 pm	Sep 19	10	\$84	<a href="#">1507491</a>
Zumba®	Albion Heatherington	613-247-4828	Thu.	8-9 pm	Jan 9	10	\$84	<a href="#">1507508</a>
Zumba®	Eva James	613-580-2442	Thu.	7:45-8:45 pm	Sep 19	14	\$117.75	<a href="#">1506845</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®	Eva James	613-580-2442	Thu.	7:45-8:45 pm	Jan 9	10	\$84	<a href="#">1505907</a>
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Sep 26	12	\$100.75	<a href="#">1495807</a>
Zumba®	Heron	613-247-4808	Thu.	6:30-7:30 pm	Jan 23	9	\$75.75	<a href="#">1499693</a>
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Sep 25	10	\$84	<a href="#">1504042</a>
Zumba®	Hintonburg	613-798-8874	Wed.	6:10-7:10 pm	Jan 15	9	\$75.75	<a href="#">1504055</a>
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Sep 24	12	\$100.75	<a href="#">1494616</a>
Zumba®	Kanata Recreation	613-580-2570	Tue.	7-8 pm	Jan 14	11	\$92.50	<a href="#">1500741</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Sep 19	14	\$117.75	<a href="#">1505960</a>
Zumba®	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jan 16	12	\$100.75	<a href="#">1507616</a>
Zumba®	Pat Clark	613-748-1771	Thu.	6:30-7:30 pm	Sep 26	9	\$75.75	<a href="#">1500027</a>
Zumba®	Pat Clark	613-748-1771	Thu.	6:30-7:30 pm	Jan 9	10	\$84	<a href="#">1491909</a>
Zumba®	Plant	613-232-3000	Tue.	6-7 pm	Sep 17	13	\$109.25	<a href="#">1502128</a>
Zumba®	Plant	613-232-3000	Tue.	6-7 pm	Jan 7	14	\$117.75	<a href="#">1504262</a>
Zumba®	Ron Kolbus Lakeside	613-828-4313	Tue.	6:15-7:15 pm	Nov 12	6	\$50.50	<a href="#">1500445</a>
Zumba®	Sawmill Creek Pool	613-521-4092	Wed.	7-8 pm	Sep 18	14	\$117.75	<a href="#">1501420</a>
Zumba®	Sawmill Creek Pool	613-521-4092	Wed.	7-8 pm	Jan 15	9	\$75.75	<a href="#">1501432</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Sep 18	12	\$100.75	<a href="#">1492243</a>
Zumba®	South Fallingbrook	613-824-0633	Wed.	7:30-8:30 pm	Jan 15	10	\$84	<a href="#">1492244</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Sep 10	7	\$59	<a href="#">1501969</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Oct 29	7	\$59	<a href="#">1501972</a>
Zumba®	Walter Baker	613-580-2788	Tue.	7:15-8:15 pm	Jan 14	9	\$75.75	<a href="#">1501977</a>
Zumba® Step	François Dupuis	613-580-8080	Tue.	7-8 pm	Sep 17	14	\$117.75	<a href="#">1500878</a>
Zumba® Step	François Dupuis	613-580-8080	Tue.	7-8 pm	Jan 7	12	\$100.75	<a href="#">1504715</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® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Sep 16	12	\$100.75	<a href="#">1500807</a>
Zumba® Toning	François Dupuis	613-580-8080	Mon.	7:30-8:30 pm	Jan 6	11	\$92.50	<a href="#">1504534</a>
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7-8 pm	Sep 19	14	\$117.75	<a href="#">1501690</a>
Zumba® Toning	François Dupuis	613-580-8080	Thu.	7-8 pm	Jan 9	12	\$100.75	<a href="#">1505078</a>
Zumba® Woman	Ray Friel	613-580-4765	Sat.	11:30 am-12:30 pm	Sep 7	14	\$117.75	<a href="#">1495890</a>
Zumba® Woman	Ray Friel	613-580-4765	Sat.	11:30 am-12:30 pm	Jan 11	11	\$92.50	<a href="#">1505578</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	McNabb	613-564-1070	Tue.	6-7 pm	Sep 24	12	\$100.75	<a href="#">1507128</a>
Barre Fit	McNabb	613-564-1070	Tue.	6-7 pm	Jan 7	10	\$84	<a href="#">1507102</a>
Barre Fit	McNabb	613-564-1070	Thu.	6-7 pm	Sep 26	12	\$100.75	<a href="#">1507133</a>
Barre Fit	McNabb	613-564-1070	Thu.	6-7 pm	Jan 9	10	\$84	<a href="#">1507107</a>
Barre Fit	Pat Clark	613-748-1771	Tue.	7:15-8:15 pm	Sep 24	9	\$75.75	<a href="#">1490996</a>
Barre Fit	Pat Clark	613-748-1771	Tue.	7:15-8:15 pm	Jan 14	9	\$75.75	<a href="#">1491851</a>
Barre Fit	Pinecrest	613-580-9676	Sun.	6-7 pm	Sep 29	10	\$84	<a href="#">1499862</a>
Barre Fit	Pinecrest	613-580-9676	Sun.	6-7 pm	Jan 12	8	\$67.25	<a href="#">1499869</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Sep 12	7	\$59	<a href="#">1503031</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Oct 31	7	\$59	<a href="#">1503033</a>
Barre Fit	Walter Baker	613-580-2788	Thu.	7-8 pm	Jan 16	9	\$75.75	<a href="#">1503035</a>

