



Winter schedule 2017

Effective Monday March 6TH 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early, Early Morning classes						
6:30-7:15am Cycle Anne-Marie		6:30-7:15am Cycle Ian		6:30-7:15am Cycle Derek	 <p>The Miles Nadal JCC is proud to partner with the University of Ottawa Heart Institute to promote heart health among our members. While all of our group exercise classes offer a variety of exercise options at different levels of intensity, the Heart Wise logo next to a class indicates an instructor who has taken the Heart Wise training to work with individuals with cardiovascular disease, as well as recovery from stroke or heart attack</p>	
7:15-8:15am Pilates Derek	7:15-8:15am Total Body Sculpt Evgenia	7:15-8:15am Ashtanga Yoga Ionny	7:15-8:15am Total Body Sculpt Leigh G.	7:15-8:15am Yoga flow Katelynn		
Morning Classes						
8:30-9:25am Fundamental Fitness Betty	8:30-9:25am Gentle Yoga Karen R.	8:30-9:25am Pilates Brigitte	8:30-9:25am Classic Stretch Arianne	8:30-9:25am Fundamental Fitness Betty	8:30-9:25am Power Yoga Eliana	8:20-9:15am Aquafit Sue/Christina
	9:00-9:55am Aquafit R.O.M Ecil (Shallow end)		9:00-9:55am Aquafit R.O.M Ecil (Shallow end)			8:30-9:25am Gentle Yoga Karmit 
9:30-10:15am Cycle Lesley			9:30-10:25am Athletic Studio 4/5 Zeiad		9:30-10:25am Power Cycle Allison	9:30-10:15am Cycle Carmen
9:30- 10:30am  Deb	9:30- 10:25am  Althea 	9:30 -10:30am  Deb	9:30- 10:25am  Althea 	9:30-10:15am Cycle Ian	9:30-10:25am  Clarice	9:30-10:30am Cardio Sculpt Debra
9:30- 10:25am Stretch & Strength Active 55 Ava (St. 4/5)		9:30- 10:25am Stretch & Strength Active 55 Cindy (St. 4/5)		9:30- 10:25am Mind Body Ana 		
10:35-11:30am Fundamental Fitness Maureen	10:30-11:25am Pilates Paulina	10:35-11:30am Fundamental Fitness Betty	10:30-11:25am Power Yoga Robert	10:30-11:25am  Liz 		10:30-10:55am Awesome Abs Debra
10:30-11:25am Cardio Strength Active 55  Ava (St. 4/5)		10:30-11:25am Cardio Active 55  Cindy (St. 4/5)		10:30-11:25am Classic Stretch Active 55  Katelynn (St. 4/5)	10:30-11:25am  Leigh	
11:00-11:55am Aquafit Intermediate Jane		11:00-11:55am Aquafit Intermediate Irene		11:00-11:55am Aquafit Intermediate Jane		11:00-11:55am Yoga Flow Dale

See Reverse for Mid-Day and Evening Classes

Mid-Day and Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mid Day Classes						
11:30-12:45pm Yoga Flow <i>Studio 4/5</i> Dale		11:30-12:25pm  Cindy		11:30-12:30pm Yoga Flow <i>Studio 4/5</i> Jonny	11:30-12:55pm Power Yoga Janet	
12:00-12:55pm Functional Julian			12-12:45pm Chisel Stacey	12:00-12:55pm Functional Conditioning Julian		12:00-1:00pm  Liz
1:00-1:45pm Cycle Julian	12:00-12:45pm Cycle Allison	12:00-12:55pm Cycle & Sculpt Carmen/Derek	12:00-12:45pm Cycle Carmen	1:00-1:45pm Cycle Julian		
12:30-1:25pm Aquafit Advanced Christina	12:30-1:25pm Aquafit Advanced Cheryl		12:30-1:25pm Aquafit Advanced Christina		12:30-1:25pm Aquafit Sue	
1:00-2:00pm  Tanya		1:00-2:00pm  Tanya		1:00-2:00pm  Tanya		1:05-2:00pm Pilates Karen R.
	1:00-2:00pm Yoga Flow Karmit		1:00-2:15pm Restorative Yoga Dale		1:00-2:15pm Restorative Yoga Dale	2:15-3:30pm Stretch & Release Karen R.
Late Afternoon and Evening Classes						
4:30-5:25pm Pilates/ Barre Karen R.	4:30-5:25pm Pilates Shari	4:30-5:25pm Power Yoga Robert			Tokens are required for all classes and are available at reception 15 minutes prior to class.	
5:30-6:30pm  Shannon	5:30-6:15pm  Leigh	5:30-6:30pm Total Body Sculpt Robert	5:15-6:10pm Pilates <i>(new time)</i> Karen		Wristbands are available at reception 1 hour prior to Aquafit classes and must be worn in order to participate.	
6:00-6:45pm Cycle Cody	6:05-7:00pm Light Athletics Zeiad (Gym)	6:00-7:00pm Cycle <i>(new time)</i> Cody	5:30-6:25pm Yoga Flow Julie(studio 4/5)	5:30-6:25pm Stretch and Release Karen	All cycle classes are held in Studio 6 All other classes are held in studio 7 unless otherwise noted.	
					Classes that do not maintain an average of 10 participants are subject to change or cancellation.	
6:30-7:25pm Body H.I.I.T Cheryl	6:30-7:25pm Pilates Karen	6:35-7:25pm  Hailey	6:15-7:10pm Light Athletics Zeiad		Late Policy All classes have a 10 minute late policy You will not be admitted into a class if you arrive 10 minutes after of other class participants	
7:30-8:45pm Ashtanga Yoga Jonny			7:15-8:00pm X-training Adam	For any questions/ comments please contact your Group Exercise Manager; Carmen at: Grouplex@mnicc.org		

