

GET UP & 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 Jan 7 - Mar 25 (ex Feb 18 & *Mar 11)	Tuesday Jan 8 - Mar 26 (ex *Mar 12)	Wednesday Jan 9 - Mar 27 (ex *Mar 13)	Thursday Jan 10 - Mar 28 (ex *Mar 14)	Friday Jan 11 - Mar 29 (ex *Mar 15)
TMC 8:30 - 9:25 am (Ruth - GCC)	TMC 8:30 - 9:25 am (Carol - GCC)		TMC 8:30 - 9:25 am (Catherine - GCC)	TMC 8:30 - 9:25 am (Andrea - GCC)
Low, Strength & Stretch 10:30 - 11:25 am (Christine - GCC)	Walking Strong 1:30 - 2:30 pm (Susan - The Villagia) FREE	Low, Strength & Stretch 11:00 - 11:55 am (Christine - GCC)	Tai Chi 10:30 - 11:25 am (Michel - Lord Lansdowne) FREE	
			Belly Dance 2:00 - 2:55 pm (Caroline - Abbotsford House) FREE	*Fit-4-Living 1:00 - 2:15 pm (Susan - GCC) FREE Jan 18 - Mar 8



Belly Dance: A fun, low impact activity targeting isolated muscle groups while improving posture, flexibility, and balance. Try something new this year! Location: Abbotsford House.

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!

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




 UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

GNAG Fitness proudly joins the Heart Wise Exercise (HWE) Network, a partnership of community organizations who work with the University of Ottawa Heart Institute to provide heart healthy exercise for all. Look for the HeartWise symbol for classes that are HeartWise approved.

