

# GROUP EXERCISE

Effective November 6<sup>th</sup> - December 29<sup>th</sup>

## MONDAY

6:30-7:15am	Cycle	Anne Marie
7:15-8:15am	Pilates	Derek
8:30-9:25am	Fundamental Fitness	Betty
9:30-10:30am	Group Power	Deb
9:30-10:25am	Stretch & Strength	Ava (4/5)
10:35-11:30am	Fundamental Fitness	Maureen
10:30-11:25am	Cardio Strength	Ava (4/5)
11:00-11:55am	Aquafit (Int.)	Jane
11:30-12:45pm	Yoga Flow	Dale (4/5)
12:00-12:55pm	Total Body sculpt	Robert
12:00-12:55pm	Aquafit (Adv.)	Christina
1:00-1:45pm	Cycle	Robert
1:00-2:00pm	Group Power	Tanya
4:30-5:25pm	Pilates-Barre	Lee
5:30-6:30pm	Group Power	Shannon
6:00-6:45pm	Cycle	Victoria
6:30-7:25pm	Body HIIT	Meaghan
7:30-8:45pm	Ashtanga Yoga	Jonny

## WEDNESDAY

6:30-7:15am	Cycle	Ian
7:15-8:15am	Ashtanga Yoga	Jonny
8:30-9:25am	Pilates	Brigitte
9:30-10:30am	Group Power	Deb
9:30-10:25am	Stretch & Strength	Cindy (4/5)
10:30-11:30am	Fundamental Fitness	Betty (4/5)
10:35-11:25am	Cardio Strength	Cindy
11:00-11:55am	Aquafit (Int.)	Gillian
11:30-12:25pm	Zumba	Cindy
12:00-12:55pm	Cycle & Sculpt	Derek
1:00-2:00pm	Group Power	Tanya
4:30-5:25pm	Power Yoga	Robert
5:30-6:30pm	Total Body Sculpt	Robert
6:00-7:00pm	Cycle	Carmen
6:30-7:25pm	Zumba	Hailey
7:30-8:15pm	BLT Butt-Legs-Thighs	Meaghan
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## TUESDAY

7:15-8:15am	Total Body Sculpt	Evgenia
8:30-9:25am	Gentle Yoga	Katelynn
9:00-9:55am	Aquafit (RoM)	Emre
9:30-10:25am	Zumba	Althea
10:30-11:25am	Pilates	Paulina
12:00-12:45pm	Cycle	Andre
12:30-1:25pm	Aquafit (Adv.)	Gillian
1:00-2:00pm	Yoga Flow	Karmit
4:30-5:25pm	Pilates	Shari
5:30-6:35pm	Group Groove	Leigh
6:05-7:00pm	Light Athletics	Zeiad (Gym)
6:30-7:25pm	Pilates	Lee
6:30-7:15	Cycle	Anne-Marie

## THURSDAY

7:15-8:15am	Total Body Sculpt	Leigh G
8:15-9:25am	Classic Stretch	Arianne
9:00-9:55am	Aquafit (RoM)	Ecil
9:30-10:25am	Athletic Intervals	Zeiad (4/5)
9:30-10:25am	Zumba	Althea
10:30-11:25am	Power Yoga	Robert
12:00-12:45pm	Cycle	Carmen
12:30-1:25pm	Aquafit (Adv.)	Christina
5:15-6:10pm	Pilates	Lee
5:30-6:25pm	Yoga Flow	Julie (2)
6:15-7:10pm	Chisel It	Zeiad
6:30-7:15pm	Cycle	Marcio
7:15-8:00pm	Pilates Flow	Marcio

## FRIDAY

6:30-7:15am	Cycle	Andre
7:15-8:15am	Yoga Flow	Eliana
8:30-9:25am	Fundamental Fitness	Betty
9:30-10:15am	Cycle	Ian
 9:30-10:25am	Mind Body	Ana
 10:30-11:55am	Group Groove	Liz
 10:30-11:25am	Classic Stretch	Katelynn (4/5)
11:00-11:55am	Aquafit (Int.)	Jane
11:30-12:25pm	Ashtanga Yoga	Jonny
12:00-12:55pm	Total Body Sculpt	Derek
1:00-1:45pm	Cycle	Derek
1:00-2:00pm	Group Power	Tanya
4:30-5:25pm	Pilates	Hailey
5:30-6:25pm	Stretch & Release	Hailey




MNjcc 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.

## SATURDAY

8:30-9:25am	Power Yoga	Angela
9:30-10:25am	Power Cycle	Hannah
9:30-10:25am	Group Power	Clarice
10:30-11:25am	Group Groove	Leigh
11:30-12:55pm	Power Yoga	Janet
12:30-1:25pm	Aquafit	Sue
1:00-2:15pm	Restorative Yoga	Dale

## SUNDAY

 8:20-9:15am	Aquafit	Sue/Christina
8:30-9:25am	Gentle Yoga	Karmit
9:30-10:15am	Cycle	Carmen
9:30-10:30am	Cardio Sculpt	Debra
10:30-10:55am	Awesome Abs	Debra
11:00-11:55am	Yoga Flow	Dale
12:00-1:00pm	Group Power	Liz
1:05-2:00pm	Pilates	Justine
2:15-3:30pm	Stretch & Release	Justine

## MEMBERS

All group exercise classes are free for MNjcc Members.

