



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
PREVENTION NETWORK

RÉSEAU DE PRÉVENTION DES  
MALADIES CARDIOVASCULAIRES  
DE LA RÉGION DE CHAMPLAIN

# CHAMPLAIN LHIN PHYSICAL ACTIVITY RESOURCES LIST

This Physical Activity Resource has been developed in collaboration with the following partners:



**Eastern Ontario  
Community Primary Health  
Care Network**

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# Champlain LHIN

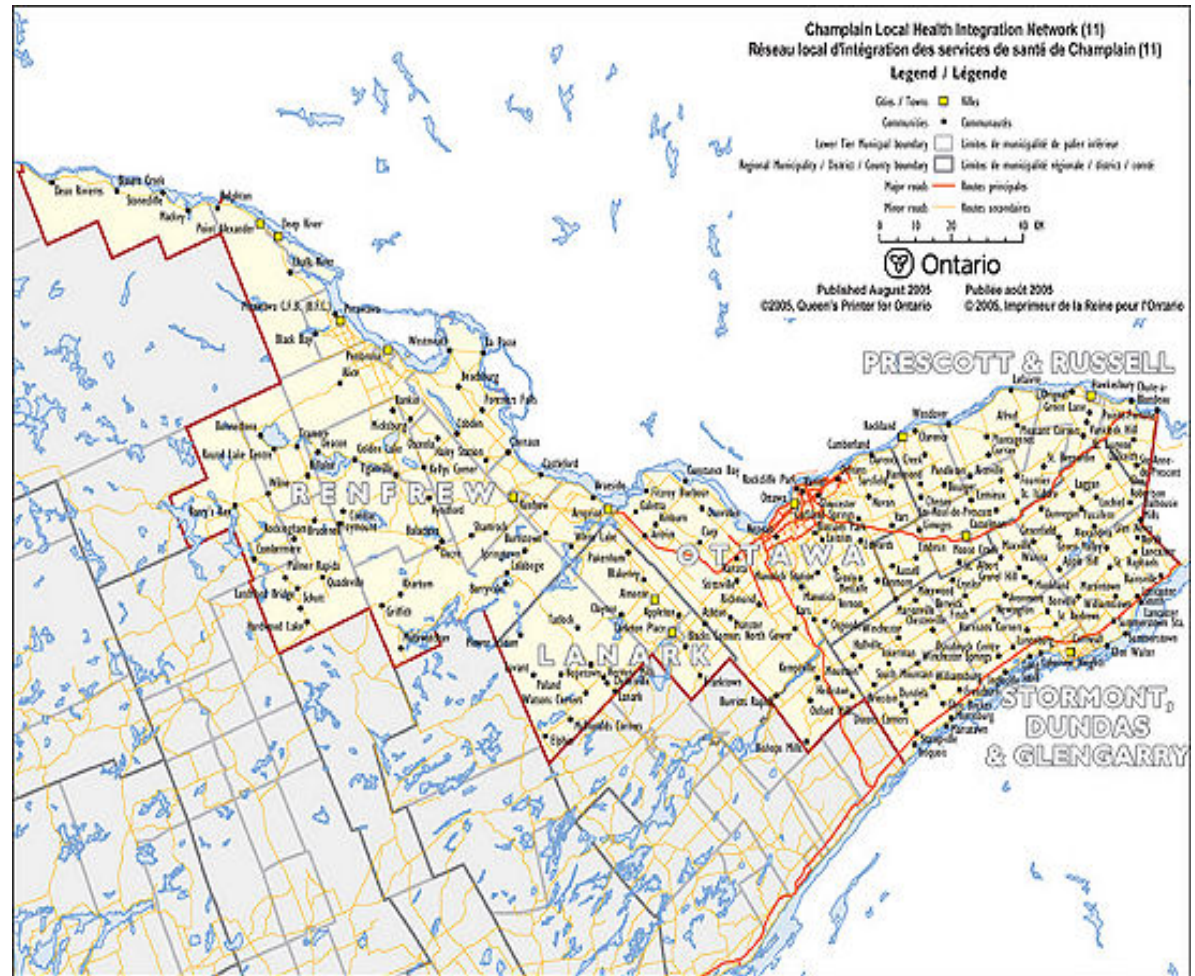
## Physical Activity: Community Resources

### Introduction

The purpose of this document is to present a list of physical activity offerings within the Champlain Local Health Integration Network (LHIN) based on geographic division and type of program. It is intended as a tool to assist community practitioners in the promotion of physical activity within their patient population.

Physical inactivity is a risk factor for cardiovascular and other chronic diseases. A growing body of evidence demonstrates that health care professionals can effectively increase patients' physical activity levels through brief clinical interventions that include brief advice, provision of written information, and follow up over subsequent consultations.


The recommended level for physical activity is 30 to 60 minutes of moderate physical activity (e.g. brisk walking) on most days of the week.



This information was provided by the network of community partners throughout the Champlain LHIN who are committed to the prevention of chronic disease in our community. The health educators and physiotherapists at the University of Ottawa Heart Institute (UOHI) Division of Prevention and Rehabilitation compiled the information and will plan to update it on an annual basis. If you notice inaccuracies or wish to add a program, please contact the UOHI Heart Health Education Centre at: Phone: 613 761 4753 or 1 866 399 4432; email: [hearthealth@ottawaheart.ca](mailto:hearthealth@ottawaheart.ca)


## Heart Wise Exercise Programs\*

The University of Ottawa Heart Institute has partnered with many organizations throughout the Champlain LHIN to develop safe and appropriate exercise programs for people who have heart disease.

The goal of the Heart Wise  symbol is to visually identify exercise programs that have been designated as meeting the conditions for safety and suitability for people with heart disease.

Heart Wise programs are intended for people who are interested or concerned about their heart health. Individuals who have heart disease will be accepted at designated Heart Wise locations provided they have approval from their doctor.



Heart Wise  designated exercise programs meet the following criteria:

- Encourage regular, daily aerobic exercise
- Incorporate and encourage warm up, cool down and self-monitoring with all exercise sessions
- Allow participants to exercise at a safe level with progressive options to increase intensity if appropriate
- Accept participants with a known history of cardiac disease – provided they have physician approval
- Provide health screening for all participants
- Have an emergency plan that is documented and known to all exercise leaders that includes
  - Mandatory, current CPR certification for all exercise leaders
  - Phone access to EMS and
  - The presence of an automated external defibrillator (AED)

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

\*This project is supported by the Government of Ontario  Ontario





**Programs displaying this symbol are designated Heart Wise programs**

## Ottawa East







### Walking Clubs

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Ottawa Voyageurs Walking Club</b> 2039 Gatineau View Cres.	Outdoor walking	Adults Older adults	Varying times	N/A	Karen Venema 613-731-5417
<b>Place D'Orléans Shopping Centre</b> 110 Place d'Orléans Drive	Indoor Walking	Adults Older adults	Tue – Thurs 8:30 – 10:30am (Only during winter)	\$15 for first yr \$10 thereafter	613-521-2191
	Informal Mall Walking	Adults Older adults	Varies	Free	Bill Holland 613-824-9563
<b>St. Laurent Shopping Centre</b> Wild About Walking / Friendly Corner 1200 St-Laurent Blvd.	 Indoor Walking	Adults Older adults	Mon, Wed, Fri 7:30 - 10:30 am	\$15.00/year	Jill Sooley Perley 613-745-6850 x308
<b>Club de Marché Santé</b> Centre Richelieu Vanier 300 avenue Pères Blancs	Outdoor walking	Adults Older adults	All Season	Fee	Helene Berthelet 613-580-2424 x28464
<b>Dempsey Walking Club</b> Dempsey Community Centre 1895 Russell Road	 Indoor walking	Adults Older adults	Mon/Wed/Fri 10:30 - 12:00 pm	\$12.50 /year	David Duffy 613-247-4846
<b>Dome at Louis Riel</b> 1659 Bearbrook	Indoor Track Walking + Stationary bikes	Adults Older adults	Varies	Monthly \$35 Seniors \$20	Sophie 613- 830-1993
<b>Orleans Volkssport Association</b> 1197 Grenoble Crescent	Outdoor Walking	Adults Older adults	Varies	N/A	John Virag 613-830-1995 jvirag@magma.ca





PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Ottawa Hostel Outdoor Club</b> 1420 Plumber Avenue	Hiking Club outdoors	Adults Older adults	Varies	N/A	Brenda Briones kenz@playground.net
<b>Jack Purcell Community Centre</b> 320 Jack Purcell Lane	Outdoors	Adults Older adults	Spring/Fall	Free	613-564-1050
	Indoor rehab walking	Adults Older adults	Tues & Thurs 2:15 - 3:15 pm	1x wk for 10 wks = \$45 , 2x wk for 10 wks = \$70	Chris Rodgers Nancy Bullis 613-564-1050
<b>Rockliffe Park Recreation Centre</b> 380 Springfield Road	Outdoors – walking 5km	Adults	Wed & Fri 9 – 10 am	\$26 for 10 weeks	Karen Venema 613-580-2424 x36058
	50+ Walking Outdoor – 2-3km Walks – Fall & Spring	Older Adults	Mon 9 – 10 am	\$2 drop in or Seasonal Rate (which is less)	Karen Venema 613-842-8578
<b>Richelieu-Vanier</b> 300 des Peres-Blanc Ave	Outdoors	Adults Older Adults	Tues & Thurs 9 – 10 am	\$26 for 10w or \$2 for drop in	Karen Venema 613-580-2424 x36058
<b>Running Room Walking Club</b> Running Room (Orleans) 260 Centrum Boulevard	Outdoors	Adults Older adults	Sun 8:30 am Wed 6 pm	Free \$69.99 for 10 weeks	613-830-7539






## Pools







PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Bob MacQuarrie Recreation Complex - Orléans</b> 1490 Youville Dr.	 Aquafit Soft This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Varies	\$6.45 drop in (6 months: \$151)	613-824-0819 Jean-Marc Lacroix x227 Natalie Kahale x238
	 Acute Aqua An aqua fit program ideal for individuals with fibromyalgia and chronic fatigue syndrome, also suitable for those recovering from an injury or hip/knee replacement.	Adults Older adults	Varies		




PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Sawmill Creek Pool</b> 3380 D'Aoust Avenue	 Aquafitness This class trains both cardiovascular and muscle conditioning using the waters own natural resistance	Adults Older adults	Mon/Wed/Fri 10:3 -11:15 am	\$6.45 drop in (6m: \$151)	Michelle Morissey 613-521-4645 x223
	Aquafit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance	Adults Older Adults	Varies	\$6.45 drop in (6m: \$151)	613-521-4092
	Lane Swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>Splash Wave Pool</b> 2040 Ogilvie Rd.	Aquafit Soft This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Tues/Thurs/Fri Varies	\$6.45 drop-in (6 months \$151)	613-748-4222 France Teriault- Saumur x223 Philippe Lemire x229
	Aquafit Cardio This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults			
	Lane Swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	Kristin Tittley x233
<b>St-Laurent Complex</b> 525 Coté St.	 Aquafit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Tues/Thurs 2:00 - 2:45 pm	\$6.45 drop in	Daniel Berube 613-742-0147
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	Kevin Westerberg 613-742-5828
<b>Ray Friel Centre</b> 1585 Tenth Line Rd., Orléans	Aquafit (Various classes) This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Mon/Wed/Fri 9:45 am	\$6.45 drop in (6 months \$151)	613-830-2747 Tosha Rhodenizer x231
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50	Janet McGeein x228

