

Winter B Program Session (5 Weeks) February 22 – March 26, 2021

Please note:

- All classes/programs will be held over Zoom except Fun on the Phone
- Participants will be emailed the link to attend their classes.
- Instructors are subject to change
- For fitness classes if you do not have weights, please use water bottles, bags of rice, flour etc.

There will be more detailed information on our [website](#) available
February 3rd and registration begins February 8th
Registration is available [online](#) or by calling 613-966-4632.

Date	Program	Time	Start	End	Instructor
Mon.	Gentle Pilates	10:00-11:00am	Feb 22 nd	Mar 22 nd	Robbi
	Strong Seniors	10:30-11:15am			Amber
	30 Minute Body Blast	12:15-12:45pm			Amber
	Speaker Series	11:30am-12:30pm			Feb. 22 nd March 22 nd
	Yoga Fit	5:15-6:15pm			Shwetha
	Zumba	5:30-6:30pm			Brenda
	Yoga Fit	6:20-7:20pm			Shwetha
Tues.	Older Adult Yoga - Hatha	10:00-11:00am	Feb 23 rd	Mar 23 rd	Robbi
	Sit and Stand Gentle Fitness	11:30am-12:00pm			Jordan
	HIIT	5:30-6:15pm			Jordan
Wed.	Stretch & Balance Fit	9:15-10:15am	Feb 24 th	Mar 24 th	Amber
	Chair Yoga	11:00-11:45am			Kathy
	Fun On The Phone (50+)	1:30-2:00pm			Various
	COPD/Stroke/Cardiac Therapy Fit	2:30-3:30pm			Jordan
	Hatha Flow	5:00-6:00pm			Shwetha
Thu.	Older Adult Yoga - Hatha	10:00-11:00am	Feb 25 th	Mar 25 th	Jordan
	Stretch and Strengthen	10:30-11:30am			Kathy
	Cardio & Core	12:15-12:45pm			Jordan
	Learn & Create!	1:00-2:00pm			Various
	Zumba	5:15-6:15pm			Brenda
Fri.	Strong Seniors	9:00-9:45am	Feb 26 th	Mar 26 th	Jordan
	Older Adult Yoga	9:30-10:30am			Kathy
	Mix it Up	10:15-11:15am			Amber
	Meditate with Myra	11:00-11:30am			Myra
	Stretch & Relax	12:15-12:45pm			Amber