Group Exercise Class Descriptions

CARDIO CLASS DESCRIPTIONS:

Cardio Sculpt- The best of both worlds, get your cardio fix and sculpt those muscles.

Cycle (45 min), Power cycle (60 min)- Get your cardio fix in our dynamic cycle classes.

Cycle & awesome Abs- 30 minutes of cycle followed by 30 minutes of core conditioning.

Athletic Intervals- a combination of strength and cardio endurance intervals. Plyometrics and low impact options are provided.

Cardio Strength Circuit- provides a variety of exercises for burning calories, while gaining strength with little impact on the joints.

BODY H.I.I.T.-High Intensity Interval Training combining short bursts of cardiovascular and functional fitness exercises.

Fundamental Fitness- 1/3 low impact cardio, 1/3 muscle conditioning and 1/3 stretch. Great for seniors, and novice participants.

Chisel -Use weights and calisthenics to sculpt and shape muscles

X-training - Prepare to be taken to the limit in this bootcamp styled class (NEW)

MUSCLE CONDITIONING CLASS DESCRIPTIONS:

Group Power -Your hour of Power! This barbell class strengthens all your major muscle groups. All fitness levels welcome.

Total Body Sculpt- This is a conditioning class using a variety of equipment such as dumbbells, balls & bands.

Awesome Abs - 25 minutes to focus on strengthening your core.

Functional Conditioning -Warm up with a Yoga flow mobility sequence. Master 3 rounds of 6 Primal movement patterns. Peak your performance with intervals of Cardio and Core conditioning

Lengthen & Strengthen- uses a variety of techniques to improve flexibility and strength in the muscles of the core and spine.

Stretch & Strength- uses elements from Yoga, Pilates and fitness to strengthen your core and body while increasing your flexibility.

MIND BODY CLASS DESCRIPTIONS:

Yoga Flow-A synchronization of mind, body and breath by moving through a series of standing and seated postures. Participants are left feeling relaxed, centered and energized. **Gentle Yoga Flow** offers a slower pace.

Restorative Yoga- A gentle healing of Hatha Yoga using props. Please arrive early for proper set up. Entrance into class after start time is not permitted.

Power Yoga-influenced by Ashtanga Yoga, this is a dynamic form of Yoga, where one posture moves seamlessly into the next.

Ashtanga- a vigorous style of specific asanas (postures) sequenced to emphasize breath, strength, flexibility & endurance.

Classic Stretch- is designed to improve flexibility, posture and reduce stress. Slow extended stretches and proper body alignment are the emphasis.

Stretch & Release- is a myofascial stretch and body release program for better circulation, detoxification, and full body health.

Pilates- combines stretching and strengthening exercises to improve posture, breathing and core strength.

Pilates/ Barre- combines mat Pilates with Ballet moves using the Equalizer Bars for overall conditioning.

DANCE CLASS DESCRIPTIONS:

Zumba- Your workout will feel like a party while you perform simple choreography to great Latin music.

Groove- is a dance based fitness class with a limited emphasis on choreography and a larger focus on movement exploration. **Fundamental Groove** offers a gentler version of Groove.

AQUA CLASSES

Aquafit - is a cardio conditioning class done in the water.

Aquafit R.O.M. -This aquafit class emphasizes range of motion exercises. This is a great class for participants with conditions/ailments such as Arthritis, Osteoporosis, Fibromyalgia etc. with zero impact on the joints in a safe, effective and enjoyable environment.