## Low Intensity Exercise Programs

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Beacon Hill Community Centre</b> 2339 Ogilvie Rd.	 Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.	Older adults	Tues 9:15 - 10:15 am	\$78 for 15 classes	Roger Seguin 613-748-9457
<b>Bob MacQuarrie Recreation Complex</b> 1490 Youville Dr., Orleans	 Gentle Fitness A gentle approach to fitness including strength, cardio and flexibility while taking into consideration limits due to joint movement, arthritis, osteoporosis, etc.	Adults Older adults	Mon/Wed 1:00 - 2:00 pm	\$150 for 14 classes	J. Steers 613-824-0819
<b>Overbrook-Forbes Community Centre</b> 120-225, rue Donald Street	Tai Chi - Level 1 A gentle, peaceful way to tone and strengthen your body as well as improve concentration, co-ordination and balance. The slow, graceful movements calm the mind and energize the body.	Adults Older adults	Tues 6:00 - 7:00 pm	\$59.50	613-745-0073
<b>Ray Friel Centre</b> 1585 Tenth Line Rd.	Variety of classes	Adults Older adults	Varies	\$7.50 drop in	613-830-2747
<b>Rideauview Community Centre</b> 4310 Shoreline	 Tai Chi A gentle, peaceful way to tone and strengthen your body as well as improve concentration, co-ordination and balance. The slow, graceful movements calm the mind and energize the body.	Adults Older adults	Fri 1:30 - 2:30 pm	\$47 for 10 classes	613-822-7887
	 50+ Weight training For the mature adult who wants to enhance physical and psychological well being.	Adults Older adults	Thurs 10:00 am		

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>St-Laurent Complex</b> 525 Coté. St.	 50+ aerobics Very low impact exercising using aerobics, stretching, flexibility and weight-bearing exercises.	Adults Older adults	Mon – Sun 10:15-11:15 am Wed 9:00- 10:10 am	\$7 drop in 6m: \$149	B. Robitaille 613-742-3464
	 Yopalates Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body and breath.	Adults Older adults	N/A	\$88 1x/wk for 8 wks	
	Yopalates Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body and breath.	Adults Older adults	Thurs 7 pm Sun 11am	\$50 for 7 classes	
	 50+ Low Impact A low to mid-level aerobics class designed for participants 50+. Includes muscle toning and flexibility exercises.	Adults Older adults	Mon 10:15 am		
	 Low Impact - Strength & Tone A low to mid-level aerobics class including muscle toning and flexibility exercises.	Adults Older adults	Tues 5:00 pm		
	 50+ Strength & Tone Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout.	Adults Older adults	Tues/Thurs 10:15 am		

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
	 <p>Strength &amp; Tone with Flexibility Safely increase your flexibility and strength using hand-weights, exercise bands, etc.</p>	<p>Adults Older adults</p>	<p>Wed 9:00 am</p>		
	 <p>Flexibility Do you hold tension? Have tight muscles? You will stretch every part of the body and relax those tight muscles as you improve your flexibility. A relaxation component at the end of the class will leave you with a relaxed body and mind and a refreshed outlook.</p>	<p>Adults Older adults</p>	<p>Thurs 5:00pm</p>		
	 <p>Core Conditioning Pilates-style classes strengthen the body's core muscles, increase flexibility, and help posture using a mat work.</p>	<p>Adults</p>	<p>Sun 10:00am</p>		
	 <p>50+ Low Impact- Core Condition <b>Low impact</b> aerobics with a combination of free weights and <b>core</b> strengthening taught in a group fitness <b>class</b>.</p>	<p>Adults Older adults</p>	<p>Fri 10:15am</p>		
	 <p>Strength &amp; Tone Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout.</p>	<p>Adults Older adults</p>	<p>Sat 10:15am</p>		
	 <p>Indoor Cycling Intro Discover the world of indoor group cycling. Learn the basic routine and improve your strength and aerobic base.</p>	<p>Adults Older adults</p>	<p>Tues 6:30 pm</p>		

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>The Friendly Corner</b> 1200 St-Laurent Blvd.	 Strength Training A complete and gentle workout don seated to lively music. Includes light strength training.	Older adults	Tues 10:00-11:00a.m Thurs 1:00-2:00pm	\$12	Betty Ann Hamilton 613- 580-6744 x26189
<b>YMCA-YWCA Orleans</b> 265 Centrum Blvd.	 Y50 Classes consist of safe and gentle exercises designed to address the fitness needs of mature adult and special populations. May include any of the following: Low and weight, low and ball, total muscle conditioning, low and stretch, walking and weights.	Adults Older adults	Mon/Wed/Fri 10:45-11:45 am	\$6.00 drop in Memberships available	Serge Tremblay 613-830-4199
	 Learn Yoga Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.	Adults Older adults	Tues/Thurs 10:45-11:45 am		

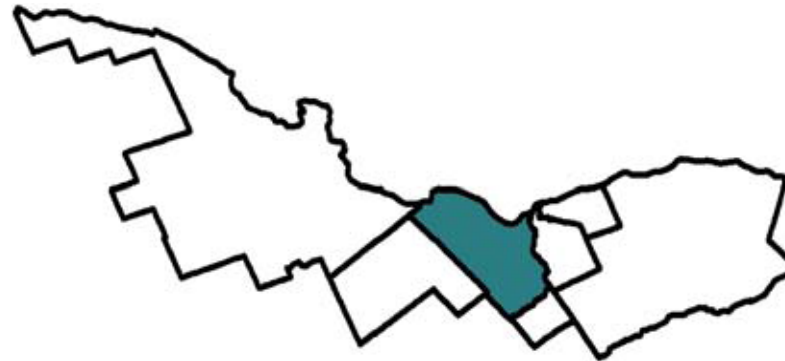
### Individualized Exercise Options

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Overbrook Community Centre</b> 120-225, rue Donald Street	Women Alive – French only Physical activity program for women on limited income.	Women on limited income	Monday 6 – 7 pm	N/A	613-745-0073
<b>YMCA-YWCA Orleans</b> 265 Centrum Blvd.	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	Serge Tremblay 613-830-4199



**Personal Trainers**

<b>Name</b>	<b>Address</b>	<b>Email</b>	<b>Phone</b>
Allen, Kimberly	<b>Fitness For Freedom</b>	In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>
Bélanger, Cathy	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:cathy.belanger@gmail.com">cathy.belanger@gmail.com</a>	613-837-8337
Julien, Sherry	<b>YMCA-YWCA Orleans</b> 265 Centrum Blvd. (Orléans)	<a href="mailto:sherryjulien@rogers.com">sherryjulien@rogers.com</a>	613-830-8954
Kittelberg, Marian	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:marian.kittleberg@ottawa.ca">marian.kittleberg@ottawa.ca</a>	613-824-0819 x230
Quenneville, Hélène	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:fit4life@sympatico.ca">fit4life@sympatico.ca</a>	613-834-4277
Steers, Jennifer	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:jennifer.steers@ottawa.ca">jennifer.steers@ottawa.ca</a>	613-824-0819 x228
Tremblay, Serge	<b>YMCA-WMCA</b> 265 Centrum Blvd.(Orléans)	<a href="mailto:stremblay017@sympatico.ca">stremblay017@sympatico.ca</a>	613-834-2330

## Ottawa West



### Walking Clubs






PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Bayshore Walking Club</b> Bayshore Shopping Mall 100 Bayshore Dr.	 Indoor walking	Adults Older adults	Every day 7:00 or after	Free	Jane Duncan Maha Karam 613-829-7491 x223
<b>Constance Bay Community Centre</b> 262 Len Purcell	Indoor Walking	Adults Older adults	Tues 9-10am Thurs 9:30-10:30 am	Free	613-580-6744 x26234
<b>Dovercourt Centre/ Rehab Walking Club</b> 411 Dovercourt	 Indoor walking	Adults Older adults	Tue – Thurs (fall) 2:30 -3:30 pm	Free	Pam Byers 613-798-8950
<b>Hazledean Shopping Mall</b> The In Club Mall Walkers 300 Eagleson Rd.	Indoor Walking	Adults Older adults	Mon – Fri 7:30 - 10:30am	Free	Nisha Mapara 613-591-1294
<b>Carp Walking group</b> Erskine Johnson Arena 3832 Carp Rd.	Indoor and outdoor walking	Adults Older adults	Thursdays 9:30-10:30 am	Free	613-839-3000
<b>Kanata “Y” Fitwalk</b> Kanata YMCA-YWCA 1000 Paladium Dr.	Power Walking (Outdoor)	Adults Older adults	Tuesday 9:30 am	Free for Members or \$25 for 8 wks	Kerri Milan 613- 599-0280






PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Lincoln Fields Shopping Centre Walking Club</b> Carling & Ottawa River Parkway	Indoor Walking	Adults Older adults	Tues/Thurs 6:00-9:00am	Free	613-828-3783
<b>Manotick Gottawalk</b> Manotick Arena Doctor Leach Drive	Indoor Walking	Adults Older adults	Mon/Fri 10-11am	Free	Barbara O'Brian 613-580-6744 x26173
<b>Merivale Mall – Nepean Heart Walkers</b> 1642 Merivale Rd, Nepean	Indoor Walking	Adults Older adults	Mon to Sat 7:00 to 9:00 am	Free	613-226-1290
<b>Nepean Nomads Walking Club</b> 19 Beaumaris Drive	Outdoor Walking	Adults Older adults	All season	Free	Marv Hinton 613-828-3216
<b>Nepean Sportsplex Walking Club</b> Nepean Sportsplex 1701 Woodroffe	Indoor Walking Individual walking of a mapped course	Adults Older adults	At your discretion	Free	Valerie Blais 613-728-8688
<b>North Gower Happy Hoofers</b> Alfred Taylor Community Centre 2300 Community Way	Indoor Walking	Adults Older Adults	Wed 10-11am (Nov. – April)	Free	
<b>Osgoode Walking Club</b> 5560 Osgoode Main Street	Indoor Walking	Adults Older Adults	Mon 9:30-11am	Free	
<b>Owls Nest - Mall Walk</b> Lincoln Heights Galleria 2525 Carling Avenue	Indoor walking	Adults Older adults	Weekdays 7:00-9:30 am	Free	613-724-4145
<b>Rehab Walking Club</b> Ron Kolbus Lakeside Gardens 2805 Carling Avenue	Indoor walking	Adults Older adults	Tue & Thurs 2:15-3:15 pm	1/wk for 10 wks = \$45 2/wk for 10 wks = \$70	Nancy Bullis 613-828-4313
<b>Richmond</b> Richmond Community Centre 6095 Huntley Road	Indoor Walking	Adults Older Adults	Tues and Thurs 10:30-11:30am	Free	613-838-5423

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Running Room Walking Club</b> 1518 Merivale Rd	Outdoor Walking	Adults Older adults	Varying times	\$69.99 for 10 weeks	Hilda Beauregard 613-228-3100
<b>Stittsville Walkers</b> Stittsville Community Centre 10 Warner-Colpitts Lane	Indoor Walking	Adults Older Adults	Mon 1:30-2:30	Free	613-580-6744 x15251
<b>Superdome Indoor Walking</b> Ben Franklin Park 191 Knoxdale Rd.	Indoor Walking	Adults Older Adults	Varies	\$1 per session	613-829-3663
<b>Vernon Walking Club</b> Vernon Community Centre 7950 Lawrence Street	Indoor Walking	Adults Older Adults	Mon/Thurs 9:30-11am	Free	Barbara O'Brian 613-580-6744 x26173
<b>Walk A Mall Carlingwood Shopping Mall</b> 2121 Carling Avenue	Indoor Walking (individual)	Adults Older adults	7:00- 10:00 am At your discretion	Free	613-725-1551
<b>Walter Baker Walking Clubs</b> 100 Malvery Dr	Indoor walking	Adults Older adults	At your discretion	Free	Dale Johnson 613-580-2420 x30307
<b>West Carleton Walking Club</b> Kinburn Community Centre	Indoor Walking	Adults Older adults	Tues 9:30 –10:30 am	Free	613-580-6744 x26234





