



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)

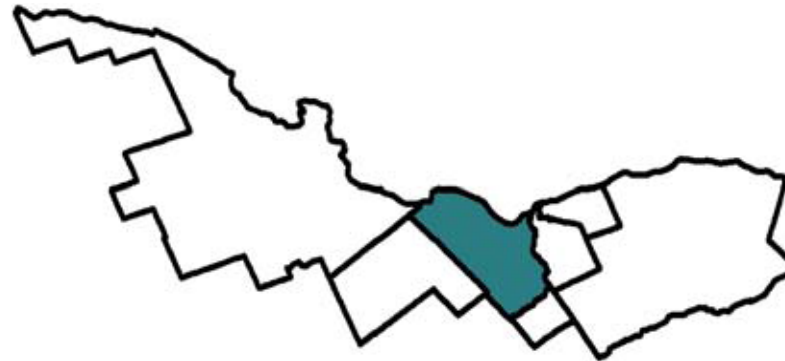
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

*This project is supported by the Government of Ontario  Ontario





Programs displaying this symbol are designated Heart Wise programs

Ottawa West



Walking Clubs






PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Bayshore Walking Club 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
Constance Bay Community Centre 262 Len Purcell	Indoor Walking	Adults Older adults	Tues 9-10am Thurs 9:30-10:30 am	Free	613-580-6744 x26234
Dovercourt Centre/ Rehab Walking Club 411 Dovercourt	 Indoor walking	Adults Older adults	Tue – Thurs (fall) 2:30 -3:30 pm	Free	Pam Byers 613-798-8950
Hazledean Shopping Mall 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
Carp Walking group Erskine Johnson Arena 3832 Carp Rd.	Indoor and outdoor walking	Adults Older adults	Thursdays 9:30-10:30 am	Free	613-839-3000
Kanata “Y” Fitwalk 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
Lincoln Fields Shopping Centre Walking Club Carling & Ottawa River Parkway	Indoor Walking	Adults Older adults	Tues/Thurs 6:00-9:00am	Free	613-828-3783
Manotick Gottawalk Manotick Arena Doctor Leach Drive	Indoor Walking	Adults Older adults	Mon/Fri 10-11am	Free	Barbara O'Brian 613-580-6744 x26173
Merivale Mall – Nepean Heart Walkers 1642 Merivale Rd, Nepean	Indoor Walking	Adults Older adults	Mon to Sat 7:00 to 9:00 am	Free	613-226-1290
Nepean Nomads Walking Club 19 Beaumaris Drive	Outdoor Walking	Adults Older adults	All season	Free	Marv Hinton 613-828-3216
Nepean Sportsplex Walking Club Nepean Sportsplex 1701 Woodroffe	Indoor Walking Individual walking of a mapped course	Adults Older adults	At your discretion	Free	Valerie Blais 613-728-8688
North Gower Happy Hoofers Alfred Taylor Community Centre 2300 Community Way	Indoor Walking	Adults Older Adults	Wed 10-11am (Nov. – April)	Free	
Osgoode Walking Club 5560 Osgoode Main Street	Indoor Walking	Adults Older Adults	Mon 9:30-11am	Free	
Owls Nest - Mall Walk Lincoln Heights Galleria 2525 Carling Avenue	Indoor walking	Adults Older adults	Weekdays 7:00-9:30 am	Free	613-724-4145
Rehab Walking Club 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
Richmond 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
Running Room Walking Club 1518 Merivale Rd	Outdoor Walking	Adults Older adults	Varying times	\$69.99 for 10 weeks	Hilda Beauregard 613-228-3100
Stittsville Walkers Stittsville Community Centre 10 Warner-Colpitts Lane	Indoor Walking	Adults Older Adults	Mon 1:30-2:30	Free	613-580-6744 x15251
Superdome Indoor Walking Ben Franklin Park 191 Knoxdale Rd.	Indoor Walking	Adults Older Adults	Varies	\$1 per session	613-829-3663
Vernon Walking Club Vernon Community Centre 7950 Lawrence Street	Indoor Walking	Adults Older Adults	Mon/Thurs 9:30-11am	Free	Barbara O'Brian 613-580-6744 x26173
Walk A Mall Carlingwood Shopping Mall 2121 Carling Avenue	Indoor Walking (individual)	Adults Older adults	7:00- 10:00 am At your discretion	Free	613-725-1551
Walter Baker Walking Clubs 100 Malvery Dr	Indoor walking	Adults Older adults	At your discretion	Free	Dale Johnson 613-580-2420 x30307
West Carleton Walking Club 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
YMCA/YWCA Carlingwood 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
Nepean Sportsplex 1701 Woodroffe Ave	 Shallow-Lite 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				
Walter Baker Sports Centre 100 Malvern Dr	 Shallow-Lite 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					
Dovercourt Recreation Centre 411 Dovercourt	 Senior Aqua 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
Goulbourn Recreation Complex 1500 Shea Rd.	 Aqua fitness 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
	 Arthritis Program 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			
	Lane swim Lap swimming for youth and adults only	Adults	Varies	\$3.50 drop in	









PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Kanata Wave Pool 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	
Pinecrest Recreation Complex 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	
Soloway Jewish Community Center 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
Churchill Recreation Centre for ages 55+ 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			
Eva James Memorial Community Centre 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
Kanata Leisure Centre 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
Kanata Seniors Centre John Mlacak Centre 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	
Kinburn Client Service Centre 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
Pinecrest Recreation Complex 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
Richmond Memorial Community Centre 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
Manotick Arena 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>Nepean Creative Arts Centre 11-35 Stafford Rd. Bells Corners</p>	<p> 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.</p> <p> Older Adult Fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p> <p> Stretch & 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.</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>Nepean Sportsplex 1701 Woodroffe Ave.</p>	<p> Indoor Cycling Training Discover the world of indoor group cycling. Learn the basic routine and improve your strength and aerobic base.</p> <p> Heart Health 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> Older adult fitness Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p> <p> Chair-ercise (seniors) 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> Nifty 50s 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 & 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>Walter Baker Centre 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>YMCA-YWCA Nepean 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>YMCA-YWCA Carlingwood 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>National Capital Region YMCA-YWCA Kanata 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>Stittsville and District Community Centre 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		
	 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
Soloway Jewish Community Center 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
Boomerang Kids 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
City Wide Sports 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
City Wide Sports 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>Dovercourt Community Centre 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 & More Strength training with weights, along with a variety of activities and experience will improve bone density and fitness, and also elevate body, mind & overall well being! Suitable for women of all ages & 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>		

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Foster Farm Community Centre 1065 Ramsay Cres.	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-828-2004
Kanata Leisure Centre 70 Aird Place	Women Alive Physical activity program for women on limited income.	Women on limited income	Varies	N/A	613-591-9283 x306
YMCA-YWCA Carlingwood 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
YMCA-YWCA Nepean 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
National Capital Region YMCA-YWCA Kanata 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

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