

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 St
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 Apr 1 - Jun 24 (ex Apr 22 & May 20)	Tuesday Apr 2 - Jun 25	Wednesday Apr 3 - Jun 26	Thursday Apr 4 - Jun 27	Friday Apr 5 - Jun 28 (ex Apr 19)
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)	Strength & Stretch 10:30 - 11:30 am (Hillary - Lord Lansdowne) FREE	Low, Strength & Stretch 11:00 - 11:55 am (Christine - GCC)	Belly Dance 2:00 - 2:55 pm (Caroline - Abbotsford House) FREE	
	Walking Strong 1:30 - 2:30 pm (Susan - The Villagia) FREE			Low, Strength & Stretch 1:00 - 1:55 pm (Mary) Apr 5 - Jun 7 (ex Apr 19) FREE

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

Strength & Stretch: This class will improve your strength, balance and mobility. Build confidence and feel energized after this fun and invigorating workout.

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!

GET UP & Go and CELEBRATE!

**Monday, April 8
9:30 am - NOON**

2 successful seasons
214 fitness classes
253 participants
12 840 participation minutes

We have lots to celebrate!
Stay tuned for more info.



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 HWE symbol for classes that are HeartWise approved.