## Pools








PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>YMCA/YWCA Carlingwood</b> 200 Lockhart Ave Aqua Vitality	A class of light exercise followed by a leisure swim for participants over the age of 50 designed to incorporate a social component to their workout in addition to staying active and fit	Adults Older adults	N/A	\$6.00 drop in \$33.72/month	613-729-7131









PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Nepean Sportsplex</b> 1701 Woodroffe Ave	 <b>Shallow-Lite</b> This class trains both cardiovascular and muscle conditioning using the waters own natural resistance in the shallow end of the pool Lane swim Lap swimming for youth and adults only	Adults Older Adults	Varies	\$6.45 drop in \$3.35 drop in (seniors) 6 mth: \$149 Membership including access to all facilities (pool and aerobics) is \$204/6 m	Julie Auchterlonie 613-580-2828 x3
	Adults				
<b>Walter Baker Sports Centre</b> 100 Malvern Dr	 <b>Shallow-Lite</b> This class trains both cardiovascular and muscle conditioning using the waters own natural resistance in the shallow end of the pool Lane swim Lap swimming for youth and adults only	Adults Older Adults	Varies	\$6.45 drop in \$151/6 m	Jennie Queen 613-825-6762 x30303
	Adults				
<b>Dovercourt Recreation Centre</b> 411 Dovercourt	 <b>Senior Aqua</b> An aqua fitness class designed for the more mature adult. Exercises are performed wit your health, safety, and enjoyment in mind	Older adults	Tues/Thurs 11:15 – 12:15 pm	Varies	613-798-8950 Jan Gibbon x225 Kathleen Finn x228 Christine Pelletier x236
<b>Goulbourn Recreation Complex</b> 1500 Shea Rd.	 <b>Aqua fitness</b> This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Varies	\$6.45 drop in 6 months: \$151	613-831-1169
	 <b>Arthritis Program</b> For individuals experiencing physical limitations in land-based exercise programs. Water can help prevent arthritic pain and stiffness and increase range of motion, while supporting your joints as your body becomes buoyant. Decrease inflammation; strengthen muscles and joints with little post-exercise soreness.	Adults Older adults	Tues/Thurs 10:4511:30 am	\$61.75	
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	









PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Kanata Wave Pool</b> 70 Aird Place	 Aqua fit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Varies	\$6.45 drop in 6 months: \$151	613-591-9283
	Lane Swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>Pinecrest Recreation Complex</b> 2250 Torquay Ave	 Vitality The Vitality Program is geared to participants over 50 years of age who find the regular aerobics program too strenuous. We offer classes that will improve cardiovascular fitness, strength, muscular endurance, balance and coordination.	Adults Older adults	Varies	\$6.45 drop in 6 months: \$151	613-828-3118
	Senior Lane Swim Lap swimming for adults aged 50+	Adults Older adults	Varies	\$3.50 drop in	
<b>Soloway Jewish Community Center</b> 21 Nadolny Sachs Private	 Water Walking This class is designed to strengthen your core as well as the muscles in the legs with a gentle progressive walking program that helps improve posture and balance in the safe environment of the water.	Adults Older adults	Wed 2:00-3:00 pm	Membership required	Carla Gencher 613-798-9818 x278
	 Aqua Waves The best of both shallow and deep water aqua fit. Aqua waves focuses on cardiovascular endurance with full body toning and an aqua stretch segment for relaxation. Aqua belts are provided for flotation.	Adults Older adults	Mon/Wed/Fri 9:30-10:15 am Tues/Thurs 10:00-10:45 am	Membership required	
	 After Work Energizer Re-energize yourself after a long day with the de-stressing powers of exercise in the water.	Adults Older adults	Mon/Wed 6:00 - 6:45 pm	Membership required	







### Low Intensity Exercise Programs






PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Churchill Recreation Centre for ages 55+</b> 345 Richmond Rd.	Integrated Fitness	Adults Older Adults			613-798-8927
	 Total Fitness Variety of strengthening and cardiovascular activities appropriate to the individual	Adults Older Adults			
<b>Eva James Memorial Community Centre</b> 65 Stonehaven	 Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.	Older adults	Mon 2:10-3:10 pm Tues/Thurs 9:00-10:00 am	\$4 drop in \$49-\$57 1x/week	Lisa-Anne Robichaud 613-271-0712 x225
	 Chair exercise A complete and gentle workout don seated to lively music. Includes light strength training.	Older adults	Wed 1:30-2:30 pm		
	 Stretch and Strength This class features a series of exercises for all major muscle groups using dumbbells and Dyna-bands, sandwiched between a warm-up stretch and a cool-down	Adults Older adults	Mon 12:00-1:00 pm Wed 10:45-11:45 am		



PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Kanata Leisure Centre</b> 70 Aird Place	 Strength and Stretch This class features a series of exercises for all major muscle groups using dumbbells and Dyna-bands, sandwiched between a warm-up stretch and a cool-down.	Adults	Mon 10:15-11:15 am	\$110 for 14 classes	Janis Phillips 613-591-9283 x306
	 Yogalates Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body, and breath.	Adults Older adults	Wed 8:30-9:30pm	\$84 for 16 classes	
	 Low and Core Low impact cardiovascular segment and core strength training with equipment (weights, tubing and exercise ball).	Adults Older adults	Tues 5:00-6:00pm	\$54	
	 Gentle Movement A fitness program for those with any of the following medical conditions: Fibromyalgia, MS or minor stroke. Designed to enhance flexibility, range of motion, strength, balance, self-esteem and general wellness.	Adults	Wed 11:30am-12:30pm	\$31-56 for 8 weeks	
	 Gentle Yoga Ideal for people 50 years and older! Develop awareness, flexibility and strength.	Adults Older adults	Mon 2:00-3:30 pm Thurs 2:00-3:30 pm	\$84 for 16 classes	
	 Strength Training Increase your energy level and gain confidence to use weights and cardio machines in our facilities. Learn stretching, warm-up and strengthening techniques that may help you prevent injuries and increase your functional activity.	Older adults	Mon-Fri Varies	\$54	
	 Stretch and strength Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout	Older adults	Wed/Fri 10:15-11:15am Wed 2:00-3:00pm	\$54	

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Kanata Seniors Centre John Mlacak Centre</b> 2500 Campeau Drive	 Gentle Joint tone & stretch Designed for those with joint or balance related difficulties and incorporates a gentle tone and stretch program.	Adults Older adults	Mon/Wed/Fri 9:15-10:15am	\$41 for 8 weeks (one class/ week)	Janet Baigent 613-599-4480 x23
	 Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured. Options for making the exercises easier or more difficult will be given each class.	Older adults	Mon/Wed/Fri 9:15-10:15am	\$54 for 12 classes	
	 Chair-ercise Exercises are performed while sitting in a chair, or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics when combined with walking. Chair-ercise is ideal for those with arthritis, osteoporosis or those starting an exercise program.	Adults Older adults	Mon/Fri 10:30-11:30 am	\$31 for 7 classes	
<b>Kinburn Client Service Centre</b> 5670 Carp	 Stretch and Strength This class features a series of exercises for all major muscle groups using dumbbells and Dyna-bands, sandwiched between a warm-up stretch and a cool-down.	Adults Older adults	Mon 1:15 pm Tue 10:30 am	\$41 for 8 classes	613-580-2424 x33230
<b>Pinecrest Recreation Complex</b> 2250 Torquay	 50+ weight training For the mature adult who wants to enhance physical and psychological well being.	Adults Older adults	Wed 9:00 am	\$31 for 7 classes	M. Monyahan 613-828-3118
<b>Richmond Memorial Community Centre</b> 6095 Perth St.	 Gentle Joint Tone and Stretch Designed for those with joint or balance related difficulties and incorporates a gentle tone and stretch program.	Adults Older adults	Tues 10:45-12:45 pm Thurs 7:00-8:30 pm	\$6.00 drop in Members-hip available	613-580-2424 x33230
<b>Manotick Arena</b> 5572 Doctor Leach Dr.	 Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.   Gentle Joint (seniors) Learn to ove safely to regain lost flexibility and vigour , improve your health, and bring ahappier state of mind. Seated and standing exercises geared to individuals needs.	Older Adults	Mon 8:15 am  Tues/Thurs 10:30 am	\$35.25 for 8 classes	Karen Fernie 613-580-2424 x 30264


PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>Nepean Creative Arts Centre</b> 11-35 Stafford Rd. Bells Corners</p>	<p> <b>Yogalates</b> Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern for a holistic and intelligent approach to wellness of mind, body and breath.</p> <p> <b>Older Adult Fitness</b> Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p> <p> <b>Stretch &amp; strength</b> This class features a series of exercises for all major muscle groups using dumbbells and Dyna-bands, sandwiched between a warm-up stretch and a cool-down.</p>	<p>Adults Older adults</p> <p>Older adults</p> <p>Adults Older adults</p>	<p>Fri 9:45 - 10:45 am</p> <p>Wed 1:00 - 2:00 pm</p> <p>Mon 1:00 - 2:00 pm</p>	<p>\$81 for 13 classes</p> <p>\$57 for 14 classes</p> <p>\$54 for 13 classes</p>	<p>Lisa Zanyk 613-596-5783</p>
<p><b>Nepean Sportsplex</b> 1701 Woodroffe Ave.</p>	<p> <b>Indoor Cycling Training</b> Discover the world of indoor group cycling. Learn the basic routine and improve your strength and aerobic base.</p> <p> <b>Heart Health</b> Improve your fitness with this heart health low intensity program. Participants are required to complete a health questionnaire. A physician assessment, stress test, etc. may be required. Medical clearance for individuals with cardiac disease is required.</p> <p> <b>Older adult fitness</b> Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p> <p> <b>Chair-ercise (seniors)</b> A series of exercises will be performed while sitting in or standing by a chair, using free weights, tubing and balls to condition and strengthen the mind and body</p> <p> <b>Nifty 50s</b> Designed for the over 50's with low impact exercises, chair based exercise is available as an option for people with limited mobility. Caters for all levels of ability and fitness.</p>	<p>Adults Older adults</p> <p>Adults Older adults</p> <p>Older adults</p> <p>Older adults</p> <p>Adults Older adults</p>	<p>Sun 7:00 pm</p> <p>Mon/Wed &amp; Tues/Thurs Pm/am</p> <p>Mon/Wed/Fri 10:45 am</p> <p>Wed/Fri 9:00 am</p> <p>Tues/Thurs 9 am</p>	<p>\$41.75 for 5 classes \$227 for 28 classes \$41 1x week for 8 weeks \$89 for 26 classes</p>	<p>S. Papai 613-580-2828 x46681</p> <p>M. Lalonde 613-580-2828 x41225</p> <p>S. Papai 613-580-2828 x46681</p> <p>L. Dondale 613-580-2828 x41264</p> <p>S. Papai 613-580-2828 x46681</p>



PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>Walter Baker Centre</b> 100 Malvern.Rd</p>	<p> Freedom 55 Classes All around fitness and strength training designed for the over 50 group. Includes cardio, strength training and flexibility.</p> <p> Fit n' Tone Variety of fitness activities that will keep your workout fresh and inspiring. Includes low impact, step and strength training.</p>	<p>Adults Older adults</p>	<p>Tues/Thurs 7:30 pm</p> <p>Mon 9:30 am Thurs 10:30 am</p>	<p>\$6.45 drop in \$149.00 (6 months)</p>	<p>Dale Johnson 613-580-2424 x30307</p>
<p><b>YMCA-YWCA Nepean</b> 1642 Merivale Rd. (Merivale Mall)</p>	<p> Y50 Classes consist of safe and gentle exercises designed to address the fitness needs of mature adult and special populations. May include any of the following: Low and weight, low and ball, total muscle conditioning, low and stretch, walking and weights.</p> <p> Learn Yoga Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.</p>	<p>Adults Older adults</p> <p>Adults Older adults</p>	<p>Mon/Wed/Fri 10:30 - 11:30 am</p> <p>Mon 8:00 - 9:00 pm Wed 11:30 - 12:30 pm 7:05-8:30pm</p>	<p>\$6.00 drop in Memberships available</p>	<p>Tomislav Rracika 613-727-7070</p>
<p><b>YMCA-YWCA Carlingwood</b> 200 Lockhart Street (Just off Woodroffe)</p>	<p> Y50 Classes consist of safe and gentle exercises designed to address the fitness needs of mature adult and special populations. May include any of the following: Low and weight, low and ball, total muscle conditioning, low and stretch, walking and weights.</p> <p> Yoga Level 1 Relax your body and mind. Various stretching postures to help tone your muscles improve circulation and get a boost of energy.</p>	<p>Adults Older adults</p>	<p>Mon/Wed 10:15 - 11:10 am</p> <p>Mon/Wed 6:00 - 7:15 pm</p>	<p>\$6.00 drop in Memberships available</p>	<p>Allison Fitzgerald 613-729-7131</p>

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>National Capital Region YMCA-YWCA Kanata</b> 1000 Palladium</p>	 Yoga- Level 1 Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.	Adults Older adults	Mon 5:30-6:30pm Tues 9:30-10:30pm Sat 9:30-10:30 am	\$31 for 7classes	613-599-0280
	 Low impact The cardiovascular component of this class is a no bounce style where on foot remains on the floor at all times.	Adults Older adults	Thurs 9:30-10:30am		
	 Low & Strength Low impact cardiovascular segment and strength training with weights and/or other equipment.	Adults Older adults	Tues/Thurs 9:15 am		
<p><b>Stittsville and District Community Centre</b> 10 Warner-Colpitts Ln.</p>	Balance and stability Maintain and improve your balance and stability through exercise. Props such as resistance bands and balls will be utilized.	Adults Older adults	Tues/Thurs 10:30-11:30 am	\$32 for 8 classes	Sandy Sutherland
	 Cardio and Strength Combination of no bounce movements done to upbeat music. Finish with resistance training.	Adults Older adults	Tues/Thurs 9:15-10:15 am	\$49-\$57 1x/week	
	 Functional Fitness Designed for those with arthritis or osteoporosis, these low impact classes increase strength and cardiovascular fitness. Participants are welcome to remain seated or use a chair for assistance.	Adults Older adults	Mon/Tues/Wed/ Thurs 10:20-11:20 am	Membership: \$618/year or \$52/month for adults; \$468/year or \$39/month seniors (65+)	613-831-1169

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Soloway Jewish Community Center</b> 21 Nadolny Sachs Private	 Vitality Plus Low impact class. Share the life enhancing benefits of regular exercise and have fun with this low impact class that combines cardiovascular exercises, muscle toning and stretching	Adults Older adults	Mon/Tues/Wed/ Thurs 10:20-11:20 am	Membership required	Carla Gencher 613-798-9818 x278
	 Functional Fitness For those with arthritis and osteoporosis. Designed for those with arthritis or osteoporosis, these low impact classes increase strength and cardiovascular fitness. Participants are welcome to remain seated or use a chair for assistance.	Adults Older adults	Tue/Thurs 11:25-12:10 pm		

### Individualized Exercise Options

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Boomerang Kids</b> 261 Richmond Road	Stollercising Classes Combination of speed walking and jogging while pushing your stroller with stretching and strengthening exercises.	New moms & moms-to-be	Tues/Thurs 10:15-11:15am	Free	613-722-6671
<b>City Wide Sports</b> Benn Franklin Place 101 Centrepointe Drive	Fit For Hockey Increase awareness of the requirements for fitness hockey.	Adults/ Older Adults Males	Varies	N/A	613-580-2854
<b>City Wide Sports</b> Ben Franklin Place 101 Centrepointe Drive (location varies)	 Never Too Late for Sports for Women This program targets less active multicultural women who have difficulties accessing mainstream physical activity programs.	Women Multicultural Communities	Varies	Varies	Leslie Coburn 613-580-2424 x41086

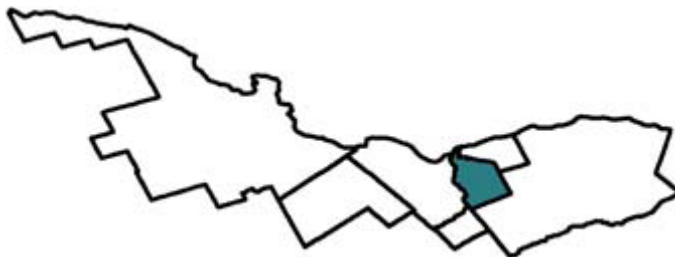
PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>Dovercourt Community Centre</b> 411 Dovercourt Avenue</p>	<p>Semi-Private Post Cardiac Program We can help you regain your mobility, independence and confidence through a private or semi-private session. Your fitness level and recovery time will both improve. A referral letter from your physician is required.</p>	<p>Adults Older Adults</p>	<p>N/A</p>	<p>\$8.50 drop in \$70-\$112 memberships</p>	<p>Pam Beyers 613-798-8950 x244</p>
	<p>WOW – Women on Weights Experience the benefits of weight training in our Fitness Centre.</p>	<p>Women</p>	<p>Mon/Thurs 9:00-9:55am</p>	<p>\$128-\$137</p>	
	<p>Women on Weights &amp; More Strength training with weights, along with a variety of activities and experience will improve bone density and fitness, and also elevate body, mind &amp; overall well being! Suitable for women of all ages &amp; fitness levels.</p>	<p>Women</p>	<p>Mon 7:45-8:40pm Wed 6:45-7:40pm</p>	<p>\$103-\$110</p>	
	<p> Senior Weight Training Seniors have much to gain from participating in a strength training program. This class focuses on performing exercises with guidance on proper form and safety.</p>	<p>Older Adults</p>	<p>Varies</p>	<p>\$103-\$137</p>	
	<p> Osteofit Perform muscle strength and endurance exercises that will increase functional ability under the guidance of the instructor. Designed for individuals who have a mild case of osteoporosis.</p>	<p>Adults Older Adults</p>	<p>Tues 1:30-2:25pm Thurs 10-10:55am</p>		

<b>PROGRAM</b>	<b>DESCRIPTION</b>	<b>AUDIENCE</b>	<b>HOURS</b>	<b>COST</b>	<b>CONTACT</b>
<b>Foster Farm Community Centre</b> 1065 Ramsay Cres.	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-828-2004
<b>Kanata Leisure Centre</b> 70 Aird Place	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-591-9283 x306
<b>YMCA-YWCA Carlingwood</b> 200 Lockhart Street (Just off Woodroffe)	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	Allison Fitzgerald 613-729-7131
<b>YMCA-YWCA Nepean</b> 1642 Merivale Road (Merivale Mall)	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	Tomislav Rracika 613-727-7070
<b>National Capital Region YMCA-YWCA Kanata</b> 1000 Palladium	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	613-599-0280

**Personal Trainers**

<b>Name</b>	<b>Address</b>	<b>Email</b>	<b>Phone</b>
Allen, Kimberly	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Bélanger, Cathy	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:cathy.belanger@gmail.com">cathy.belanger@gmail.com</a>	613-837-8337
Chant, Jonathan	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Flynn, Kit	<b>Kit Flynn &amp; Associates</b> In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	<a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>	613-729-4653
Julien, Sherry	<b>YMCA-YWCA Orleans</b> 265 Centrum Blvd. (Orléans)	<a href="mailto:sherryjulien@rogers.com">sherryjulien@rogers.com</a>	613-830-8954
Kittelberg, Marian	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:marian.kittleberg@ottawa.ca">marian.kittleberg@ottawa.ca</a>	613-824-0819 x230
Lesco, Sandy	<b>Best Western Fitness</b> Trainer/Instructor	<a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>	613-735-3534 613-735-0474
Macleod, Danielle	<b>HGMH Pool</b> Full 360 Personal Training		613-330-9360
Nott, Julie		<a href="mailto:julespft@yahoo.ca">julespft@yahoo.ca</a>	613-321-4824
Quenneville, Hélène	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:fit4life@sympatico.ca">fit4life@sympatico.ca</a>	613-834-4277
Rispoli, Maddalena	<b>Private Contractor</b>	<a href="mailto:maddli@sympatico.ca">maddli@sympatico.ca</a>	613-726-6523
Steers, Jennifer	<b>Bob MccQuarrie Recreation Complex</b> 1490 Youville Dr.(Orléans)	<a href="mailto:jennifer.steers@ottawa.ca">jennifer.steers@ottawa.ca</a>	613-824-0819 x228
Strickland, Melody		<a href="mailto:runmelrun@hotmail.com">runmelrun@hotmail.com</a>	613-253-3224
Townshend, Denise	<b>Private Contractor</b>	<a href="mailto:dtown@nrtco.net">dtown@nrtco.net</a>	613-687-5248

## Ottawa Centre




### Walking Clubs



PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Bytown Walkers</b> University of Ottawa Sports Centre 801 King Edward	Fitness and competitive walking (Outdoors)	Adults Older adults	"Walk-in" sessions Wed 6:00 pm Members Sat 9:00 am	1 session \$5 5 sessions: \$20 Member: \$150/y	Roger Burrows 613-850-1451 <a href="http://www.bytownwalkers.ca">www.bytownwalkers.ca</a>
<b>Carleton Heights Walking Club</b> 1665 Apeldoorn Ave	Will possibly be available in Fall, 2008	Adults Older adults	Spring/Fall	N/A	Mike Falor 613-226-2208
<b>Centretown Community Health Centre</b> 420 Cooper St.	Outdoor Walking Group Tour the Centretown Neighbourhood at your walking pace with others on varying length walks. Stretching follows.	Adults Older Adults	Spring/Fall (1h weekly)	Free	613-233-4443
<b>Dempsey Walking Club</b> Dempsey Community Centre 1895 Russell Rd.	Indoor Walking	Adults Older adults	Mon-Wed-Fri 10:30- noon	\$18/year	Kevin Schantz 613-247-4846
<b>Heron Seniors Walking Club</b> 1480 Heron Road	Indoor Walking	Adults Older adults	Mon-Fri 10:30 - noon	\$10 /year	Pamela Bakker 613-247-4802
<b>Hintonburg Walking Club</b> 1064 Wellington Avenue	Indoor Walking	Adults Older adults	Mon/ Fri 9:00-10:00 am	Free	M. Lachapelle 613-798-8874
<b>Hunt Club Riverside Walking Club</b> Hunt Club Riverside Community Centre 3320 Paul Anka Drive	Outdoor Walking	Adults Older adults	Tues 8:00-9:00 am	\$59/year	Bill Griffiths 613-521-1392