## WRISTBANDS/TOKENS

Classes fill up on a first-come, first-served basis. Wristbands/tokens are required for all classes and are available at the Fitness Desk 15 minutes prior to class. Aquafit wristbands are available 1 hour prior to class and must be worn in order to participate.

## STUDIOS

All Cycle classes are held in Studio 6

All other classes are held in Studio 7 unless otherwise noted in schedule as (4/5) (Gym) (2)

## CANCELLATION POLICY

Classes that do not maintain an average of 10 participants are subject to change or cancellation.

## LATE ARRIVAL POLICY


All classes have a 10 minute late arrival policy. You will not be admitted into a class if you arrive more than 10 minutes after other participants.

# GROUP EXERCISE CLASS DESCRIPTIONS

## CARDIO CLASSES

<b>CARDIO SCULPT CYCLE</b>	The best of both worlds. Get your cardio fix while sculpting your muscles.
<b>POWER CYCLE</b>	Get your cardio fix in our dynamic and energetic group cycle class.
<b>LIGHT INTERVALS</b>	Hills and valleys, sprints and intervals, this class is designed for anyone looking to challenge themselves and have a great time doing it. Instructors add modifications for those newer to cycling and advanced options for those looking to take it to the next level.
<b>CARDIO STRENGTH</b>	Strength and cardio endurance intervals for beginner to intermediate participants.
<b>FUNDAMENTAL FITNESS</b>	A variety of exercises for burning calories while gaining strength with little impact on the joints. Great for active older adults.
<b>BODY HIIT</b>	1/3 low impact cardio, 1/3 muscle conditioning, 1/3 stretch. For active older adults and novice participants.
<b>CHISEL IT</b>	High Intensity Interval Training combining short bursts of cardiovascular and functional fitness exercises.
	Weights and calisthenics sculpt and shape muscles. Low impact options are provided.



## MUSCLE CONDITIONING CLASSES

 <b>GROUP POWER</b>	This exciting hour offers a results-driven strength training workout utilizing an adjustable barbell, weight plates, and body weight. This barbell class strengthens all your major muscle groups. All fitness levels welcome.
<b>TOTAL BODY SCULPT</b>	A conditioning class using a variety of equipment - dumbbells, balls and resistance bands.
<b>AWESOME ABS</b>	25 minutes to focus solely on strengthening your core.
<b>FUNCTIONAL CONDITIONING</b>	Warm up with a yoga flow sequence. Master 3 rounds of 6 primal movement patterns. Peak your performance with intervals of cardio and core conditioning
<b>STRETCH &amp; STRENGTH</b>	Using elements from yoga, Pilates and fitness, you'll strengthen your core and body while increasing your flexibility. Great for active older adults.
<b>BLT BUTT-LEGS-THIGHS</b>	This class focuses on strengthening and toning the lower body. All levels are welcome.
<b>PILATES</b>	Combine various stretching and strengthening exercises to improve your overall posture, breathing and core strength.
<b>PILATES-BARRE</b>	Incorporate Pilates' fundamentals with ballet exercises using bars for overall conditioning.

## MIND-BODY CLASSES

<b>YOGA FLOW</b>	A slow synchronization of mind, body and breath moving through a series of standing and seated postures. Participants are left feeling relaxed, centred and energized.
<b>RESTORATIVE YOGA</b>	A gentle healing class of Hatha yoga using props. Please arrive early for proper set up. Entrance into class after start time is not permitted.
<b>ASHTANGA YOGA</b>	A vigorous style of specific postures to emphasize breath, strength, flexibility and endurance.
<b>POWER YOGA</b>	Influenced by Ashtanga yoga, this class moves from one posture seamlessly to the next.
<b>CLASSIC STRETCH</b>	Designed to improve flexibility, posture and reduce stress. Slow extended stretches and proper body alignment are the focus. Great for active older adults.
<b>STRETCH &amp; RELEASE</b>	This class offers myofascial stretch and body release for better circulation and detoxification.
<b>MIND-BODY</b>	1/3 low impact aerobics and barre, 1/3 floor work, yoga and Pilates, 1/3 stretch and release.

## DANCE CLASSES

 <b>ZUMBA</b>	Your workout will feel like a dance party! Sweat and sway while you perform simple choreography to great Latin music.
 <b>GROOVE</b>	A dance-based workout with a limited emphasis on choreography and a larger focus on movement exploration that draws on a variety of dance styles.

## AQUAFIT CLASSES

<b>AQUAFIT</b>	Join us for intermediate and advanced classes in our saltwater pool for cardio conditioning.
<b>AQUAFIT R.O.M</b>	Range of motion exercises are the focus in this shallow-end class. Great for participants with conditions such as arthritis, osteoporosis, fibromyalgia etc., with zero impact on the joints.