

# +GET UP+ and Go

POWERED BY GNAG

GNAG's "Get Up & Go" is a brand new program brought to you by GNAG's Group Fitness and the Ministry of Tourism, Culture and Sport.

The Get Up & Go program is part of the Ontario government's new Active for Life Recreation Stream which is designed to fund projects that help adults (55+) stay fit and connected to their communities. Get Up & Go has classes taking place at 4 locations making it convenient to keep you active and fit.

Chartwell Lord Lansdowne  
Glebe Community Centre  
The Glebe Centre, Abbotsford House  
Villagia in the Glebe

920 Bank St  
175 Third Ave  
950 Bank S  
480 Metcalfe St

Whether you are just starting out, getting back into shape or fit as a fiddle, we have classes that are suitable for all levels!

Sign up for one of the designated FREE Get Up & Go classes or buy a Season Membership for \$60+HST which gives you full access to all classes listed below.

Monday Sept 10 - Dec 17 (ex Oct 8)	Tuesday Sept 11 - Dec 18	Thursday Sept 13 - Dec 20	Friday Sept 14 - Dec 21
TMC 8:30 - 9:30 am (Ruth - GCC)	TMC 8:30 - 9:30 am (Carol - GCC)	TMC 8:30 - 9:30 am (Catherine - GCC)	TMC 8:30 - 9:30 am (Andrea - GCC)
Low, Strength & Stretch 10:30 - 11:30 am (Christine - GCC)	Walking Strong 10:30 - 11:30 am (Susan - The Villagia) <b>FREE</b>	Tai Chi 10:30 - 11:30 am (Michel - Lord Lansdowne) <b>FREE</b>	
		Belly Dance 2:00 - 3:00pm (Caroline - Abbotsford House) <b>*no class Nov 22 FREE</b>	Fit-4-Living 1:00 - 2:15 pm (Gina / Susan - GCC) <b>FREE</b>



**Belly Dance:** A fun low impact activity targeting isolated muscle groups while improving posture, flexibility, and balance. Try something new this year! **\* No class on Nov 22** Location: Abbotsford House.

**Fit-4-Living:** A 75-min class health and wellness for the older adult, combining exercise and education. Work on strength, balance and flexibility in the first half. Guest speakers join to discuss topics such as medication, heart health, nutrition, bone strength, etc. **This class runs for 8 weeks (Sept 14 - Nov 2).** Location: GCC

**Low, Strength & Stretch:** Designed with the active older adult in mind, this class is a combination of low-impact aerobic options, muscular strength and endurance conditioning and flexibility training. Great for improving overall strength, balance, immune system function and sleep.

**Walking Strong:** Instructor-led indoor walking interspersed with strength, balance and flexibility exercises. You set your pace!

**Tai Chi:** Move with control and purpose as you integrate mind and body in this centuries old practice. Improve flexibility, circulation, and digestion, and reduce stress.

**TMC:** A challenging & dynamic whole body muscle conditioning class using body bars, hand weights, bands & balls. Be prepared to work all your muscles!