Ottawa Centre

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Old Ottawa South Walking Club</b> 260 Sunnyside Avenue	Outdoor Walking	Adults Older adults	Wed 9:00 am	Free	Deidre Mcquillan 613-247-4872
<b>Jack Purcell Community Centre/ Rehab Walking</b> 320 Jack Purcell Lane	Indoor Walking	Adults Older adults	Tues-Thurs 2:30 – 3:30 pm	\$61 for 1x wk \$108.50 for 2x wk	Katherine Watcham 613-564-1050
	Outdoors	Adults Older Adults	Spring/Fall	Free	613-564-1050
<b>Pacesetters' Walking Club</b> Billingsbridge Mall 2323 Riverside Drive, Suite B001	Indoor Walking	Adults Older adults	Mon-Fri 7:00 – 10:00 am	\$10/year	Gillian Goddard 613-521-6740
<b>Rideauview Community Centre</b> 4310 Shorline Drive	Winter Walking Club	Adults Older adults	Wed 1-2:30 pm Fred Barret 9-10:30 am	Free- registration preferred	613-822-7887
<b>Running Room Walking Club</b> 901 Bank St.	Outdoor Walking	Adults	Varying times	\$69.99 for 10 weeks	Phil Marsh 613-233-5617
<b>Running Room Walking Club</b> 160 Slater St.	Outdoor Walking	Adults	Varying times	\$69.99 for 10 weeks	Jason Wilson 613-233-5165
<b>Rideau Centre Senior Walkers Sandy Hill Community Health Centre</b> 221 Nelson St.	Outdoor Walking	Adults Older adults	Mon/Thurs	Free	Natacha Ducharme 613-244-2816
<b>Senior Walkers</b> Rideau Shopping Centre 50 Rideau Street	Indoor Walking	Older adults	Mon & Thurs 8 – 10:30 am	\$10/year	Natacha Ducharme 613-244-2816 613-789-6309
<b>Greely Walking Club</b> Greely Community Centre 1448 Meadow Drive	Indoor walking	Adults Older adults	Wed 9:30-11am (Oct. – May	Free	Barbara O'Brian 613-580-6744 x26173







## Pools


PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Brewer Pool</b> 216 Hopewell Ave.	Vitality Fitness A class of light exercise followed by a leisure swim for participants over the age of 50 designed to incorporate a social component to their workout in addition to staying active and fit	Adults Older adults	Summer: 8:15- 9:00 am Fall: 10:15-11:00 am	\$4.50 drop in (6 months – \$149.00)	613-247-4938 Nicole Saikaley x223 Sue Beckon x224
	Lane swim Lap swimming for youth and adults only	Adults	11:00-1:30 pm	\$3.50 drop in	
<b>Canterbury Pool</b> 2185 Arch St.	Aqua fitness This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Mon-Fri 9:00-10:00 am Mon-Thurs 7:30-8:30 pm	\$6.45 drop in (6m- \$151)	Chris Wagg 613-247-4942
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>Carleton University</b> 1125 Colonel By Dr.	 Fifties Plus Fitness Two 90-minute fitness classes including strengthening with dumbbells, dynabands and fitness balls, plus water exercise class each week for 12 weeks.	Adults Older adults	Mon/Fri 9:30-11:00 am	\$212	Megan Springett 613-520-4480
<b>Champagne Pool</b> 321 King Edward	Aqua fit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Mon/Wed/Fri 9:30-10:30 am	\$6.45 drop in (6 months - \$151)	Donald Harris/ Michelle Jalbert 613-244-4402
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in (6m – \$189)	





PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Deborah Anne Kirwan Pool</b> 1300 Kitchener Ave.	Aqua fitness This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Tues 8:00pm	\$6.45 drop in (6 months \$151)	613-247-4821 Sarah Turney x227 Greg Bender x225 Rhonda Plosenski x226
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in (6 months – \$157.00)	
<b>Jack Purcell Community Centre</b> 320 Jack Purcell Lane	 Low impact Aqua fit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance	Adults Older adults	Varies	\$6.45 drop in (6m \$151)	Megan Leah/ Linda Pajot 613-564-1051
	Lane Swim Lap swimming for youth and adults only	Adults		\$3.50 drop in	
<b>Lowertown/ Basse-Ville Pool</b> 40 Cobourg	 50+ Vitality Aqua fit A class of light exercise followed by a leisure swim for participants over the age of 50 designed to incorporate a social component to their workout in addition to staying active and fit.	Adults Older adults	Mon/Wed/Fri 10:15 -10:45 am	\$6.45 drop in (6 months \$151)	Louise Mayer/ Katrina Rybak 613-244-4406
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>Ottawa Athletic Club</b> 2525 Lancaster Rd.	Aqua fit - Various classes This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults	Varies	Membership including use of all facilities Summer \$199.00 Year round: \$545.00	613-523-1540
	Lane swim Lap swimming for youth and adults only	Adults			





PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Plant Recreation Centre</b> 930 Somerset West	 Gentle Aqua fit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Mon/Wed/Fri 10:30 - 11:20 am	\$6.45 drop in (6 months \$151)	613-232-3000
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>Sawmill Creek Pool and Community Centre</b> 3380 D'Aoust	 Aqua fit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Varies	\$6.45 drop in (6 months \$151)	613-521-4092
	Lane Swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	
<b>YMCA Metro Central</b> 180 Argyle Ave.	Shallow Aquafit This class trains both cardiovascular and muscle conditioning using the waters own natural resistance.	Adults Older adults	Mon/Wed 9:30-10:15 am 5:15-6:00 pm Tues/Thurs 8:30-9:15 am 6:00-6:45 pm Fri 9:30-10:15 am	\$6 drop in \$33.72/m	Sue Morrison 613-237-1320 x5066
	Lane swim Lap swimming for youth and adults only	Adults	Varies		




### Low Intensity Exercise Programs






PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Canterbury Community Centre</b> 2185 Arch St.	 Sit to be Fit! Gentle fitness class designed for the senior participant who wants and needs an alternative to the traditional exercise class. You will tone and strengthen using light hand weights and body resistance.	Adults Older adults	Mon 1:00-2:00 pm Wed 1:15-2:15 pm	\$75.00 for 12 wks	613-247-4869
	50+ fitness Comprehensive program consisting aerobic conditioning, muscular strength and endurance training, core conditioning and balance and flexibility development.	Adults Older adults	Varies	\$80	
<b>Carleton Heights Community Centre</b> 1665 Apeldoorn Ave.	 50+ fitness Very low impact exercising using aerobics, stretching, flexibility and weight-bearing exercises.	Adults Older adults	Wed 10:15-11:15am	\$50 1x/wk \$85 2x/wk \$115 3x/wk	Linda Leeson 613-226-2208
	 50+ Gentle Fitness A gentle approach to fitness including strength, cardio and flexibility while taking into consideration limits due to joint movement, arthritis, osteoporosis, etc.	Adults Older adults	Fri 10:15-11:15am		
	 50+ Tone & Stretch Safely increase your flexibility and strength using hand-weights, exercise bands, etc.	Adults Older adults	Tue/Thurs 11am-noon		
	 Fit Fellows (50+) An all-around fitness and strength training program especially designed for men in the over 50 age group. Cardio, free-weight strength training, flexibility, co-ordination.	Adults Older adults	Mon/Wed 11:30-12:15 pm		
	 Chair Exercise with Gentle Fitness For those starting an exercise program (specifically older adults) and designed with the use of a chair as an assistive device. Improvement in balance, flexibility and muscle tone is the main focus of the program.	Older adults with arthritis, osteoporosis or a decrease in joint movement	Mon/Wed 1-1:45 pm Fri 11:30 - 12:15 pm		


PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Carleton University</b> 1125 Colonel By Drive	 Fifties Plus Fitness Two 90-minute fitness classes including strengthening with dumbbells, dynabands and fitness balls, plus water exercise class each week for 12 weeks.	Adults Older adults	Mon/Fri 9:30-11:00am	\$200	Fran Craig 613-520-2600 x8458
	Stretch & Strength for Mature Adults This class features a series of exercises for all major muscle groups using dumbbells and Dyna-bands, sandwiched between a warm-up stretch and a cool-down.	Adults Older adults	Tues/Thurs 7:30-8:30 am Sat 9:00-10:00 am	\$145 2x/wk \$65 1x/wk	
	Lifetime Fitness for Mature adults This course is for people over 50 years, combining lectures with exercise sessions in the Fitness Centre. The objective is to teach you how to lift weights effectively and safely in a fitness club or at home.	Adults Older adults	Varies	\$140 for 5wk program	
	Bone Building The objective of this unique program is to teach women and men 35+ years of age how to prevent osteoporosis through lifestyle modification.	Adults Older adults	Sat 8:00-11:00 am	\$140	
<b>Centretown Community Health Centre</b> 420 Cooper St.	Fun with Food & Fitness An 8 week session to help adults adopt a healthier lifestyle through walking, gentle exercises, nutrition sessions and social support.	Adults Older adults	2 1/2 hours weekly Fall & Winter Sessions	Free Childcare support & bus tickets provided if needed	613-233-4443
	Seniors Exercise Gentle stretching, strengthening and coordination exercises done while seated.	Older adults	Mon & Thursday 2:00- 3:00pm	Free	
<b>Greenboro Community Centre</b> 363 Lorry Greenberg, Ottawa	Vitality Program Very low intensity classes that will improve cardiovascular fitness, strength, muscular endurance, balance and coordination. Chair option available	Adults Older adults	Mon-Fri 10:30 - 11:30 am	\$95 (16 wk session, daily)	613-580-2805

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Dovercourt Community Centre</b> 411 Dovercourt Ave.	 <b>Gold Club</b> Designed for the active mature client, this low impact fitness program includes a cardiovascular component, light strength training and stretching in a friendly social atmosphere.	Adults Older adults	Mon/Wed/Fri 11:00 am	\$8.50 drop in \$70-\$112 memberships	Pam Beyers 613-798-8950 x 244
<b>Heron Road Community Centre</b> 1480 Heron Rd.	 <b>Cardio &amp; strength for seniors</b> A combination of no bounce movements done to upbeat the music. Finish with resistance training.	Older adults	Mon/Wed 9:00 am	\$50 for 12 or \$80 for 24	Joelle Zakhour 613-247-4888
	<b>Fitness 50+</b> Comprehensive program consisting aerobic conditioning, muscular strength and endurance training, core conditioning and balance and flexibility development.	Adults Older adults	Tues/Thurs 9:15 - 0:15 am		
	 <b>Chair exercises</b> A complete and gentle workout don seated to lively music. Includes light strength training.	Older adults	Mon/Wed 10:30 - 11:30am		
<b>Hunt Club Riverside Community Centre</b> 3320 Paul Anka	<b>Tai Chi (55+)</b> A gentle, peaceful way to tone and strengthen your body as well as improve concentration, co-ordination and balance. The slow, graceful movements calm the mind and energize the body.	Older adults	Tues 10:15 - 11:15 am	\$92	613-521-1392
	 <b>Chaircise</b> A series of exercises will be performed while sitting in or standing by a chair, using free weights, tubing and balls to condition and strengthen the mind and body.	Older adults	Mon 11:15 - 12:15 pm	\$65	
	<b>Seniors Strength Training (55+)</b> Exercises using light to moderate hand weights, therabands and resistance exercises in the process of building your muscle tone.	Older adults	Fri 10:15 - 11:15 am	\$65	

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>Jack Purcell Community Centre</b> 320 Jack Purcell Lane</p>	 <p>Rehab Walking (Special Needs) Walk in a safe supervised small group environment. Clients may bring their walking aids if required. In addition to walking, we offer seated stretching, strengthening and balancing exercises. The program goals are to improve walking independence, increase mobility, building stamina, balance and gaining confidence.</p>	<p>Adults Older adults</p>	<p>Tues/Thurs 2:30 pm</p>	<p>\$120 for 24 classes</p>	<p>K. Watcham 613-564-4106</p>
	 <p>Seated Aerobics (Special Needs) A workout designed to increase cardiovascular fitness as well as tone and build upper-body strength for persons with disabilities.</p>	<p>Adults Older adults</p>	<p>Tues 5:30 pm</p>	<p>\$67.50 for 12 classes</p>	
	 <p>50+ Weight Training For the mature adult who wants to enhance physical and psychological well being.</p>	<p>Adults Older adults</p>	<p>Thurs 9:30 am</p>	<p>\$60.50 for 11 classes</p>	
<p><b>Plant Recreation Centre</b> 930 Somerset West</p>	<p>Yoga Gentle (adult) Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.</p>	<p>Adults Older adults</p>	<p>Mon 9:45 - 10:45 am</p>	<p>\$69 for 10 classes</p>	<p>C. Primeau 613-232-3000</p>
	 <p>Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p>	<p>Older adults</p>	<p>Mon 11:00 - 12:00 pm</p>	<p>\$69 for 10 classes</p>	
	<p>Low impact A low to mid-level aerobics class designed for participants 50+. Includes muscle toning and flexibility exercises.</p>	<p>Older adults</p>	<p>Varies</p>	<p>\$6.45 drop in (6 months: \$151)</p>	

