

# Group Fitness & Wellness

## Winter Season Multipasses

January 4 - April 3 (ex Feb 21)

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

Winter - Spring 2022 Multipass	\$420+HST
Winter 2022 Season Multipass	\$245+HST
10 tickets (in-person classes only)	\$140+HST
In-person drop-in	\$16+HST
Winter 2022 Online only	\$180+HST
Yoga Multipass only 	\$170+HST



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

Monday Jan 10 - Mar 28 (ex Feb 21)	Tuesday Jan 4 - Mar 29	Wednesday Jan 5 - Mar 30	Thursday Jan 6 - Mar 31	Friday Jan 7 - Apr 1	Saturday Jan 8 - Apr 2
<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> Jan 9 - Apr 3
<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 G  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 ID: 871 7376 5508		<b>Movement Is Medicine</b> w/ Carol 8:15 - 9:00 am ID:822 1282 0907	<b>Hatha Yoga</b> w/ Tracy C  6:00 - 6:55 pm  ID: 871 7376 5508		
<b>Hybrid (online &amp; In-person)</b>		<b>TMC</b> w/ Carol 9:15 - 10:00 am ID:865 5798 2130	 GNAG joins the Heart Wise Exercise (HWE) Network, a partnership of community organizations with the University of Ottawa Heart Institute.		
<b>Online 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.

**Body Moves:** 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.

**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.