


# Group Fitness & Wellness


















## Fall Season Multipasses



October 12 - December 23

Includes ONLINE and IN-PERSON classes or a combination of both (HYBRID)

Fall 2021 - Spring 2022 Multipass	\$640+HST
Fall 2021 Season Multipass	\$205+HST
10 tickets (in-person classes only)	\$135+HST
In-person drop-in	\$16+HST
Fall 2021 Online only	\$90+HST
Yoga Multipass 	\$190+HST

GNAGFit is now going **hybrid** which means more options! Hybrid classes is a combination of in-person and online classes. Whether you are workouting at the GCC or online from home, it's fun, it's safe and we are all together.

Monday Oct 18 - Dec 20	Tuesday Oct 12 - Dec 21	Wednesday Oct 13 - Dec 22	Thursday Oct 14 - Dec 23	Friday Oct 15 - Dec 17	Saturday Oct 16 - Dec 18
<b>HIRT 30</b> w/Ruth 8:15 - 9:00 am ID:837 3157 2155	<b>TMC</b> w/Ruth 8:15 - 9:00 am ID:837 3157 2155 	<b>HIRT 30</b> w/Mary 8:15 - 9:00 am ID:837 3157 2155	<b>TMC</b> w/Christine 8:15 - 9:00 am ID:837 3157 2155 	<b>HIRT 30</b> w/ Christine 8:15 - 9:00 am ID:837 3157 2155	<b>TMC / CSI</b> w/Ciana or Mary 9:15 - 10:00 am ID:851 2141 7295
<b>Hi/Low &amp; Strength</b> w/Ruth  9:15 - 10:10 am ID:851 2141 7295	<b>CSI</b> w/Gina  9:15 - 10:10 am ID:851 2141 7295	<b>Hi/Low &amp; Strength</b> w/Mary  9:15 - 10:10 am ID:851 2141 7295	<b>CSI</b> w/Christine  9:15 - 10:10 am ID:851 2141 7295	<b>Zumba</b> w/Federico 9:15 - 10:10 am ID:851 2141 7295	<b>Sunday</b> Oct 17 - Dec 19
<b>Vinyasa Yoga</b> w/Mary  10:30 - 11:25 am ID:862 9684 8735	<b>Beg. Hatha &amp; ELDOA</b> w/Gina  10:30 - 11:25 am ID:862 9684 8735	<b>Vinyasa Yoga</b> w/Ruth  10:30 - 11:25 am ID:862 9684 8735	<b>BodyMoves</b> w/Mary  10:30 - 11:25 am ID:862 9684 8735	<b>Slow Flow Yoga</b> w/Tracy  10:30 - 11:25 am ID:862 9684 8735	<b>Yoga Strength</b> w/Ruth or Mary  9:15 - 10:00 am ID:851 2141 7295
<b>Hatha Yoga</b> w/ Gitanjali  6:00 - 6:55 pm In-person Only		<b>Movement Is Medicine</b> w/ Carol  8:15 - 9:00 am ID:822 1282 0907	 <b>GNAG joins the Heart Wise Exercise (HWE) Network, a partnership of community organizations with the University of Ottawa Heart Institute.</b>		

<b>Hybrid (online &amp; In-person)</b>	<b>TMC</b> w/ Carol  9:15 - 10:00 am ID:865 5798 2130
<b>Online only</b>	<b>Yin Restorative Yoga</b> w/ Gabrielle  6:00 - 6:55 pm ID:862 5312 3402
<b>In-person only</b>	

Please note:

- \* We require a minimum of 5 regular participants in order to run the class.
- \* Remember to reserve your spot for in-person classes and please arrive 10 minutes before the start of your class.
- \* Masks must be worn at the GCC. They may be removed once class begins.

# Class descriptions

## GNAGFiT

**CSI (Cardio Strength Interval):** Alternate between high and low impact options of cardio and strength moves to increase strength and endurance. HIIT, Tabata and other forms of training may be included. Suitable for all levels; proper form emphasized.

**Hi/Lo & Strength:** Aerobic style cardio workout with hi and low impact options combined with strength component for a full body workout.

**HIRT: 30 mins of Hitting It (YOUR) Hard of High Intensity Resistance Training,** followed by 15 mins of stretching so you're ready for whatever the day brings. Options provided for all levels of fitness, we pinky swear!

**Movement is Medicine:** Work on muscles, ligaments, tendons and joints to enable ease of movement and range of motion as well as proper posture and spinal alignment.

**TMC (Total Muscle Conditioning):** A dynamic whole body muscle conditioning class. Be prepared to work out and stretch out!

**Zumba:** An exhilarating workout that fuses Latin rhythms and easy-to-follow moves creating a dynamic class that's tonnes of fun! (more below)

## GNAG Yoga



Lots of selection suitable for all levels! Due to health and safety, yoga equipment will not be available for use. Please bring your own mat (BYOM), yoga blocks and strap to your in-person class.

**BodyMoves:** Explore movement through a fusion of core, strength and stretch based exercise styles. **Hatha Yoga:** Relieve tension by addressing spirit, mind and body with postural and breath-work. A practice for everyone.



**Hatha & ELDOA Beginnings:** For participants either new to Hatha Yoga and ELDOA\* practices or looking to return, this class focuses on breathing technique, mindfulness, body awareness and alignment, and activating key muscles to foster your best movement.

**Vinyasa Yoga:** Practice mindfulness and build overall strength, flexibility and focus while linking breath to movement.

**Slow Flow Yoga:** Mix it up! Warm things up with flowing yoga sequences, then cool down with deep, gentle and calming yoga stillness.

**Yin Restorative Yoga:** Includes long held poses designed to stretch the connective tissue to invoke relaxation and restoration.

**Yoga Strength:** A vinyasa style class to build overall strength and cardio vascular endurance while exploring flow and postures.

\*ELDOA are precise postural exercises that use myofascial stretching to widen the space between a chosen joint or articulation. A key goal is to improve joint mechanics.