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<p><b>RA Centre</b> 2541 Riverside Dr.</p>	 <p>GroupFIT programs We offer a variety of classes for the beginner, intermediate and advanced exerciser to choose from. From the high energy cardio classes to strength focused programs, these are a great way to kick start your exercise routine</p>	<p>Adults Older adults</p>	<p>Various times throughout the week</p>	<p>3m &amp; annual membership available</p>	<p>613-733-5100 x 312</p>
	 <p>Tai Chi FIT In these classes, one will learn Tai Chi forms, slow diaphragm breathing and improve balance while increasing circulation and strength.</p>	<p>Adults Older adults</p>	<p>12 weeks Thurs 10:30 - 11:30 am</p>	<p>\$109/\$134</p>	<p>613-733-5100 x 312</p>
	<p>Gentle Pilates Gentle Pilates is ideal for those working with back pain, arthritis, osteoporosis, injury rehabilitation or those who have been away from exercise for a while. Awaken your core, strengthen and lengthen your muscles and improve body awareness as you learn the basic principles of Pilates.</p>	<p>Adults Older adults</p>	<p>12 weeks Tues or Thurs 10:45 - 11:45 am</p>	<p>\$109/\$134</p>	<p>613-733-5100 x 312</p>
	<p>Strength Training for Seniors Exercises using light to moderate hand weights, therabands and resistance exercises in the process of building your muscle tone.</p>	<p>Older adults</p>	<p>6 weeks Tues 10:30 am</p>	<p>\$79/104</p>	<p>613-733-5100 x 312</p>
	<p>Seniors Club</p>	<p>Older adults</p>	<p>Various times and activities throughout the week</p>	<p>Call for details</p>	<p>613-733-5100 x 360</p>
<p><b>Rockcliffe Park Recreation Centre</b> 360 Springfield Rd.</p>	 <p>Stretch &amp; Strength Safely increase your flexibility and strength using hand-weights, exercise bands, etc.</p>	<p>Adults Older adults</p>	<p>Mon 6:00 pm</p>	<p>\$95 for 12 classes</p>	<p>Karen Venema 613-580-2424 x36058</p>

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Somerset West Community Health Centre</b> 55 Eccles St.	Stand up! Fall prevention  Program lasts 12 weeks and consists of three components: group exercises, exercises at home, and discussion sessions on fall prevention.	Older adults	To be announced Next one will be in late March 2008	Free	Ginette Drouin 613-238-1220 x2351
<b>Sandy Hill Community Health Centre</b> 221 Nelson St.	 Chair exercise A complete and gentle workout done seated to lively music. Includes light strength training.	Older adults	Tues 1:30 - 2:30 pm	Free	613-789-6309
	 Mise en Forme (French) Vous Familiarisez avec l'équipement d'aérobie, les appareils d'entraînement en résistance et les poids libres.	Older adults	Mon 10:30 - 11:30 pm		
	Stand Up  A free 10-week balance exercise program. Offers exercise component twice a week and a 30- minute health education session once a week. Offered in French.	Older adults	Mon 2:30 - 3:30 pm Thurs 2:30 - 3:30 pm	Free	Natacha Ducharme 613-244-2816
<b>YMCA-YWCA Downtown</b> 99 Bank St.(Bank & Queen)	 Learn Yoga Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.	Adults Older adults	Mon 8:15 - 9:15 am	\$6 drop in Membership available	Rob Glen 613-233-9331
<b>YMCA-YWCA Metro Central</b> 180 Argyle Ave. (Corner of O'Conner)	 Y50 Classes consist of safe and gentle exercises designed to address the fitness needs of mature adult and special populations. May include any of the following: Low and weight, low and ball, total muscle conditioning, low and stretch, walking and weights.	Adults Older adults	Mon/Wed/Fri 8:45 - 9:45 am Tues/Thurs 10:00 - 10:45 am	\$6.00 drop in Membership available	Jill Pomeroy 613-237-1320 x6622
	 Yoga Level 1 Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.	Adults Older adults	Mon 8:15 - 9:15 am		

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Churchill Recreation Centre for ages 55+</b> 345 Richmond Rd	 Total Fitness Variety of strengthening and cardiovascular activities appropriate to the individual  Integrated Fitness	Adults Older adults			613-798-8927

### Individualized Exercise Options

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Boomerang Kids</b> 1056 Bank Street	Stollercising Classes Combination of speed walking and jogging while pushing your stroller with stretching and strengthening exercises.	New moms & moms-to-be	Mon/Wed/Fri 10:15-11:15am	Free	613-730-0711
<b>Centretown Community Health Centre</b> 420 Cooper Street	Meditation & Movement Guided sitting meditation and gentle movement	Adults Older Adults	Wed 10:00-12:00pm	Free	613-233-4443
<b>Jack Purcell Community Centre</b> 320 Jack Purcell Lane	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-564-1050
<b>Plant Recreation Centre</b> 930 Somerset West	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-232-3000
<b>RA Centre</b> 2541 Riverside Drive	LifeFIT Programs  LifeFIT goes beyond the notion of just physical activity. It is a fitness and health club, providing solutions that focus on your total well being.	Adults Older Adults	Annual Membership	Annual Membership available	613-733-5100 x312
<b>The Shirley E. Greenberg Women's Health Center</b> 1967 Riverside Drive, Room 7-236-4	StrongWomen Program  The StrongWomen Program is designed to prevent disease and improve health outcomes among participants through strength training, nutrition, medical and wellness counseling. Physician referral required.	Adult Women (18-80 years old)	2x/wk for 1.5h	Free	613-738-8400 x81725

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>YMCA-YWCA Downtown</b> 99 Bank Street (Bank & Queen)	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	Russell Borden 613-237-1320 x7578
<b>YMCA-YWCA Metro Central</b> 180 Argyle Ave. (Corner of O'Connor)	Individual Conditioning Consultation A one-on-one personal consultation and two program updates to assist you in getting started and to help maintain your exercise program.	Adults Older Adults	Varies	N/A	Jill Pomeroy 613-237-1320 x6622

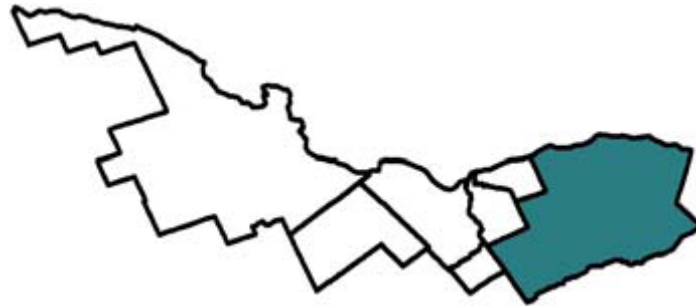
### Personal Trainers

Name	Address	Email	Phone
Allen, Kimberly	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Bolt, Helen	<b>RA Centre</b> 2451 Riverside Dr. (Ottawa)	<a href="mailto:hbolt@sympatico.ca">hbolt@sympatico.ca</a>	613-447-5840
Chant, Jonathan	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Eltis, Christopher	<b>YMCA-WMCA</b> 180 Argyle Street (Ottawa)	<a href="mailto:chriseltis@sympatico.ca">chriseltis@sympatico.ca</a>	613-232-2897
Flynn, Kit	<b>Kit Flynn &amp; Associates</b> In-home Personal Training & Nutritional Counseling Website: <a href="http://kitflynn.ca">kitflynn.ca</a>	<a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>	613-729-4653
Glen, Rob	<b>YMCA-YWCA</b> 99 Bank St. (Ottawa)	<a href="mailto:rob_glen@ymca.ca">rob_glen@ymca.ca</a>	613-233-9331
Kemp-McIlmoyl, Kelly	<b>YMCA-YWCA</b> 200 Lock (Ottawa)		613-729-7131 x101
Lesco, Sandy	<b>Best Western Fitness</b> Trainer/Instructor	<a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>	613-735-3534 613-735-0474
Macleod, Danielle	<b>HGMH Pool</b> Full 360 Personal Training		613-330-9360

Ottawa Centre

Name	Address	Email	Phone
Marr, Line	<b>YMCA-YWCA</b> 99 Bank St. (Ottawa)	<a href="mailto:linmar@magma.ca">linmar@magma.ca</a>	613-233-9331
Miller, Nancy	<b>Hudson &amp; West Island, Quebec</b>	<a href="mailto:family179@videotron.ca">family179@videotron.ca</a>	450-458-2146
Moore, Daniel	<b>City of Ottawa</b> Medical Exercise Specialist Fitness & Lifestyle Training	<a href="mailto:fitnessall@aol.com">fitnessall@aol.com</a>	613-733-7139
Nott, Julie		<a href="mailto:julespft@yahoo.ca">julespft@yahoo.ca</a>	613-321-4824
Rispoli, Maddalena	<b>Private Contractor</b>	<a href="mailto:maddli@sympatico.ca">maddli@sympatico.ca</a>	613-726-6523
Rogers, Christine	<b>Aphasia Centre</b> 345 Richmond Rd. (Ottawa)	<a href="mailto:christine.rogers@rogers.com">christine.rogers@rogers.com</a>	613-822-2484
Strickland, Melody		<a href="mailto:runmelrun@hotmail.com">runmelrun@hotmail.com</a>	613-253-3224
Townshend, Denise	<b>Private Contractor</b>	<a href="mailto:dtown@nrtco.net">dtown@nrtco.net</a>	613-687-5248
Van Bakel, Janet	<b>RA Centre</b> 2451 Riverside Dr. (Ottawa)	<a href="mailto:jvanbakel@lifefitcanada.com">jvanbakel@lifefitcanada.com</a>	613-733-5100 x312 or x239

## Eastern Counties



### Pools

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Cornwall</b> NavCanada Wellness Centre 1950 Montreal Road, Cornwall	Pool Membership Aqua Fitness	Adult, Senior	Mon - Thurs 5 am-10 pm Fri 5 am – 9 pm Sat – Sun noon-9 pm	Adult \$ 280/year Senior \$ 225/year	613-936-5024
<b>Cornwall</b> Cornwall Aquatic Centre 100 water Street East, Cornwall	Aquafitness Shallow Water	Senior, Rehabilitation	Varies	Adult \$ 346.50/year Senior \$ 262.50/year Or Senior \$ 33.60	<a href="http://www.cornwall.ca">www.cornwall.ca</a> 613-933-3586
<b>Alexandria</b> Glengarry Memorial Hospital Pool	Large variety of Aqua Fitness classes, Adult Swim, Parent & Baby Swim, Family Swim, Swimming Lessons, and Specialty Aqua Classes.	All	Varies from day to day	Child \$2 Adults \$3 \$5/class	Susan Derby 613-525-5671
<b>Hawkesbury</b> Hawkesbury Recreation and Pool	Low Flow Aqua	Adult, Senior, Rehabilitation	Varies (classes are held 2x/week)	\$62.00/10 week session	613-632-0160 x2259