## Group Fitness

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Bootcamp	Alexander	613-798-8978	Sat.	3:30-4:30 pm	Sep 14	10	\$84	<a href="#">1498358</a>
Bootcamp	Alexander	613-798-8978	Sat.	3:30-4:30 pm	Jan 11	12	\$100.75	<a href="#">1500564</a>
Bootcamp	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-6:30 pm	Sep 16	12	\$100.75	<a href="#">1496092</a>
Bootcamp	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-6:30 pm	Jan 13	8	\$67.25	<a href="#">1496094</a>
Bootcamp	Earl Armstrong Arena	613-748-1771	Wed.	7-8 pm	Sep 11	15	\$126	<a href="#">1500029</a>
Bootcamp	Earl Armstrong Arena	613-748-1771	Wed.	7-8 pm	Jan 8	10	\$84	<a href="#">1496708</a>
Bootcamp	Metcalfe	Ext. 30235	Thu.	6:30-7:30 pm	Sep 12	12	\$100.75	<a href="#">1504116</a>
Bootcamp	Metcalfe	Ext. 30235	Thu.	6:30-7:30 pm	Jan 16	10	\$84	<a href="#">1504158</a>
Bootcamp	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Sep 17	14	\$117.75	<a href="#">1501935</a>
Bootcamp	Nepean Sportsplex	613-580-2828	Tue.	8-9 pm	Jan 14	12	\$100.75	<a href="#">1507529</a>
Bootcamp	Osgoode	Ext. 30330	Thu.	7:30-8:30 pm	Sep 19	10	\$84	<a href="#">1503101</a>
Bootcamp	Osgoode	Ext. 30330	Thu.	7:30-8:30 pm	Jan 16	8	\$67.25	<a href="#">1503109</a>
Bootcamp	Richmond	Ext. 20705	Mon.	6:30-7:30 pm	Sep 23	10	\$84	<a href="#">1484062</a>
Bootcamp	Richmond	Ext. 20705	Mon.	6:30-7:30 pm	Jan 20	10	\$84	<a href="#">1490519</a>
Bootcamp	Richmond	Ext. 20705	Thu.	6:30-7:30 pm	Sep 26	10	\$84	<a href="#">1484063</a>
Bootcamp	Richmond	Ext. 20705	Thu.	6:30-7:30 pm	Jan 23	10	\$84	<a href="#">1490522</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Sep 17	14	\$117.75	<a href="#">1501912</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Tue.	7-8 pm	Jan 14	12	\$100.75	<a href="#">1507522</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Sep 19	14	\$117.75	<a href="#">1501924</a>
Bootcamp for Women	Nepean Sportsplex	613-580-2828	Thu.	8-9 pm	Jan 16	12	\$100.75	<a href="#">1507525</a>
Cardio & Strength	Carleton Heights	613-226-2208	Mon.	9-10 am	Sep 9	13	\$109.25	<a href="#">1500345</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	Carleton Heights	613-226-2208	Mon.	9-10 am	Jan 6	9	\$75.75	<a href="#">1500368</a>
Cardio & Strength	Eva James	613-580-2442	Mon.	9-10 am	Sep 16	12	\$100.75	<a href="#">1503993</a>
Cardio & Strength	Eva James	613-580-2442	Mon.	9-10 am	Jan 6	9	\$75.75	<a href="#">1503553</a>
Cardio & Strength	Eva James	613-580-2442	Fri.	9-10 am	Sep 20	13	\$109.25	<a href="#">1504080</a>
Cardio & Strength	Eva James	613-580-2442	Fri.	9-10 am	Jan 10	10	\$84	<a href="#">1505867</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Tue.	9-10 am	Sep 10	15	\$126	<a href="#">1485746</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Tue.	9-10 am	Jan 7	10	\$84	<a href="#">1485753</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Thu.	9-10 am	Sep 12	15	\$126	<a href="#">1485747</a>
Cardio & Strength	Hunt Club-Riverside Park	613-580-2990	Thu.	9-10 am	Jan 9	10	\$84	<a href="#">1485758</a>
Cardio & Strength	Manotick	Ext. 30330	Wed.	9-10 am	Sep 18	12	\$100.75	<a href="#">1503167</a>
Cardio & Strength	Manotick	Ext. 30330	Wed.	9-10 am	Jan15	10	\$84	<a href="#">1504019</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Sep 21	12	\$100.75	<a href="#">1506950</a>
Cardio & Strength	McNabb	613-564-1070	Sat.	10:30-11:30 am	Jan 11	10	\$84	<a href="#">1506989</a>
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Sep 24	12	\$100.75	<a href="#">1506961</a>
Cardio & Strength	McNabb	613-564-1070	Tue.	6-7 pm	Jan 7	10	\$84	<a href="#">1507002</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Sep 26	12	\$100.75	<a href="#">1506971</a>
Cardio & Strength	McNabb	613-564-1070	Thu.	6-7 pm	Jan 9	10	\$84	<a href="#">1507008</a>
Cardio & Strength	Osgoode	Ext. 30235	Wed.	9-10 am	Sep 18	10	\$84	<a href="#">1503174</a>
Cardio & Strength	Osgoode	Ext. 30235	Wed.	9-10 am	Jan 15	10	\$84	<a href="#">1504030</a>
Cardio & Strength	Ron Kolbus Lakeside	613-828-4313	Tue.	6-7 pm	Sep 17	10	\$84	<a href="#">1500422</a>
Cardio & Strength	Ron Kolbus Lakeside	613-828-4313	Tue.	6-7 pm	Jan 14	9	\$75.75	<a href="#">1503388</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 Kickboxing	Dempsey	613-247-4846	Mon.	7-8 pm	Sep 23	11	\$92.50	<a href="#">1499339</a>
Cardio Kickboxing	Dempsey	613-247-4846	Mon.	7-8 pm	Jan 6	11	\$92.50	<a href="#">1496434</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Mon.	7-8 pm	Sep 9	14	\$117.75	<a href="#">1490975</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Mon.	7-8 pm	Jan 6	9	\$75.75	<a href="#">1491833</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Thu.	7-8 pm	Sep 12	15	\$126	<a href="#">1491458</a>
Cardio Kickboxing	Earl Armstrong Arena	613-748-1771	Thu.	7-8 pm	Jan 9	10	\$84	<a href="#">1492098</a>
Cardio Kickboxing	Greenboro	613-580-2805	Sat.	12:45-1:45 pm	Sep 14	6	\$50.50	<a href="#">1506160</a>
Cardio Kickboxing	Greenboro	613-580-2805	Sat.	12:45-1:45 pm	Nov 2	7	\$59	<a href="#">1506168</a>
Cardio Kickboxing	Greenboro	613-580-2805	Sat.	12:45-1:45 pm	Jan 11	9	\$75.75	<a href="#">1507533</a>
Cardio Kickboxing	Hintonburg	613-798-8874	Mon.	5-6 pm	Sep 30	8	\$67.25	<a href="#">1504742</a>
Cardio Kickboxing	Hintonburg	613-798-8874	Mon.	5-6 pm	Jan 13	8	\$67.25	<a href="#">1504766</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Sep 18	14	\$117.75	<a href="#">1501940</a>
Cardio Kickboxing	Nepean Sportsplex	613-580-2828	Wed.	7-8 pm	Jan 15	12	\$100.75	<a href="#">1507537</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:30-8:30 pm	Sep 12	7	\$59	<a href="#">1503175</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:30-8:30 pm	Oct 31	7	\$59	<a href="#">1503183</a>
Cardio Kickboxing	Walter Baker	613-580-2788	Thu.	7:30-8:30 pm	Jan 16	9	\$75.75	<a href="#">1503185</a>
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Sep 10	15	\$126	<a href="#">1500635</a>
Core Conditioning	Carleton Heights	613-226-2208	Tue.	10-11 am	Jan 7	10	\$84	<a href="#">1500643</a>
Core Conditioning	Eva James	613-580-2442	Thu.	7:15-8:15 pm	Sep 19	14	\$117.75	<a href="#">1506577</a>
