

GROUP EXERCISE SCHEDULE

Effective December 13 - December 29

MONDAY

6:30-7:15am	Cycle	Anne Marie
7:15-8:15am	Pilates	Derek
8:30-9:25am	Fundamental Fitness	Liz
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	Evgenia (4/5)
10:35-11:25am	Cardio Strength	Cindy
11:00-11:55am	Aquafit (Int.)	Sophie
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	Hannah
6:30-7:25pm	Zumba	Hailey
7:30-8:15pm	BLT Butt-Legs-Thighs	Meaghan

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.)	Naomi
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	Robert
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 (4/5)
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

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



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.

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

CARDIO SCULPT CYCLE	The best of both worlds. Get your cardio fix while sculpting your muscles.
POWER CYCLE	Get your cardio fix in our dynamic and energetic group cycle class.
LIGHT INTERVALS	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.
CARDIO STRENGTH	Strength and cardio endurance intervals for beginner to intermediate participants.
FUNDAMENTAL FITNESS	A variety of exercises for burning calories while gaining strength with little impact on the joints. Great for active older adults.
BODY HIIT	1/3 low impact cardio, 1/3 muscle conditioning, 1/3 stretch. For active older adults and novice participants.
CHISEL IT	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

 GROUP POWER	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.
TOTAL BODY SCULPT	A conditioning class using a variety of equipment - dumbbells, balls and resistance bands.
AWESOME ABS	25 minutes to focus solely on strengthening your core.
FUNCTIONAL CONDITIONING	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
STRETCH & STRENGTH	Using elements from yoga, Pilates and fitness, you'll strengthen your core and body while increasing your flexibility. Great for active older adults.
BLT BUTT-LEGS-THIGHS	This class focuses on strengthening and toning the lower body. All levels are welcome.
PILATES	Combine various stretching and strengthening exercises to improve your overall posture, breathing and core strength.
PILATES-BARRE	Incorporate Pilates' fundamentals with ballet exercises using bars for overall conditioning.

MIND-BODY CLASSES

YOGA FLOW	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.
RESTORATIVE YOGA	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.
ASHTANGA YOGA	A vigorous style of specific postures to emphasize breath, strength, flexibility and endurance.
POWER YOGA	Influenced by Ashtanga yoga, this class moves from one posture seamlessly to the next.
CLASSIC STRETCH	Designed to improve flexibility, posture and reduce stress. Slow extended stretches and proper body alignment are the focus. Great for active older adults.
STRETCH & RELEASE	This class offers myofascial stretch and body release for better circulation and detoxification.
MIND-BODY	1/3 low impact aerobics and barre, 1/3 floor work, yoga and Pilates, 1/3 stretch and release.

DANCE CLASSES

 ZUMBA	Your workout will feel like a dance party! Sweat and sway while you perform simple choreography to great Latin music.
 GROOVE	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

AQUAFIT	Join us for intermediate and advanced classes in our saltwater pool for cardio conditioning.
AQUAFIT R.O.M	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.