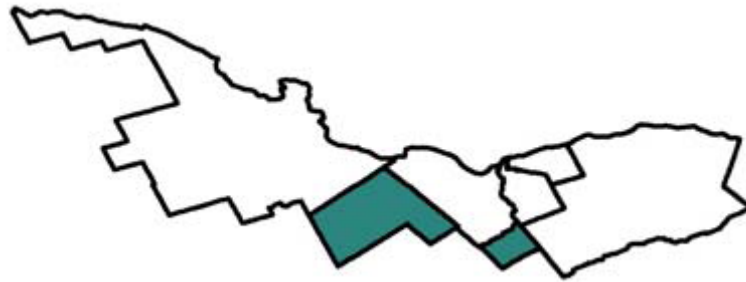
**Exercise Programs**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Summit Health & Fitness Club 1515 Pitt Street, Cornwall	5 Heart Wise classes	Heart Wise	Mon - Fri 8 am-10 pm Sat – Sun 8 am-2 pm	Adult \$ 449 /year Senior \$ 376/year Or Senior \$ 31.33/month	Jason Dennis 613-930-2445
NavCanada Wellness Centre 1950 Montreal Road, Cornwall	Fitness Membership Cardio & fitness room, fitness classes Tennis court, gymnasium & team sports Bicycle rental	Adult, Senior	Mon - Thursday 5am-10 pm Fri 5 am – 9 pm Sat – Sun 8 am-9 pm	Adult \$ 477/year Senior \$ 288/year	613-936-5024
Physical Limits Fitness Club 120 Ninth Street East, Cornwall	Fitness classes Cardio & fitness room Revolution Weight Loss Clinic	Adult, Senior	Mon – Thurs 4:30am-10pm Fri 4:30 am-9 pm Sat – Sun 8 am-5 pm	Call for membership prices	613-932-4766
Gray's Creek Conservation Area Off Boundary Road, Cornwall	Open Walking trails	All	open	No cost	<a href="http://www.rrca.on.ca">www.rrca.on.ca</a> 613-938-3611

**Personal Trainers**

Name	Address	Email	Phone
Allen, Kimberly	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Chant, Jonathan	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Dennis, Jason	<b>Summit Health and Fitness Club</b> 1515 Pitt St (Cornwall)	<a href="mailto:jason@summitfitnessclub.ca">jason@summitfitnessclub.ca</a>	613-930-2445
Flynn, Kit	<b>Kit Flynn &amp; Associates</b> In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	<a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>	613-729-4653
Lesco, Sandy	<b>Best Western Fitness</b> Trainer/Instructor	<a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>	613-735-3534 613-735-0474
Macleod, Danielle	<b>HGMH Pool</b> Full 360 Personal Training		613-330-9360
Nott, Julie		<a href="mailto:julespft@yahoo.ca">julespft@yahoo.ca</a>	613-321-4824
Rispoli, Maddalena	<b>Private Contractor</b>	<a href="mailto:maddli@sympatico.ca">maddli@sympatico.ca</a>	613-726-6523
Strickland, Melody		<a href="mailto:runmelrun@hotmail.com">runmelrun@hotmail.com</a>	613-253-3224
Townshend, Denise	<b>Private Contractor</b>	<a href="mailto:dtown@nrtco.net">dtown@nrtco.net</a>	613-687-5248

## North Lanark/North Grenville



### Cardinal Johnstown

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Cardinal & District Community Centre	<b>Skating</b>	Public Skating	Fri 6-7:30	\$2	613-657-3210
		Adult & Preschool	Mon-Fri 8-10am	FREE	
Cardinal Outdoor Pool Johnstown Outdoor Pool <a href="mailto:poools@edwardsburghcardinal.ca">poools@edwardsburghcardinal.ca</a>	<b>Swimming</b>	All ages	Varies	\$2	613-657-4504 613-925-5822

### Kemptville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Grenville Municipal Centre	<b>Skating</b>	Public Skating	Wed 10-11pm Fri 6:30-7:50, Sat 6:00-7:20, 7:30-8:50	\$2 Child & Senior	613-258-2434
		Adult	Mon/ Wed/Thurs/ Fri 7:30-8:50am	\$3 Adult	
		Family	Wed 10-11am		
Kemptville Community Complex	<b>Indoor/Outdoor Walking</b>	<b>Seniors</b>	Mon, Wed & Fri 9-10am	N/A	613-258-2434

**Prescott**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Leo Boivin Community Centre:	<b>Skating</b>	Public Skating	Sun 2-3:20	Child \$1 Adult \$2	www.prescott.ca
		Preschool	Mon 9-10am, Thurs 1-2pm	FREE	
		Adult	Thurs 12-1pm	FREE	
Prescott Medical Centre	<b>SMART Exercise Program</b>	<b>Seniors</b>	Mon 1-2pm	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Spencerville**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Arena	<b>Skating</b>	Open Ice	Tues 10-11pm, Sat 7-8am, 9:30- 11pm; Sun 7-8am	\$2	<a href="http://www.edwardsburghcardinal.ca">www.edwardsburghcardinal.ca</a>
		Public Skating	Sun 1:30-2:30pm		
		Adult	Wed 2-3pm, Thurs 9-10am Fri 2-3pm		
		Parents & tot	Thurs 10-11am		
St. Andrews Church	<b>SMART Exercise Program</b>	<b>Seniors</b>	Wed 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Almonte**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Almonte Arena	<b>Skating</b>	Public Skating	Sat 7-9pm Sun 2-4pm	\$2.50 adult, \$2 child & senior Seasons Passes: Adult \$40, Child \$20, Senior \$30, Family \$60	613-256-1077
		Mom & tots	Tues & Wed 11-12pm	FREE	
Almonte United Church	Fit as a Fiddle Home Support Older Adult Exercise Program	Seniors	Fri 10:00 AM	\$3.50	613-256-4700
<i>Home Support Hikers</i>	Hikes	Older adults	Once a month low impact walks	\$15.00 Includes bus and picnic lunch	Home Support 613-256-4700

**Bolingbroke**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Mon 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Carleton Place**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Carleton Place Arena	Skating	Public skating	Mon & Wed 7-8pm, Sat & Sun 2-3pm	\$2 adult, \$1 child	Joanne 613-257-1690
		Seniors Skating	Mon & Thurs 9:30-10:30am	FREE	
		Parents & Tots	Mon & Thurs 10:30-11:30am	FREE	
		Adult Pick-up Hockey	Tues & Thurs 11:30am-1pm	\$5/player	
Carleton Place Pool <a href="http://www.carletonplace.ca">http://www.carletonplace.ca</a>	Swimming	Lane Swims	Mon, Wed, Fri 7:30-9am, Tues & Thurs 8:30-9:30pm	2yrs and younger FREE	613-257-1005
		Hot & Wading Pool Swims	Mon & Wed 11:15am-12pm	2-12 yrs-\$2.40	
		Adult Swims	Sat, Sun 12-1pm	Youth 13-17yrs- \$3.50	
		Public Swims	Sun 1-2:25pm Mon 6:30 -7:40pm, Fri 10-11:15am, 7-8:25pm Sat 1-2:25pm	Adults \$4.30 Seniors \$3.50	
Carleton Place Pool and Beaches 359 Bridge St. Carleton Place	Post Rehab Gentle Aqua A program designed to meet the needs of people with significant weight bearing issues. Classes will focus on individual goals including: balance, core stability, strength, flexibility, gait pattern	Adults Older adults	Mon & Wed 2 – 3 pm	\$75.50 for 10 classes \$ 151.00 for 20 classes 45 Private lessons \$25	Sandy Wooley 613-257-1005 x22
	Arthritis Aquafit		Mon/Wed/Fri 11:15 – 12pm		Anne Tanner 613-257-1005

### Joe's Lake

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Lavant /Joe's Lake Community Centre	<b>Adult Fitness Class</b>	Adults	10:45-11:45am Second Wed. of the month	FREE	613-259-2182

### Village of Lanark

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lanark & District Community Centre <a href="http://lanarkhighlands.ca">http://lanarkhighlands.ca</a>	<b>Skating</b>	Public Skating	Wed 6:30-8pm Sun 1:30-3pm	N/A	613-259-3345
North Lanark County Community Health Centre  United Church	<b>Adult Fitness Classes</b>	Older Adults	Low mobility Mon 9:30-10:30am  Regular mobility Wed 9:30-10:30am	FREE	613-259-2182
North Lanark County Community Health Centre	<b>Walking Group</b>	Seniors	Tues 9-10am	FREE	613-259-2182
<b>Active Seniors Coalition</b>	A variety of activities including line dancing, shuffleboard, Aqua fitness and walking groups.	Seniors	2 <sup>nd</sup> Thursday of the month 3:00-4:30 at rotating locations across Lanark Highlands.	N/A	Barb 613-273-8596 Beth 613-259-2398 1-800-239-4695

### Mc Donalds Corners

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
MERA School House	<b>Fitness Class</b>	Adults	Mon 9:30-10:30am	FREE	613-259-2182

**Middleville**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	<b>Fitness Class</b>	<b>Adult</b>	Thurs 9:30-10:30am	FREE	613-259-2182

**Pakenham**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Stewart Community Centre	<b>Skating</b>	Public Skating	Fri 7:30-9pm, Sat 6-8 pm	\$2.50 adult, \$2 child & senior \$6 family	613-256-1077

**Perth**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Perth Arena	<b>Skating</b>	Public Skating  Moms & tots  Adults	Sat 8-9:30pm, Sun 11:45am-1:45pm  Wed 10:30am-12pm  Tues & Thurs 12:00-1:00	\$2 adult  \$1 child \$4 family	613-267-2455 x3311

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Perth Pool <a href="http://www.perthcanada.com">www.perthcanada.com</a>	<b>Swimming</b>	Public Swimming  Family Swim  Adult Swim  Aquafit  Low impact Aquafit:	Mon, Wed & Thurs 6-7pm, Fri 6-8pm, Sat & Sun 2-4pm.  Thurs 11:00-11:45am Sat & Sun 1-2pm  Mon - Fri 7-8am, Mon - Sun 12-1pm, Mon, Wed, Fri 3-4pm, Mon-Fri 8-9pm  Mon Tues Wed, Fri 11:00-11:45am, Mon Wed Thurs 7:15-8:00pm  Tues & Thurs 3:00-3:45pm	Fees from \$2.00-\$4.95 daily rate	613-267-5302
<b>Rideau Trails Association</b>	Hiking	All ages	Regular scheduled hikes every week	Membership \$20/ individual, \$25 household / 1 yr	

**Smith Falls**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Youth Arena  At Community Centre	<b>Skating</b>	Public Skating	Sat 2:30-3:30pm Tues, Wed and Thurs 10-11am Sun 11:30-12:30pm	\$2	613-283-1265
County Fair Mall	<b>Mall Walking</b>	Adults	Daily 7-9am	FREE	613-283-2418

**Watson's Corners**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	<b>Fitness Class</b>	<b>Adult</b>	Thurs 9:30-10:30am	FREE	613-259-2182

**Athens**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Athens Arena	<b>Skating</b>	Public Skating	Sat 7-7:50pm, Sun 1-1:50pm	Adult \$2 Child \$1	613-924-9086
Joshua Bates Centre	<b>SMART Exercise Program</b>	<b>Seniors</b>	Wed 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Brockville**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Memorial Centre	<b>Skating</b>	Public Skating	Sun 1-2pm	\$2	613-342-8772 X8288
		Adult	Mon & Thurs 1-2pm		
		Parent & Tot	Mon & Thurs 2-3pm		
		Adult Shinney	Tues 11am-1pm	\$4	
Youth Arena		Public Skating	Sat 8-9pm	\$2	