Core Conditioning	Eva James	613-580-2442	Thu.	7:15-8:15 pm	Jan 9	10	\$84	<a href="#">1504379</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Mon.	10:15-11:15 am	Sep 9	13	\$109.25	<a href="#">1485697</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	Hunt Club-Riverside Park	613-580-2990	Mon.	10:15-11:15 am	Jan 6	9	\$75.75	<a href="#">1485699</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Thu.	10:15-11:15 am	Sep 12	15	\$126	<a href="#">1485698</a>
Core Conditioning Women	Hunt Club-Riverside Park	613-580-2990	Thu.	10:15-11:15 am	Jan 9	10	\$84	<a href="#">1485700</a>
Feldenkrais®	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Sep 25	6	\$61.25	<a href="#">1490187</a>
Feldenkrais®	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Nov 6	6	\$61.25	<a href="#">1490202</a>
Feldenkrais®	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Jan 8	6	\$61.25	<a href="#">1490514</a>
Feldenkrais®	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Feb 19	5	\$51	<a href="#">1490516</a>
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Sep 11	15	\$126	<a href="#">1500630</a>
Interval	Carleton Heights	613-226-2208	Wed.	9-10 am	Jan 8	10	\$84	<a href="#">1500633</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Sep 16	12	\$122.50	<a href="#">1492210</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	6:30-7:30 pm	Jan 13	8	\$81.75	<a href="#">1492214</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Sep 16	12	\$122.50	<a href="#">1492211</a>
Kettlebells	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7:30-8:30 pm	Jan 13	8	\$81.75	<a href="#">1492216</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Mon.	10:30-11:30 am	Sep 16	4	\$33.75	<a href="#">1503106</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Mon.	10:30-11:30 am	Oct 21	4	\$33.75	<a href="#">1503128</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Tue.	1:30-2:30 pm	Sep 17	4	\$33.75	<a href="#">1503112</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Tue.	1:30-2:30 pm	Oct 15	4	\$33.75	<a href="#">1503137</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Wed.	10:30-11:30 am	Sep 18	4	\$33.75	<a href="#">1503123</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Wed.	10:30-11:30 am	Oct 16	4	\$33.75	<a href="#">1503143</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Thu.	1:30-2:30 pm	Sep 19	4	\$33.75	<a href="#">1503126</a>
Nordic Walking	Ron Kolbus Lakeside	613-828-4313	Thu.	1:30-2:30 pm	Oct 17	4	\$33.75	<a href="#">1503145</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
Nordic Walking	Terry Fox	613-247-4883	Wed.	6:30-7:30 pm	Sep 11	5	\$42	<a href="#">1498423</a>
Strength Circuit	Greely	Ext. 30235	Thu.	7-8 pm	Sep 19	12	\$100.75	<a href="#">1500747</a>
Strength Circuit	Greely	Ext. 30235	Thu.	7-8 pm	Jan 16	9	\$75.75	<a href="#">1500758</a>
Strength Circuit	Greely School	Ext. 30235	Tue.	7-8 pm	Sep 17	12	\$100.75	<a href="#">1500657</a>
Strength Circuit	Greely School	Ext. 30235	Tue.	7-8 pm	Jan 14	10	\$84	<a href="#">1500703</a>
Strength Training	Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Sep 27	6	\$50.50	<a href="#">1499853</a>
Strength Training	Pinecrest	613-580-9676	Fri.	6:30-7:30 pm	Jan 24	6	\$50.50	<a href="#">1499857</a>
Strength Training	Ray Friel	613-580-4765	Sun.	9:30-10:30 am	Sep 8	14	\$117.75	<a href="#">1495895</a>
Strength Training	Ray Friel	613-580-4765	Sun.	9:30-10:30 am	Jan 12	11	\$92.50	<a href="#">1505582</a>
Strength Training	Ray Friel	613-580-4765	Mon.	6-7 pm	Sep 9	14	\$117.75	<a href="#">1495843</a>
Strength Training	Ray Friel	613-580-4765	Mon.	6-7 pm	Jan 6	12	\$100.75	<a href="#">1501161</a>
Strength Training	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Sep 10	15	\$126	<a href="#">1495846</a>
Strength Training	Ray Friel	613-580-4765	Tue.	9:15-10:15 am	Jan 7	13	\$109.25	<a href="#">1501174</a>
Stretch & Strength	Eva James	613-580-2442	Wed.	9-10 am	Sep 18	14	\$117.75	<a href="#">1504916</a>
Stretch & Strength	Eva James	613-580-2442	Wed.	9-10 am	Jan 8	10	\$84	<a href="#">1504052</a>
Stretch & Strength	Heron	613-247-4808	Mon.	9-10 am	Sep 23	11	\$92.50	<a href="#">1496608</a>
Stretch & Strength	Heron	613-247-4808	Mon.	9-10 am	Jan 13	10	\$84	<a href="#">1499893</a>
Stretch & Strength	Heron	613-247-4808	Wed.	9-10 am	Oct 2	11	\$92.50	<a href="#">1501807</a>
Stretch & Strength	Heron	613-247-4808	Wed.	9-10 am	Jan 15	10	\$84	<a href="#">1502789</a>
Stretch & Strength	Kinburn	613-580-9696	Mon.	7-8 pm	Sep 23	10	\$84	<a href="#">1495674</a>
Stretch & Strength	Kinburn	613-580-9696	Mon.	7-8 pm	Jan 20	7	\$59	<a href="#">1495678</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	McNabb	613-564-1070	Thu.	5-6 pm	Sep 26	12	\$100.75	<a href="#">1507167</a>
Stretch & Strength	McNabb	613-564-1070	Thu.	5-6 pm	Jan 9	10	\$84	<a href="#">1507200</a>
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Sep 16	10	\$84	<a href="#">1491599</a>
Stretch & Strength	Nepean Creative Arts	613-596-5783	Mon.	1-2 pm	Jan 13	10	\$84	<a href="#">1491388</a>
STRONG by Zumba®	Eva James	613-580-2442	Mon.	6:15-6:45 pm	Sep 16	13	\$54.75	<a href="#">1506801</a>
STRONG by Zumba®	Eva James	613-580-2442	Mon.	6:15-6:45 pm	Jan 6	9	\$38	<a href="#">1507026</a>
STRONG by Zumba®	Eva James	613-580-2442	Thu.	6:30-7:30 pm	Sep 19	14	\$117.75	<a href="#">1506731</a>
STRONG by Zumba®	Eva James	613-580-2442	Thu.	6:30-7:30 pm	Jan 9	10	\$84	<a href="#">1504406</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Sep 19	12	\$100.75	<a href="#">1496199</a>
Tabata	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7:30-8:30 pm	Jan 16	8	\$67.25	<a href="#">1496202</a>
Tabata	Eva James	613-580-2442	Tue.	6-7 pm	Sep 17	14	\$117.75	<a href="#">1504872</a>
Tabata	Eva James	613-580-2442	Tue.	6-7 pm	Jan 7	10	\$84	<a href="#">1503908</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Sep 18	10	\$84	<a href="#">1502943</a>
Tabata	Ron Kolbus Lakeside	613-828-4313	Wed.	6-7 pm	Jan 15	9	\$75.75	<a href="#">1503585</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Sep 10	15	\$126	<a href="#">1500544</a>
TMC	Carleton Heights	613-226-2208	Tue.	9-10 am	Jan 7	10	\$84	<a href="#">1500551</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Sep 10	15	\$126	<a href="#">1500545</a>
