

GNAG Spring 2019 Group Fitness

GNAG understands how important it is to find the right blend of core, strength and cardio exercises to provide you with the best results. We offer a wide range of specialty and regular group fitness classes geared to fit all levels with a focus to get you in shape, stay active and improve your health. Programs are led by a team of top quality, energetic and passionate instructors. Come try us out and feel the difference! See the back cover and schedule your fitness class today!

CSI	(Cardio Strength Interval) Alternate between cardio and strength moves to keep your mind and body guessing. Emphasis on proper form, with options for all participants. HIIT, Tabata and other forms of training may be included.
FITXpress	A 45 minute class encompassing cardio, strength, and core stability ending with a full body stretch. Suitable for all levels as modifications are provided. Great way to energize your day!
Half N Half	Just like the name says - half cardio and half strength equals a full body workout! We'll mix it up to keep it interesting and fun, and provide modifications and options so everyone can participate.
*Hatha Yoga	A Hatha-based class designed for all levels and encompassing a variety of styles. Relieve stress and tension of the mind and body.
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.
*Movement is Medicine	This Pilates, Yin Yoga and stretch-based class will work on your muscles, ligaments, tendon and joints to enable ease of movement and increase range of motion from head to toes! We focus on developing core strength, endurance and flexibility while maintaining proper posture and spinal alignment. Class ends with a relaxation segment to wind down the nervous system, relax the mind, and get you ready for the rest of your day.
*Power Yoga	A vigorous, fitness-based approach to vinyasa-style yoga, emphasizing strength and flexibility. Don't be intimidated by the word "power," this class is ideal for all levels and abilities.
TMC	(Total Muscle Conditioning) A challenging & dynamic whole body muscle conditioning class using body bars, hand weights, bands & balls. Be prepared to work all your muscles!
Variety Fitness	Mix it up! Classes include cardio, muscle conditioning and core strength. Each week features one of our energetic and skilled instructors. See GNAG.ca for schedule.
*Yoga Flow	Go with the Flow in this dynamic practice! Also known as Vynassa Yoga, Flow is a sequence of postures that is synchronized to your breath. We will be incorporating Sun Salutations as well as a variety of other movements/poses that will help improve focus, posture, flexibility, strength & balance.
*Yoga Strength	A Vinyasa-based class that may include the use of light weights or balls. Build all over body strength & cardiovascular endurance while exploring postures and discovering strength you didn't know you had.
*Yoga Stretch	During this class, participants will perform Yoga postures at a slow, controlled pace to release tension in the entire body and bring awareness to their breath. Leave the class feeling relaxed and rejuvenated.
*Yoga Variety	A variety for everyBODY. These classes will allow participants to explore a variety of yoga styles including power, flow, yin, strength and more. See GNAG.ca for schedule.
Zumba	Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program that is a ton of fun. This exhilarating workout is an excellent way to burn calories and strengthen your core.



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 Exercise symbol on page 30 & 32 for classes that are HeartWise approved.

Spring & Summer 2019 Group Fitness

We require a minimum of 5 regular participants per class so grab a friend and come get fit with GNAG!

Please reserve your class online before attending. 10% Senior discount (65 years +) available for Season Memberships

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)	Saturday Apr 6 - Jun 29	Sunday Apr 7 - Jun 30 (ex Apr 21)
FITXpress 6:15 - 7:00 am (Ruth)		FITXpress 6:15 - 7:00 am (Victoria)		FITXpress 6:15 - 7:00 am (Mary)		
TMC 8:30 - 9:25 am (Ruth) 	TMC 8:30 - 9:25 am (Carol) 	CSI 8:30 - 9:25 am (Ruth)	TMC 8:30 - 9:25 am (Catherine) 	TMC 8:30 - 9:25 am (Andrea) 	Variety Fitness 9:00 - 9:55 am (Rotation)	
Half N Half 9:30 - 10:25 am (Mary)	*Movement is Medicine 9:30 - 10:25 am (Carol) 	Half N Half 9:30 - 10:25 am (Ruth)	Zumba 9:30 - 10:25 am (Catherine)	Half N Half 9:30 - 10:25 am (Andrea)	*Yoga Variety 10:00 - 10:55 am (Rotation)	*Yoga Strength 10:00 - 10:55 am (Ruth)
Low, Strength & Stretch 10:30 - 11:25 am (Christine) 	*Power Yoga 10:30 - 11:25 am (Gabrielle)	Low, Strength & Stretch 11:00 - 11:55 am (Christine) 	*Yoga Flow 2:15 - 3:10 pm (Mary)	*Movement is Medicine 10:30 - 11:25 am (Carol) 	<p>*Prefer to attend just one class?</p> <p>Check out the Yoga & Wellness classes on page 29* and register online.</p> <p>Full course descriptions on page 31.</p>	
CSI 6:00 - 6:55 pm (Gerry)		*Yoga Stretch 1:00 - 1:55 pm (Gina)		Low, Strength & Stretch 1:00 - 1:55 pm (Mary) 		
*Hatha Yoga 7:00 - 7:55 pm (Gitanjali)	<p>Spring 2019 Membership Apr 1 - Jun 30 (ex Apr 21 & 22 & May 20) \$195+HST (13 weeks)</p>		<p>10 Tickets Pack (expires Jun 30, 2020) \$132.75+HST</p>			
Monday Jul 8 - Aug 26 (ex Aug 5)	Tuesday Jul 2 - Aug 27	Wednesday Jul 3 - Aug 28	Thursday Jul 4 - Aug 29	Friday Jul 5 - Aug 30	Saturday Jul 6 - Aug 31	
FITXpress 6:15 - 7:00 am (Ruth)		FITXpress 6:15 - 7:00 am (Victoria)		FITXpress 6:15 - 7:00 am (Mary)		
TMC 7:40 - 8:40 am (Ruth) 	TMC 7:40 - 8:40 am (Carol) 	CSI 7:40 - 8:40 am (Ruth)	TMC 7:40 - 8:40 am (Catherine) 	Movement is Medicine 7:40 - 8:40 am (Carol) 	Variety 9:00 - 9:55 am (Rotation)	
CSI 6:00 - 6:55 pm (Gerry)		*Yoga Flow 6:00 - 6:55 pm (Mary)	<p>Summer 2019 Membership Jul 2 - Aug 31 (ex Aug 5) \$117+HST (9 weeks)</p>			
*Hatha Yoga 7:00 - 7:55 pm (Gitanjali)			<p>10 Tickets Pack (expires Jun 30, 2020) \$132.75+HST</p>		<p>Drop-in \$15.31+HST</p>	