North Lanark/ North Grenville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Brockville YMCA	Open Swim Adult Swim Aqua Fit and Masters Swim	All ages	Varies	Family \$16.25, Adult \$10.00, Senior \$7.00 Students 18+ \$7.00 Children/ Youth/Teens \$4.00 Babies& toddlers \$2.00	613-342-7961
1000 Islands Mall	<b>Mall Walking</b>	Older adults	Daily 7:30-9am	N/A	613-342-1333
Trinity Church Standard Church Executive Condominiums	<b>SMART Exercise Program</b>	<b>Seniors</b>	Tues 10-11am Mon 1-2pm Thurs 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Elgin**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Elgin Community Centre	<b>SMART Exercise Program</b>	<b>Seniors</b>	Tues 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Gananoque**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Gananoque Recreation Centre	<b>Skating</b>	Public Skating	Mon 3:30-5pm Fri 8-9:30 Sun 2-3:15pm	Child \$1.50, adult \$2	613-382-2248
		Moms & tots	Tues 10:30-11:30am, Wed 10-11am	\$1 adult tots FREE	
		Seniors	Mon, Wed, Fri 1-2:30pm		
Gananoque Arena	<b>SAIL Walking Group</b>	adults 55 and older	Mon and Wed 10-11am	FREE	613-382-1175 1-800-561-8024

**Lansdowne**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lansdowne Community Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Thurs 1-2pm	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Lyndhurst**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lyndhurst Legion Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Mon 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Portland**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Portland Community Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Thurs 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

**Toledo**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Toledo Legion Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Tues 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

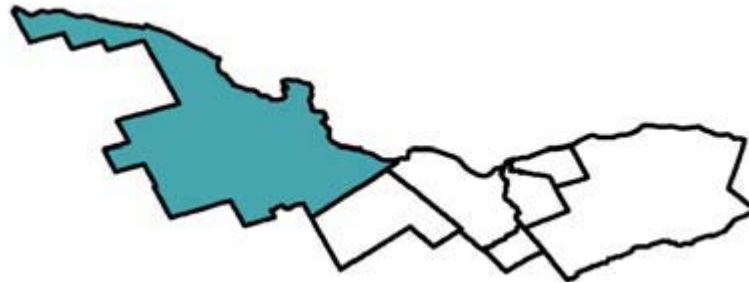
**Westport**

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Crosby Hall	<b>SMART Exercise Program</b>	<b>Seniors</b>	Wed 9:45-10:45am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

## Personal Trainers

Name	Address	Email	Phone
Allen, Kimberly	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Chant, Jonathan	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Ciavaglia, Casey	<b>Heritage Fitness Centre</b> Carleton Place, ON	<a href="mailto:Pipes_5@hotmail.com">Pipes_5@hotmail.com</a>	613-253-2112
Flynn, Kit	<b>Kit Flynn &amp; Associates</b> In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	<a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>	613-729-4653
Hicks, Jennifer	<b>Heritage Fitness Centre</b> Carleton Place, ON	<a href="mailto:Jenhicks00@hotmail.com">Jenhicks00@hotmail.com</a>	613-253-2112
Lesco, Sandy	<b>Best Western Fitness</b> Trainer/Instructor	<a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>	613-735-3534 613-735-0474
MacDonald, Dagmar	<b>Elements Post Rehab Fitness Solutions</b> In home personal training Brockville, ON	<a href="mailto:elements@ripnet.com">elements@ripnet.com</a>	613-342-5901
Macleod, Danielle	<b>HGMH Pool</b> Full 360 Personal Training		613-330-9360
Nott, Julie		<a href="mailto:julespft@yahoo.ca">julespft@yahoo.ca</a>	613-321-4824
Rispoli, Maddalena	<b>Private Contractor</b>	<a href="mailto:maddli@sympatico.ca">maddli@sympatico.ca</a>	613-726-6523
Strickland, Melody		<a href="mailto:runmelrun@hotmail.com">runmelrun@hotmail.com</a>	613-253-3224
Townshend, Denise	<b>Private Contractor</b>	<a href="mailto:dtown@nrtco.net">dtown@nrtco.net</a>	613-687-5248

## Renfrew County



### Arnprior

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Arnprior Community Pool</b> Nick Smith Centre 77 James Street Arnprior	Adult swims and aquafit classes.	Adults Older Adults	Call for Times	\$2.75	Jay Koch 613-623-7301

### Beachburg

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Whitewater Bromley Community Health Centre</b> 20 Robertson Dr.	Footsteps Walking Program	Adults Older adults	Tues & Thurs 12-12:35 pm	Free	Lara Mylly 613-582-3685
	Senior Fitness Program – Fun, Fit, Fully Active	Older adults	Various by location	Varies	

### Deep River

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Mackenzie High School</b> 87 Brockhouse Way	Get W.I.T.H It! Walking Club- Indoor Walking	Adults Older Adults	Tues & Thurs 6:00 - 8:00 pm Dec – Mar	Free	Lesley Levinski or Karen Hanright 613-584-3148
<b>Deep River Community Pool</b> 87 Brockhouse Way Deep River	Adult swims, aquafit and aquajog classes.	Adults Older Adults	Mon – Fri 11:30 - 12:45 pm Sat & Sun 5:00 - 6:00 pm Other Times Available	\$3.00	Sara Hosbons 613-584-2112

### Killaloe

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Killaloe Public School Gym</b> 100 Queen Street Killaloe	Adult Fitness Program	Adults Older Adults	Thursdays 3:15-4:15pm Fall, Winter, Spring Sessions	Varies	Kathy Blomquist 613-757-0004

### Pembroke

#### Walking Clubs

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Fellowes High School</b> 420 Bell St.	Get W.I.T.H It! Walking Club - Indoor Walking	Adults Older Adults	Mon & Wed 5:30 - 7:00 pm Dec – Mar	Free	Tracy Gilchrist 613-732-1635
<b>Pembroke Mall</b> 1100 Pembroke St. East	Indoor mall walk	Adults Older Adults	Mon - Fri 9:30 am - 9:00 pm	Free	613-735-0060
<b>Pembroke Memorial Centre</b> 393 Pembroke St. West	Indoor Walking Club	Adults Older Adults	Varying Times	Free	613-735-6821 x1501

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Renfrew County &amp; District Health Unit</b> 7 International Dr.	Outdoor Walking Club	Adults	Varying Times and Locations	Free	Brian Brohart 613-735-8651 x545
<b>West End Mall</b> 1200 Pembroke St. West	Mall Walk	Adults Older Adults	Mon - Fri 9:30 am - 9:00 pm	Free	613-735-0638
<b>Best Western Fitness Centre</b> 1 International DR	Supervised gym	Adults Older Adults	6:30 a.m. to 10:30 p.m	\$48/month	Tammy Blackmore 613-735-0474

Pool Facilities

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Kinsmen Pool</b> 424 Herbert St. Pembroke	Open swims and adult lane swims.	Adults Older Adults	11:30 - 1:00 pm 8:00 - 9:00 pm	\$4.00	Susan Lance 613-735-6821 x1506
<b>Best Western Fitness Centre</b> 1 International DR	Various aquafit classes and open swim	Adults Older Adults	6:30 a.m. to 10:30 p.m	\$37/month for pool & \$65 for 10 aquafit classes	Sandy Lesco or Tammy Blackmore 613-735-0474

Petawawa

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>CFB Petawawa Aquatics Centre</b> 51 Festubert Boulevard	Open swims and aquafit classes.	All ages	Varying depending on program	\$5.00	Jessica Merten 613-687-5511 x7946

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>Renfrew County &amp; District Health Unit</b>	Outdoor Walking Club	Adults	Varying Times and Locations	Free	Theresa Mann 613-432-5853

Renfrew County

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
<b>RCAF 433 Champlain Wing</b> 164 Argyle St. Renfrew	Indoor Walking	Adults Older Adults	Varying Times	Free	613-432-4485

**Personal Trainers**

Name	Address	Email	Phone
Allen, Kimberly	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Chant, Jonathan	<b>Fitness For Freedom</b> In home personal training	<a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a>	613-260-2703
Flynn, Kit	<b>Kit Flynn &amp; Associates</b> In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	<a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>	613-729-4653
Grosklag, Terry Ann	<b>Barry;s Bay, Palmer Rapids, Bancroft, Golden Lake Health Centre</b> Independent Trainer & Instructor	<a href="mailto:client.intake@pikwakanagan.ca">client.intake@pikwakanagan.ca</a>	613-758-2254 613-625-2259
Lesco, Sandy	<b>Best Western Fitness</b> Trainer/Instructor	<a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>	613-735-3534 613-735-0474
Macleod, Danielle	<b>HGMH Pool</b> Full 360 Personal Training		613-330-9360
Miller, Nancy	<b>Hudson &amp; West Island, Quebec</b>	<a href="mailto:family179@videotron.ca">family179@videotron.ca</a>	450-458-2146
Nott, Julie		<a href="mailto:julespft@yahoo.ca">julespft@yahoo.ca</a>	613-321-4824
Rispoli, Maddalena	<b>Private Contractor</b>	<a href="mailto:maddli@sympatico.ca">maddli@sympatico.ca</a>	613-726-6523
Strickland, Melody		<a href="mailto:runmelrun@hotmail.com">runmelrun@hotmail.com</a>	613-253-3224
Townshend, Denise	<b>Private Contractor</b>	<a href="mailto:dtown@nrtco.net">dtown@nrtco.net</a>	613-687-5248
Vaillancourt, Paul	<b>Ultimate Fitness (Renfrew &amp; Arnprior)</b>	<a href="mailto:paul@ultimatefitnessgyms.com">paul@ultimatefitnessgyms.com</a>	613-433-8282 613-623-9726

## Champlain LHIN Specialized Sports Associations

In addition to the multiple recreation programs, exercise facilities and walking programs; the Champlain LHIN is home to various specialized sports association. For more information, please contact the association directly.

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Citizens for Safe Cycling	Cycling programs, maps, trails and workshops	All ages	Varies	N/A	<a href="http://www.Safecycling.ca">www.Safecycling.ca</a>
Ottawa Bicycle Club	Riding, education, touring	Youth and Adult	Varies	N/A	<a href="http://www.ottawabicyclclub.ca">www.ottawabicyclclub.ca</a>
Ottawa Curling Club	Curling leagues and lessons	All ages	Varies	N/A	<a href="http://www.ottawacurlingclub.com">www.ottawacurlingclub.com</a>
Ottawa River Canoe Club	A variety of recreational and competitive paddling sport activities. Programs, camps, lessons	All ages	Varies	N/A	<a href="http://www.ottawarivercanoe.com">www.ottawarivercanoe.com</a>
Ottawa Rowing Club	Leagues, camps	Youth Adults	Varies	N/A	<a href="http://www.ottawarowingsclub.com">www.ottawarowingsclub.com</a>
Ottawa Ski Club	Lessons, recreational skiing	All ages	Varies /seasonal	N/A	<a href="http://www.campfortuneskiclub.org/">http://www.campfortuneskiclub.org/</a>
Ottawa Tennis and Lawn bowling	House leagues, tournaments, lessons	All ages	Varies	N/A	<a href="http://www.otlbc.com">http://www.otlbc.com</a>
Rideau Canoe Club	Recreational paddling activities and events	All ages	Varies	N/A	<a href="http://www.rideaucanoe.on.ca">www.rideaucanoe.on.ca</a>
Ultimate Frisbee	Leagues, lessons	Youth Adults	Varies Spring, Summer, Fall	N/A	<a href="http://www.ocua.ca">www.ocua.ca</a>
Vertical Reality Rock Climbing	Indoor and outdoor rock climbing programs	All ages	Varies	N/A	<a href="http://www.verticalreal.com">www.verticalreal.com</a>