TMC	Carleton Heights	613-226-2208	Tue.	6:30-7:30 pm	Jan 7	10	\$84	<a href="#">1500552</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Sep 12	14	\$117.75	<a href="#">1500546</a>
TMC	Carleton Heights	613-226-2208	Thu.	6:30-7:30 pm	Jan 9	10	\$84	<a href="#">1500553</a>
TMC	Carleton Heights	613-226-2208	Fri.	9-10 am	Sep 13	15	\$126	<a href="#">1500547</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	Carleton Heights	613-226-2208	Fri.	9-10 am	Jan 10	10	\$84	<a href="#">1500554</a>
TMC	Eva James	613-580-2442	Thu.	9-10 am	Sep 19	14	\$117.75	<a href="#">1506335</a>
TMC	Eva James	613-580-2442	Thu.	9-10 am	Jan 9	10	\$84	<a href="#">1504335</a>
Walking Club	Lansdowne Park	Ext. 17323	Mon.	9:30-11:30 am	Nov 18	4	\$1.50	<a href="#">1508648</a>
Walking Club	Lansdowne Park	Ext. 17323	Mon.	9:30-11:30 am	Jan 13	7	\$2.75	<a href="#">1508992</a>
Walking Club	Lansdowne Park	Ext. 17323	Tue.	1-3 pm	Jan 14	7	\$2.75	<a href="#">1508999</a>
Walking Club	Sandy Hill	613-564-1062	M/W/F	9-10 am	Sep 23	51	\$9.50	<a href="#">1507108</a>
Walking Club	Sandy Hill	613-564-1062	M/W/F	9-10 am	Jan 13	39	\$7.25	<a href="#">1507693</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 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 15	13	\$109.25	<a href="#">1501655</a>
Indoor Cycling Intro	Nepean Sportsplex	613-580-2828	Sun.	11:30 am-12:30 pm	Jan 12	12	\$100.75	<a href="#">1507051</a>
Indoor Cycling & Yoga	CARDELREC Goulbourn	613-580-2532	Wed.	7-8:30 pm	Sep 18	12	\$183.50	<a href="#">1508249</a>
Indoor Cycling & Yoga	CARDELREC Goulbourn	613-580-2532	Thu.	7-8:30 pm	Sep 19	12	\$183.50	<a href="#">1508250</a>
Indoor Cycling & Yoga	CARDELREC Goulbourn	613-580-2532	Wed.	7-8:30 pm	Jan 8	10	\$153	<a href="#">1508272</a>
Indoor Cycling & Yoga	CARDELREC Goulbourn	613-580-2532	Thu.	7-8:30 pm	Jan 9	10	\$153	<a href="#">1508273</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	Sep 16	13	\$199	<a href="#">1501898</a>
Indoor Cycling & Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8:30 pm	Jan 13	12	\$183.50	<a href="#">1507504</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	613-580-2442	Wed.	11:15 am-12:15 pm	Sep 18	14	\$142.75	<a href="#">1506095</a>
Pilates	Eva James	613-580-2442	Wed.	11:15 am-12:15 pm	Jan 8	10	\$102	<a href="#">1504175</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Sep 16	13	\$132.75	<a href="#">1501729</a>
Pilates	Nepean Sportsplex	613-580-2828	Mon.	6-7 pm	Jan 13	12	\$122.50	<a href="#">1507482</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 16	12	\$122.50	<a href="#">1502033</a>
Pilates	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 6	13	\$132.75	<a href="#">1503890</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Sep 18	13	\$132.75	<a href="#">1502356</a>
Pilates	Plant	613-232-3000	Wed.	6:15-7:15 pm	Jan 8	14	\$142.75	<a href="#">1504725</a>
Pilates	Richcraft-Kanata	613-580-9696	Thu.	noon-1 pm	Sep 26	13	\$132.75	<a href="#">1483805</a>
Pilates	Richcraft-Kanata	613-580-9696	Thu.	noon-1 pm	Jan 9	10	\$102	<a href="#">1485028</a>
Pilates	Ron Kolbus Lakeside	613-828-4313	Mon.	4:45-5:45 pm	Sep 16	10	\$102	<a href="#">1502953</a>
Pilates	Ron Kolbus Lakeside	613-828-4313	Mon.	4:45-5:45 pm	Jan 13	8	\$81.75	<a href="#">1503628</a>
Pilates	Ron Kolbus Lakeside	613-828-4313	Wed.	7-8 pm	Sep 18	10	\$102	<a href="#">1502947</a>
Pilates	Ron Kolbus Lakeside	613-828-4313	Wed.	7-8 pm	Jan 15	9	\$91.75	<a href="#">1503618</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Sep 11	8	\$81.75	<a href="#">1509374</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Nov 6	7	\$71.50	<a href="#">1509376</a>
Pilates	St-Laurent Complex	613-742-6767	Wed.	7-8 pm	Jan 8	12	\$122.50	<a href="#">1509484</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Sep 10	7	\$71.50	<a href="#">1502003</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Oct 29	7	\$71.50	<a href="#">1502008</a>
Pilates	Walter Baker	613-580-2788	Tue.	7-8 pm	Jan 14	9	\$91.75	<a href="#">1502012</a>
Pilates 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Sep 16	12	\$122.50	<a href="#">1502041</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 2	Plant	613-232-3000	Mon.	7:30-8:30 pm	Jan 6	13	\$132.75	<a href="#">1503950</a>
Pilates 3	Pinecrest	613-580-9676	Mon.	9-10:30 am	Sep 16	13	\$199	<a href="#">1496661</a>
Pilates 3	Pinecrest	613-580-9676	Mon.	9-10:30 am	Jan 6	9	\$137.75	<a href="#">1496666</a>
Pilates 3	Pinecrest	613-580-9676	Tue.	6-7:30 pm	Sep 17	13	\$199	<a href="#">1496662</a>
Pilates 3	Pinecrest	613-580-9676	Tue.	6-7:30 pm	Jan 7	10	\$153	<a href="#">1496667</a>
Pilates 3	Pinecrest	613-580-9676	Wed.	9-10:30 am	Sep 18	13	\$199	<a href="#">1496663</a>
Pilates 3	Pinecrest	613-580-9676	Wed.	9-10:30 am	Jan 8	10	\$153	<a href="#">1496668</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Sep 18	13	\$132.75	<a href="#">1502366</a>
Pilates with Props	Plant	613-232-3000	Wed.	7:15-8:15 pm	Jan 8	14	\$142.75	<a href="#">1504849</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Sep 16	6	\$61.25	<a href="#">1506009</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Nov 4	7	\$71.50	<a href="#">1506011</a>
Qi Gong	Greenboro	613-580-2805	Mon.	6:30-7:30 pm	Jan 13	8	\$81.75	<a href="#">1507434</a>
Qi Gong	Greenboro	613-580-2805	Thu.	10:45-11:45 am	Sep 19	6	\$61.25	<a href="#">1506074</a>
Qi Gong	Greenboro	613-580-2805	Thu.	10:45-11:45 am	Nov 7	7	\$71.50	<a href="#">1506122</a>
Qi Gong	Greenboro	613-580-2805	Thu.	10:45-11:45 am	Jan 16	9	\$91.75	<a href="#">1507442</a>
Qi Gong	Richcraft-Kanata	613-580-9696	Sat.	1-3 pm	Sep 28	11	\$224.25	<a href="#">1483809</a>
Qi Gong	Richcraft-Kanata	613-580-9696	Sat.	1-3 pm	Jan 11	9	\$183.50	<a href="#">1485067</a>
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Sep 18	12	\$122.50	<a href="#">1504331</a>
Tai Chi	Blackburn Hamlet Hall	613-580-9600	Wed.	1-2 pm	Jan 15	11	\$112.25	<a href="#">1507540</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	9-10 am	Sep 17	12	\$122.50	<a href="#">1504228</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	9-10 am	Jan 14	11	\$112.25	<a href="#">1507511</a>



## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Sep 17	12	\$122.50	<a href="#">1504255</a>
Tai Chi	Bob MacQuarrie-Orléans	613-580-9600	Tue.	6:45-7:45 pm	Jan 14	11	\$112.25	<a href="#">1507501</a>
Tai Chi	Carleton Heights	613-226-2208	Thu.	10-11 am	Sep 12	15	\$153	<a href="#">1501023</a>
Tai Chi	Carleton Heights	613-226-2208	Thu.	10-11 am	Jan 9	10	\$102	<a href="#">1501054</a>
Tai Chi	Manotick	Ext. 30330	Thu.	10-11 am	Sep 19	12	\$122.50	<a href="#">1504053</a>
Tai Chi	Manotick	Ext. 30330	Thu.	10-11 am	Jan 16	10	\$102	<a href="#">1504067</a>
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Sep 11	7	\$71.50	<a href="#">1509042</a>
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Nov 6	6	\$61.25	<a href="#">1509044</a>
Tai Chi	Overbrook	613-742-5147	Wed.	6:30-7:30 pm	Jan 15	8	\$81.75	<a href="#">1509043</a>
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Sep 19	13	\$132.75	<a href="#">1502419</a>
Tai Chi	Plant	613-232-3000	Thu.	6:30-7:30 pm	Jan 9	14	\$142.75	<a href="#">1506058</a>
Tai Chi	Queenswood Heights	613-580-4765	Fri.	9-10 am	Sep 13	15	\$153	<a href="#">1495942</a>
Tai Chi	Queenswood Heights	613-580-4765	Fri.	9-10 am	Jan 10	13	\$132.75	<a href="#">1505587</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Tue.	6:15-7:15 pm	Sep 10	7	\$71.50	<a href="#">1502783</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	3:30-4:30 pm	Sep 26	9	\$91.75	<a href="#">1502808</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Tue.	6:15-7:15 pm	Jan 14	9	\$91.75	<a href="#">1503415</a>
Tai Chi	Ron Kolbus Lakeside	613-828-4313	Thu.	3:30-4:30 pm	Jan 16	8	\$81.75	<a href="#">1503434</a>
Tai Chi	Sawmill Creek Pool	613-521-4092	Mon.	7-8 pm	Sep 16	13	\$132.75	<a href="#">1504535</a>
Tai Chi	Sawmill Creek Pool	613-521-4092	Mon.	7-8 pm	Jan 13	8	\$81.75	<a href="#">1504541</a>
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	noon-1 pm	Sep 17	12	\$122.50	<a href="#">1509378</a>
Tai Chi	St-Laurent Complex	613-742-6767	Tue.	noon-1 pm	Jan 14	10	\$102	<a href="#">1509485</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
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	noon-1 pm	Sep 19	12	\$122.50	<a href="#">1509379</a>
Tai Chi	St-Laurent Complex	613-742-6767	Thu.	noon-1 pm	Jan 16	10	\$102	<a href="#">1509486</a>
Tai Chi 2	Blackburn Hamlet Hall	613-580-9600	Wed.	1:15-2:15 pm	Jan 15	11	\$112.25	<a href="#">1507553</a>
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Sep 19	12	\$122.50	<a href="#">1504272</a>
Tai Chi 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	6-7 pm	Jan 16	11	\$112.25	<a href="#">1507531</a>
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Sep 12	7	\$71.50	<a href="#">1509045</a>
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Nov 7	6	\$61.25	<a href="#">1509047</a>
Tai Chi 2	Overbrook	613-742-5147	Thu.	6:30-7:30 pm	Jan 16	8	\$81.75	<a href="#">1509046</a>
Tai Chi 2	Plant	613-232-3000	Thu.	7:30-8:30 pm	Sep 19	13	\$132.75	<a href="#">1502423</a>
Tai Chi 2	Plant	613-232-3000	Thu.	7:30-8:30 pm	Jan 9	14	\$142.75	<a href="#">1506136</a>
Tai Chi 2	Queenswood Heights	613-580-4765	Mon.	9-10 am	Sep 9	14	\$142.75	<a href="#">1495944</a>
Tai Chi 2	Queenswood Heights	613-580-4765	Mon.	9-10 am	Jan 6	12	\$122.50	<a href="#">1505596</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Sep 17	12	\$122.50	<a href="#">1509381</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Tue.	1-2 pm	Jan 14	10	\$102	<a href="#">1509487</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Sep 19	12	\$122.50	<a href="#">1509383</a>
Tai Chi 2	St-Laurent Complex	613-742-6767	Thu.	1-2 pm	Jan 16	10	\$102	<a href="#">1509488</a>
Tai Chi & Qi Gong	Pinecrest	613-580-9676	Wed.	7-8 pm	Oct 2	10	\$102	<a href="#">1512149</a>
Tai Chi & Qi Gong	Pinecrest	613-580-9676	Wed.	7-8pm	Jan 8	10	\$102	<a href="#">1512150</a>
Yoga	Bayshore Field House	Ext. 33188	Sun.	9-10 am	Sep 22	10	\$102	<a href="#">1503389</a>
Yoga	Bayshore Field House	Ext. 33188	Thu.	6-7 pm	Sep 26	10	\$102	<a href="#">1503362</a>
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Sep 11	8	\$81.75	<a href="#">1490642</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Nov 6	7	\$71.50	<a href="#">1490660</a>
Yoga	Beacon Hill North	613-748-1771	Wed.	6-7 pm	Jan 8	10	\$102	<a href="#">1491871</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Sep 12	8	\$81.75	<a href="#">1491023</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Nov 7	7	\$71.50	<a href="#">1491024</a>
Yoga	Beacon Hill North	613-748-1771	Thu.	10:30-11:30 am	Jan 9	10	\$102	<a href="#">1492103</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Sep 16	12	\$122.50	<a href="#">1492151</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	1-2 pm	Jan 13	8	\$81.75	<a href="#">1492154</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5-6 pm	Sep 16	12	\$122.50	<a href="#">1492152</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5-6 pm	Jan 13	8	\$81.75	<a href="#">1492155</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	7-8 pm	Sep 18	12	\$122.50	<a href="#">1492153</a>
Yoga	Bob MacQuarrie-Orléans	613-580-9600	Wed.	7-8 pm	Jan 15	8	\$81.75	<a href="#">1492156</a>
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Sep 9	14	\$142.75	<a href="#">1500650</a>
Yoga	Carleton Heights	613-226-2208	Mon.	7-8 pm	Jan 6	9	\$91.75	<a href="#">1500659</a>
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Sep 12	15	\$153	<a href="#">1500651</a>
Yoga	Carleton Heights	613-226-2208	Thu.	9:30-10:30 am	Jan 9	10	\$102	<a href="#">1500660</a>
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Sep 12	14	\$142.75	<a href="#">1500652</a>
Yoga	Carleton Heights	613-226-2208	Thu.	6-7 pm	Jan 9	10	\$102	<a href="#">1500661</a>
Yoga	Eva James	613-580-2442	Mon.	11:15 am-12:15 pm	Sep 16	13	\$132.75	<a href="#">1504470</a>
Yoga	Eva James	613-580-2442	Mon.	11:15 am-12:15 pm	Jan 6	9	\$91.75	<a href="#">1503681</a>
Yoga	Eva James	613-580-2442	Mon.	7:15-8:15 pm	Sep 16	13	\$132.75	<a href="#">1504483</a>
Yoga	Eva James	613-580-2442	Mon.	7:15-8:15 pm	Jan 6	9	\$91.75	<a href="#">1503688</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Sep 24	10	\$153	<a href="#">1496209</a>
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Sep 26	10	\$153	<a href="#">1496211</a>
Yoga	Fisher Park	613-798-8945	Tue.	7-8:30 pm	Jan 7	10	\$153	<a href="#">1499657</a>
Yoga	Fisher Park	613-798-8945	Thu.	7-8:30 pm	Jan 9	10	\$153	<a href="#">1499661</a>
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Sep 23	12	\$122.50	<a href="#">1495671</a>
Yoga	Fitzroy Harbour	613-580-9696	Mon.	7:30-8:30 pm	Jan 20	7	\$71.50	<a href="#">1495673</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Sep 16	6	\$61.25	<a href="#">1505872</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Nov 4	7	\$71.50	<a href="#">1505879</a>
Yoga	Greenboro	613-580-2805	Mon.	10:45-11:45 am	Jan 13	8	\$81.75	<a href="#">1507390</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Sep 17	7	\$71.50	<a href="#">1505888</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Nov 5	7	\$71.50	<a href="#">1505894</a>
Yoga	Greenboro	613-580-2805	Tue.	7:30-8:30 pm	Jan 14	9	\$91.75	<a href="#">1507410</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Sep 20	7	\$71.50	<a href="#">1505905</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Nov 8	7	\$71.50	<a href="#">1505911</a>
Yoga	Greenboro	613-580-2805	Fri.	10:30-11:30 am	Jan 17	9	\$91.75	<a href="#">1507421</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Sep 18	6	\$91.75	<a href="#">1504032</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Oct 30	6	\$91.75	<a href="#">1504038</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Jan 15	5	\$76.50	<a href="#">1504048</a>
Yoga	Greely	Ext. 30235	Wed.	1:45-3:15 pm	Feb 19	5	\$76.50	<a href="#">1504054</a>
Yoga	Greely School	Ext. 30235	Tue.	8-9 pm	Sep 17	6	\$61.25	<a href="#">1500787</a>
Yoga	Greely School	Ext. 30235	Tue.	8-9 pm	Oct 29	6	\$61.25	<a href="#">1500795</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Greely School	Ext. 30235	Tue.	8-9 pm	Jan 14	8	\$81.75	<a href="#">1500804</a>
Yoga	Goulbourn Town Hall	Ext. 20705	Thu.	9:30-11 am	Sep 26	6	\$91.75	<a href="#">1488850</a>
Yoga	Goulbourn Town Hall	Ext. 20705	Thu.	9:30-11 am	Nov 7	6	\$91.75	<a href="#">1488854</a>
Yoga	Goulbourn Town Hall	Ext. 20705	Thu.	9:30-11 am	Jan 16	10	\$153	<a href="#">1493870</a>
Yoga	Hintonburg	613-798-8874	Mon.	6:10-7:10 am	Sep 23	10	\$102	<a href="#">1504543</a>
Yoga	Hintonburg	613-798-8874	Mon.	6:10-7:10 am	Jan 13	10	\$102	<a href="#">1504552</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Sun.	9:30-10:30 am	Sep 15	12	\$122.50	<a href="#">1503683</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Sun.	9:30-10:30 am	Jan 12	9	\$91.75	<a href="#">1503707</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Mon.	7-8 pm	Sep 16	13	\$132.75	<a href="#">1485701</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Mon.	6:30-7:30 pm	Jan 6	9	\$91.75	<a href="#">1485715</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Tue.	6:30-7:30 pm	Sep 17	14	\$142.75	<a href="#">1485703</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Tue.	6:30-7:30 pm	Jan 7	10	\$102	<a href="#">1485720</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Thu.	7-8 pm	Sep 19	14	\$142.75	<a href="#">1485707</a>
Yoga	Hunt Club-Riverside Park	613-580-2990	Thu.	6:30-7:30 pm	Jan 9	10	\$102	<a href="#">1485725</a>
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Jan 14	9	\$91.75	<a href="#">1490471</a>
Yoga	John G. Mlacak	613-580-2980	Tue.	7-8 pm	Sep 24	12	\$122.50	<a href="#">1490467</a>
Yoga	Manotick	Ext. 30330	Sat.	9-10 am	Sep 21	12	\$122.50	<a href="#">1503052</a>
Yoga	Manotick	Ext. 30330	Sat.	9-10 am	Jan 11	8	\$81.75	<a href="#">1503078</a>
Yoga	Manotick	Ext. 30330	Tue.	10-11 am	Sep 17	12	\$122.50	<a href="#">1503057</a>
Yoga	Manotick	Ext. 30330	Tue.	10-11 am	Jan 14	8	\$81.75	<a href="#">1503090</a>
Yoga	Manotick	Ext. 30330	Tue.	8-9 pm	Sep 17	12	\$122.50	<a href="#">1509892</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Manotick	Ext. 30330	Tue.	8-9 pm	Jan 14	8	\$81.75	<a href="#">1509893</a>
Yoga	Manotick	Ext. 30330	Thu.	7:30-8:30 pm	Sep 19	12	\$122.50	<a href="#">1503058</a>
Yoga	Manotick	Ext. 30330	Thu.	7:30-8:30 pm	Jan 16	8	\$81.75	<a href="#">1503093</a>
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Sep 24	12	\$183.50	<a href="#">1507035</a>
Yoga	McNabb	613-564-1070	Tue.	6-7:30 pm	Jan 7	12	\$183.50	<a href="#">1507052</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Sep 16	9	\$137.75	<a href="#">1504072</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Jan 13	5	\$76.50	<a href="#">1504088</a>
Yoga	Metcalfe Client Service	Ext. 30235	Mon.	1:45-3:15 pm	Feb 24	5	\$76.50	<a href="#">1506307</a>
Yoga	Mother Teresa School	Ext. 41227	Tue.	7-8 pm	Oct 1	10	\$102	<a href="#">1506001</a>
Yoga	Mother Teresa School	Ext. 41227	Tue.	7-8 pm	Jan 7	10	\$102	<a href="#">1507591</a>
Yoga	Navan	Ext. 30235	Thu.	9:30-10:30 am	Sep 19	13	\$132.75	<a href="#">1492249</a>
Yoga	Navan	Ext. 30235	Thu.	9:30-10:30 am	Jan 9	11	\$112.25	<a href="#">1492255</a>
Yoga	Nepean Creative Arts	613-596-5783	Thu.	9:30-10:45 am	Sep 19	11	\$140.25	<a href="#">1491613</a>
Yoga	Nepean Creative Arts	613-596-5783	Thu.	9:30-10:45 am	Jan 16	10	\$127.50	<a href="#">1491460</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Sep 16	13	\$132.75	<a href="#">1501889</a>
Yoga	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jan 13	12	\$122.50	<a href="#">1507495</a>
Yoga	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Sep 17	14	\$142.75	<a href="#">1501892</a>
Yoga	Nepean Sportsplex	613-580-2828	Tue.	6-7 pm	Jan 14	12	\$122.50	<a href="#">1507500</a>
Yoga	North Gower Marlborough School	Ext. 20705	Wed.	6:30-8 pm	Sep 18	10	\$153	<a href="#">1495684</a>
Yoga	North Gower Marlborough School	Ext. 20705	Wed.	6:30-8 pm	Jan 15	9	\$137.75	<a href="#">1494015</a>
Yoga	Osgoode	Ext. 30235	Thu.	8:30-9:30 pm	Sep 19	10	\$102	<a href="#">1503061</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Overbrook	613-742-5147	Thu.	7:45-8:45 pm	Jan 16	10	\$102	<a href="#">1509055</a>
Yoga	Overbrook	613-742-5147	Thu.	7:45-8:45 pm	Sep 17	10	\$102	<a href="#">1509054</a>
Yoga	Plant	613-232-3000	Sat.	10-11 am	Sep 21	12	\$122.50	<a href="#">1503139</a>
Yoga	Plant	613-232-3000	Sat.	10-11 am	Jan 11	14	\$142.75	<a href="#">1506183</a>
Yoga	Plant	613-232-3000	Mon.	6:35-7:35 pm	Sep 16	11	\$112.25	<a href="#">1502048</a>
Yoga	Plant	613-232-3000	Mon.	6:35-7:35 pm	Jan 6	13	\$132.75	<a href="#">1503968</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Sep 17	13	\$132.75	<a href="#">1502146</a>
Yoga	Plant	613-232-3000	Tue.	7:30-8:30 pm	Jan 7	14	\$142.75	<a href="#">1504283</a>
Yoga	Plant	613-232-3000	Wed.	noon-1 pm	Sep 18	13	\$132.75	<a href="#">1502349</a>
Yoga	Plant	613-232-3000	Wed.	noon-1 pm	Jan 8	14	\$142.75	<a href="#">1504702</a>
Yoga	Plant	613-232-3000	Wed.	6:35-7:35 pm	Sep 18	13	\$132.75	<a href="#">1502346</a>
Yoga	Plant	613-232-3000	Wed.	6:35-7:35 pm	Jan 8	14	\$142.75	<a href="#">1504693</a>
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Sep 19	13	\$132.75	<a href="#">1502415</a>
Yoga	Plant	613-232-3000	Thu.	9:30-10:30 am	Jan 9	14	\$142.75	<a href="#">1506043</a>
Yoga	Plant	613-232-3000	Thu.	7:05-8:05 pm	Sep 19	13	\$132.75	<a href="#">1502427</a>
Yoga	Plant	613-232-3000	Thu.	7:05-8:05 pm	Jan 9	14	\$142.75	<a href="#">1506145</a>
Yoga	Richcraft-Kanata	613-580-9696	Sat.	10:30-11:30 am	Sep 28	11	\$112.25	<a href="#">1483808</a>
Yoga	Richcraft-Kanata	613-580-9696	Sat.	10:30-11:30 am	Jan 11	9	\$91.75	<a href="#">1485051</a>
Yoga	Richcraft-Kanata	613-580-9696	Mon.	7:30-8:30 pm	Sep 23	12	\$122.50	<a href="#">1483814</a>
Yoga	Richcraft-Kanata	613-580-9696	Mon.	7:30-8:30 pm	Jan 6	9	\$91.75	<a href="#">1485098</a>
Yoga	Richmond	Ext. 20705	Mon.	7:30-8:30 pm	Sep 23	10	\$102	<a href="#">1484064</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	Richmond	Ext. 20705	Mon.	7:30-8:30 pm	Jan 20	10	\$102	<a href="#">1490528</a>
Yoga	Richmond	Ext. 20705	Thu.	7:30-8:30 pm	Sep 26	10	\$102	<a href="#">1484066</a>
Yoga	Richmond	Ext. 20705	Thu.	7:30-8:30 pm	Jan 23	10	\$102	<a href="#">1490542</a>
Yoga	Rideauview	613-822-7887	Tue.	7:30-8:30 pm	Sep 24	12	\$122.50	<a href="#">1500587</a>
Yoga	Rideauview	613-822-7887	Tue.	7:30-8:30 pm	Jan 21	8	\$81.75	<a href="#">1505906</a>
Yoga	R. J. Kennedy	613-580-2595	Tue.	9:30-10:30 am	Sep 17	13	\$132.75	<a href="#">1492247</a>
Yoga	R. J. Kennedy	613-580-2595	Tue.	9:30-10:30 am	Jan 7	12	\$122.50	<a href="#">1492253</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Mon.	3:30-4:30 pm	Sep 16	10	\$102	<a href="#">1502863</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Mon.	3:30-4:30 pm	Jan 13	8	\$81.75	<a href="#">1503525</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Sep 17	10	\$102	<a href="#">1502858</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Tue.	7:30-8:30 pm	Jan 14	9	\$91.75	<a href="#">1503510</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Thu.	5:30-6:30 pm	Sep 26	9	\$91.75	<a href="#">1502860</a>
Yoga	Ron Kolbus Lakeside	613-828-4313	Thu.	5:30-6:30 pm	Jan 16	8	\$81.75	<a href="#">1503469</a>
Yoga	Routhier	613-244-4470	Wed.	6-7 pm	Oct 9	10	\$102	<a href="#">1505711</a>
Yoga	Routhier	613-244-4470	Wed.	6-7 pm	Jan 15	10	\$102	<a href="#">1505820</a>
Yoga	Sandy Hill	613-564-1062	Mon.	6:30-8 pm	Sep 9	13	\$199	<a href="#">1507176</a>
Yoga	Sandy Hill	613-564-1062	Mon.	6:30-8 pm	Jan 13	8	\$122.50	<a href="#">1507734</a>
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Sep 10	14	\$214.25	<a href="#">1507208</a>
Yoga	Sandy Hill	613-564-1062	Tue.	9:30-11 am	Jan 14	9	\$137.75	<a href="#">1507746</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Sep 16	11	\$112.25	<a href="#">1492245</a>
Yoga	South Fallingbrook	613-824-0633	Mon.	7-8 pm	Jan 13	10	\$102	<a href="#">1492250</a>



## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Sep 18	12	\$122.50	<a href="#">1492246</a>
Yoga	South Fallingbrook	613-824-0633	Wed.	7-8 pm	Jan 15	10	\$102	<a href="#">1492251</a>
Yoga	Splash Wave Pool	613-748-4222	Tue.	6-7 pm	Sep 10	13	\$132.75	<a href="#">1509586</a>
Yoga	Splash Wave Pool	613-748-4222	Tue.	6-7 pm	Jan 7	10	\$102	<a href="#">1509585</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Sep 9	7	\$71.50	<a href="#">1509388</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Nov 4	7	\$71.50	<a href="#">1509390</a>
Yoga	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Jan 6	11	\$112.25	<a href="#">1509490</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Sep 11	8	\$81.75	<a href="#">1509392</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Nov 6	7	\$71.50	<a href="#">1509393</a>
Yoga	St-Laurent Complex	613-742-6767	Wed.	6-7 pm	Jan 8	12	\$122.50	<a href="#">1509492</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Sep 12	8	\$81.75	<a href="#">1509394</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Nov 7	7	\$71.50	<a href="#">1509396</a>
Yoga	St-Laurent Complex	613-742-6767	Thu.	7:30-8:30 pm	Jan 9	12	\$122.50	<a href="#">1509494</a>
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Sep 18	12	\$122.50	<a href="#">1504382</a>
Yoga 2	Blackburn Hamlet Hall	613-580-9600	Wed.	7:45-8:45 pm	Jan 15	9	\$91.75	<a href="#">1507653</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Sep 19	6	\$61.25	<a href="#">1505976</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Nov 7	7	\$71.50	<a href="#">1505982</a>
Yoga & Pilates	Greenboro	613-580-2805	Thu.	7:30-8:30 pm	Jan 16	9	\$91.75	<a href="#">1507499</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Sep 18	11	\$140.25	<a href="#">1491351</a>
Yoga & Pilates	Nepean Creative Arts	613-596-5783	Wed.	9:45-11 am	Jan 15	10	\$127.50	<a href="#">1493708</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Sep 19	14	\$142.75	<a href="#">1502134</a>
Yoga & Pilates	Nepean Sportsplex	613-580-2828	Thu.	7-8 pm	Jan 16	12	\$122.50	<a href="#">1507580</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga & Pilates	Pinecrest	613-580-9676	Thu.	7:30-8:30 am	Sep19	13	\$132.75	<a href="#">1510293</a>
Yoga & Pilates	Pinecrest	613-580-9676	Thu.	7:30-8:30 am	Jan 9	10	\$102	<a href="#">1510294</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1:30-2:30 pm	Sep 9	7	\$71.50	<a href="#">1509385</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1:30-2:30 pm	Nov 4	7	\$71.50	<a href="#">1509386</a>
Yoga & Pilates	St-Laurent Complex	613-742-6767	Mon.	1:30-2:30 pm	Jan 6	10	\$102	<a href="#">1509489</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Sep 10	8	\$81.75	<a href="#">1509399</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Nov 5	7	\$71.50	<a href="#">1509400</a>
Yoga & Pilates with Props	St-Laurent Complex	613-742-6767	Tue.	5:30-6:30 pm	Jan 7	12	\$122.50	<a href="#">1509495</a>
Yoga Meditation	Eva James	613-580-2442	Wed.	7-8 pm	Sep 18	14	\$142.75	<a href="#">1506204</a>
Yoga Meditation	Eva James	613-580-2442	Wed.	7-8 pm	Jan 8	10	\$102	<a href="#">1504242</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Sep 16	13	\$132.75	<a href="#">1500778</a>
Yoga Meditation	François Dupuis	613-580-8080	Mon.	6:45-7:45 pm	Jan 6	11	\$112.25	<a href="#">1504488</a>
Yoga Meditation	Johnny Leroux (Stittsville) Arena	Ext. 20705	Tue.	11 am-noon	Sep 17	6	\$61.25	<a href="#">1488236</a>
Yoga Meditation	Johnny Leroux (Stittsville) Arena	Ext. 20705	Tue.	11 am-noon	Oct 29	6	\$61.25	<a href="#">1488237</a>
Yoga Meditation	Johnny Leroux (Stittsville) Arena	Ext. 20705	Tue.	11 am-noon	Jan 21	5	\$51	<a href="#">1490927</a>
Yoga Meditation	Johnny Leroux (Stittsville) Arena	Ext. 20705	Tue.	11 am-noon	Feb 25	5	\$51	<a href="#">1490933</a>
Yoga Meditation	Ray Friel	613-580-4765	Wed.	7:30-8:30 pm	Sep 11	15	\$153	<a href="#">1495864</a>
Yoga Meditation	Ray Friel	613-580-4765	Wed.	7:30-8:30 pm	Jan 8	13	\$132.75	<a href="#">1505554</a>
Yoga Power	Plant	613-232-3000	Thu.	8:05-9:05 pm	Sep 19	13	\$132.75	<a href="#">1502437</a>
Yoga Power	Plant	613-232-3000	Thu.	8:05-9:05 pm	Jan 9	14	\$142.75	<a href="#">1506156</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Sep 15	7	\$71.50	<a href="#">1505921</a>
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Nov 3	7	\$71.50	<a href="#">1505925</a>

## Mind and Body

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Yoga Tune Up®	Greenboro	613-580-2805	Sun.	10:30-11:30 am	Jan 12	9	\$91.75	<a href="#">1507521</a>
Yoga Tune Up®	Ray Friel	613-580-4765	Mon.	noon-1 pm	Sep 9	14	\$142.75	<a href="#">1495808</a>
Yoga Tune Up®	Ray Friel	613-580-4765	Mon.	noon-1 pm	Jan 6	12	\$122.50	<a href="#">1500975</a>
Yoga Tune Up®	Ray Friel	613-580-4765	Wed.	5-6 pm	Sep 11	15	\$153	<a href="#">1495813</a>
Yoga Tune Up®	Ray Friel	613-580-4765	Wed.	5-6 pm	Jan 8	13	\$132.75	<a href="#">1501066</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Sep 16	13	\$132.75	<a href="#">1500800</a>
Yoga Yin	François Dupuis	613-580-8080	Mon.	7:45-8:45 pm	Jan 6	11	\$112.25	<a href="#">1504507</a>
Yoga Yin	Plant	613-232-3000	Wed.	8:30-9:30 am	Sep 18	13	\$132.75	<a href="#">1502329</a>
Yoga Yin	Plant	613-232-3000	Wed.	8:30-9:30 am	Jan 8	14	\$142.75	<a href="#">1504659</a>
Yoga Yin	Ray Friel	613-580-4765	Wed.	noon-1 pm	Sep 11	15	\$153	<a href="#">1495860</a>
Yoga Yin	Ray Friel	613-580-4765	Wed.	noon-1 pm	Jan 8	13	\$132.75	<a href="#">1505540</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	7:45-8:45 pm	Sep 12	15	\$153	<a href="#">1495861</a>
Yoga Yin	Ray Friel	613-580-4765	Thu.	7:45-8:45 pm	Jan 9	13	\$132.75	<a href="#">1505543</a>
Yoga Yin	Routhier	613-244-4470	Wed.	7:15-8:15 pm	Oct 9	10	\$102	<a href="#">1505712</a>
Yoga Yin	Routhier	613-244-4470	Wed.	7:15-8:15 pm	Jan 15	10	\$102	<a href="#">1505713</a>

## Prenatal and with Baby

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.

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.

### Aquafitness

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aquafitness with Baby	Bob MacQuarrie-Orléans	613-580-9600	Sat.	4-5 pm	Sep 7	13	\$175	<a href="#">1491258</a>
Aquafitness with Baby	Bob MacQuarrie-Orléans	613-580-9600	Sat.	4-5 pm	Jan 4	12	\$161.50	<a href="#">1491278</a>
Aquafitness with Baby	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Sep 13	15	\$202	<a href="#">1507905</a>
Aquafitness with Baby	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jan 10	9	\$121.25	<a href="#">1507903</a>
Aquafitness with Baby	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Sep 10	15	\$151.50	<a href="#">1486239</a>
Aquafitness with Baby	Jack Purcell	613-564-1050	Tue.	11-11:45 am	Jan 7	12	\$121.25	<a href="#">1486577</a>
Aqua Pre-Natal	Bob MacQuarrie-Orléans	613-580-9600	Sat.	4-5 pm	Sep 7	13	\$175	<a href="#">1491260</a>
Aqua Pre-Natal	Bob MacQuarrie-Orléans	613-580-9600	Sat.	4-5 pm	Jan 4	12	\$161.50	<a href="#">1491280</a>
Aqua Pre-Natal	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Sep 3	13	\$175	<a href="#">1491259</a>
Aqua Pre-Natal	Bob MacQuarrie-Orléans	613-580-9600	Tue.	8-9 pm	Jan 7	12	\$161.50	<a href="#">1491281</a>
Aqua Pre-Natal	CARDELREC Goulbourn	613-580-2532	Tue.	6:45-7:45 pm	Sep 24	10	\$134.75	<a href="#">1508245</a>
Aqua Pre-Natal	CARDELREC Goulbourn	613-580-2532	Tue.	6:45-7:45 pm	Jan 14	9	\$121.25	<a href="#">1508269</a>
Aqua Pre-Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Sep 13	15	\$202	<a href="#">1507891</a>
Aqua Pre-Natal	François Dupuis	613-580-8080	Fri.	5:30-6:30 pm	Jan 10	9	\$121.25	<a href="#">1507895</a>

## Aquafitness

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aqua Pre-Natal	Kanata Leisure Centre	613-580-9677	Mon.	8-9 pm	Sep 16	13	\$175	<a href="#">1494819</a>
Aqua Pre-Natal	Kanata Leisure Centre	613-580-9677	Mon.	8-9 pm	Jan 13	8	\$107.75	<a href="#">1494907</a>
Aqua Pre-Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Sep 16	9	\$121.25	<a href="#">1502020</a>
Aqua Pre-Natal	Plant	613-232-3000	Mon.	6:30-7:30 pm	Jan 6	13	\$175	<a href="#">1503875</a>

## Dance

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Party with Baby	Heron	613-247-4808	Mon.	5-6 pm	Sep 23	12	\$100.75	<a href="#">1496581</a>
Party with Baby	Heron	613-247-4808	Mon.	5-6 pm	Jan 20	8	\$67.25	<a href="#">1499745</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	Sep 12	7	\$59	<a href="#">1503147</a>
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Oct 31	7	\$59	<a href="#">1503159</a>
Bootcamp with Baby	Walter Baker	613-580-2788	Thu.	10:30-11:30 am	Jan 16	9	\$75.75	<a href="#">1503169</a>
Stretch & Strength with Baby	Ray Friel	613-580-4765	Thu.	10:30-11:30 am	Sep 12	15	\$126	<a href="#">1495867</a>
Stretch & Strength with Baby	Ray Friel	613-580-4765	Thu.	10:30-11:30 am	Jan 9	13	\$109.25	<a href="#">1505559</a>
Stretch & Strength with Baby	Rideauview	613-822-7887	Wed.	9:30-10:30 am	Sep 25	12	\$100.75	<a href="#">1500590</a>
Stretch & Strength with Baby	Rideauview	613-822-7887	Wed.	9:30-10:30 am	Jan 8	6	\$50.50	<a href="#">1505912</a>
Strollercise	École Jeanne-Sauvé	613-580-4765	Tue.	6-7 pm	Sep 10	15	\$126	<a href="#">1495953</a>
Strollercise	École Jeanne-Sauvé	613-580-4765	Tue.	6-7 pm	Jan 7	13	\$109.25	<a href="#">1505612</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	Sep 9	14	\$117.75	<a href="#">1495806</a>
Indoor Cycling with Baby	Ray Friel	613-580-4765	Mon.	10:15-11:15 am	Jan 6	12	\$100.75	<a href="#">1500946</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	Sep 16	12	\$122.50	<a href="#">1492221</a>
Yoga Pre Natal	Bob MacQuarrie-Orléans	613-580-9600	Mon.	7-8 pm	Jan 13	8	\$81.75	<a href="#">1492222</a>
Yoga Pre Natal	Manotick	Ext. 30330	Thu.	6:30-7:30 pm	Sep 19	10	\$102	<a href="#">1504084</a>
Yoga Pre Natal	Manotick	Ext. 30330	Thu.	6:30-7:30 pm	Jan 16	8	\$81.75	<a href="#">1504095</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Sep 16	13	\$132.75	<a href="#">1501695</a>
Yoga Pre Natal	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Jan 13	12	\$122.50	<a href="#">1507165</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Sun.	11:30 am-12:30 pm	Sep 8	14	\$142.75	<a href="#">1495882</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Sun.	11:30 am-12:30 pm	Jan 12	11	\$112.25	<a href="#">1505572</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Sep 12	15	\$153	<a href="#">1495880</a>
Yoga Pre Natal	Ray Friel	613-580-4765	Thu.	6:30-7:30 pm	Jan 9	13	\$132.75	<a href="#">1505569</a>
Yoga with Baby	Chapman Mills	613-822-7887	Tue.	5-6 pm	Sep 24	8	\$81.75	<a href="#">1503127</a>
Yoga with Baby	Heron	613-247-4808	Tue.	10:30-11:30 am	Sep 24	8	\$81.75	<a href="#">1495828</a>
Yoga with Baby	Heron	613-247-4808	Tue.	10:30-11:30 am	Jan 21	8	\$81.75	<a href="#">1499742</a>
Yoga with Baby	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Sep 16	13	\$132.75	<a href="#">1501707</a>
Yoga with Baby	Nepean Sportsplex	613-580-2828	Mon.	5-6 pm	Jan 13	12	\$122.50	<a href="#">1507201</a>
Yoga with Baby	Ray Friel	613-580-4765	Wed.	10:30-11:30 am	Jan 8	13	\$132.75	<a href="#">1505537</a>

## Drop In Activities

You can search up-to-date drop-in activities near you by using our [search tool](#).