

# Champlain LHIN

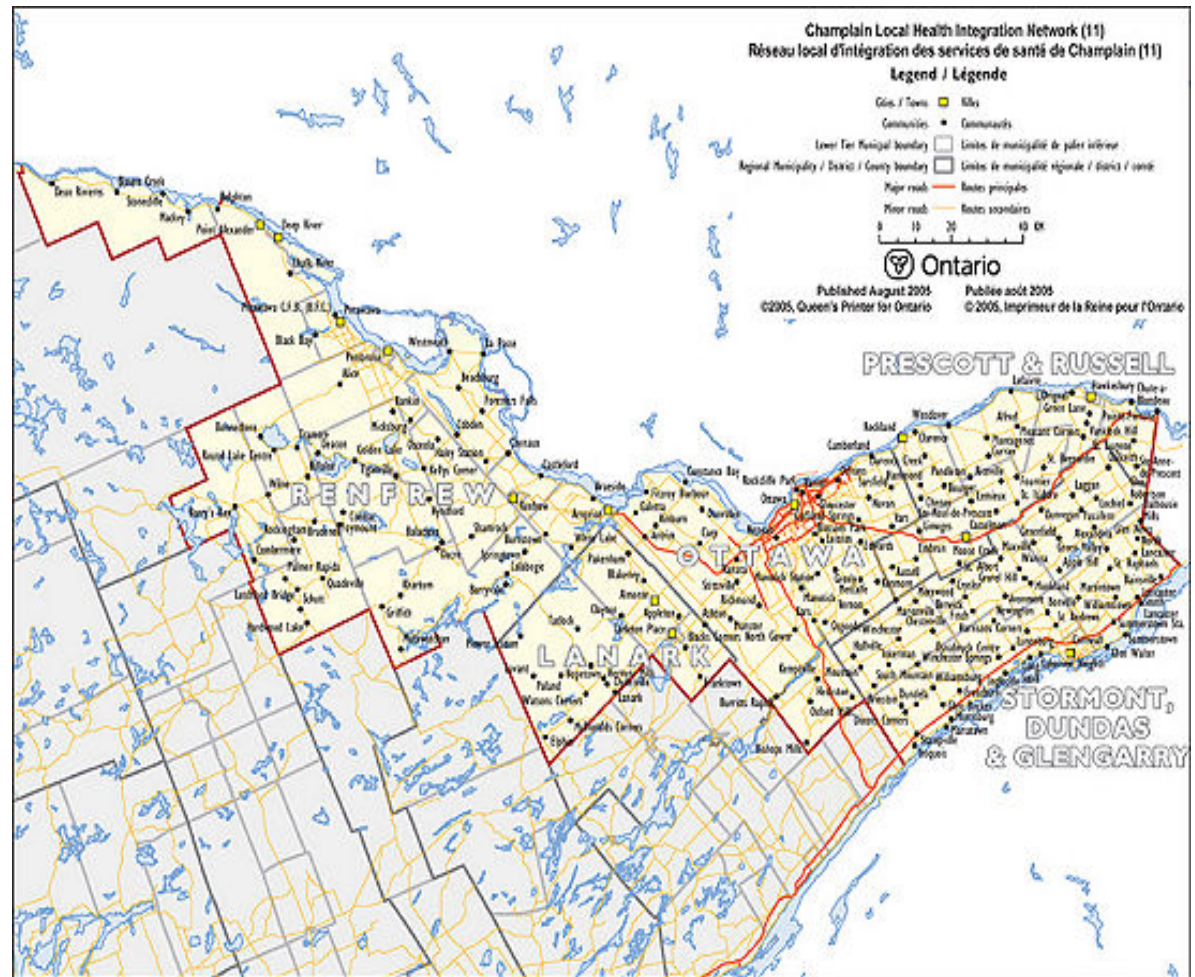
## Physical Activity: Community Resources

### 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)

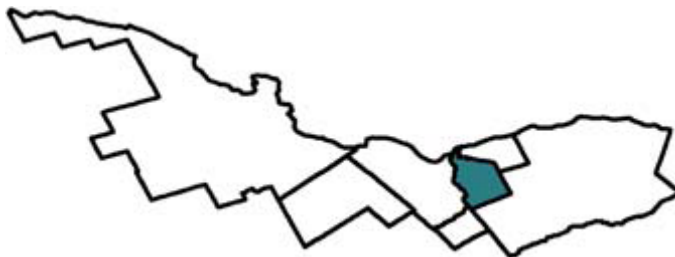
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

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



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

## Ottawa Centre




### Walking Clubs



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



Ottawa Centre

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







## Pools


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





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





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




### Low Intensity Exercise Programs






| PROGRAM   | DESCRIPTION   | AUDIENCE  | HOURS   | COST                                    | CONTACT                      |
|---|---|---|---|---|------------------------------|
| <b>Canterbury Community Centre</b><br>2185 Arch St.             |  Sit to be Fit!<br>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<br>Older adults  | Mon<br>1:00-2:00 pm<br>Wed<br>1:15-2:15 pm      | \$75.00<br>for 12 wks                   | 613-247-4869                 |
|   | 50+ fitness<br>Comprehensive program consisting aerobic conditioning, muscular strength and endurance training, core conditioning and balance and flexibility development.  | Adults<br>Older adults  | Varies  | \$80                                    |                              |
| <b>Carleton Heights Community Centre</b><br>1665 Apeldoorn Ave. |  50+ fitness<br>Very low impact exercising using aerobics, stretching, flexibility and weight-bearing exercises.   | Adults<br>Older adults  | Wed<br>10:15-11:15am                            | \$50 1x/wk<br>\$85 2x/wk<br>\$115 3x/wk | Linda Leeson<br>613-226-2208 |
|   |  50+ Gentle Fitness<br>A gentle approach to fitness including strength, cardio and flexibility while taking into consideration limits due to joint movement, arthritis, osteoporosis, etc.   | Adults<br>Older adults  | Fri<br>10:15-11:15am                            |   |                              |
|   |  50+ Tone & Stretch<br>Safely increase your flexibility and strength using hand-weights, exercise bands, etc.   | Adults<br>Older adults  | Tue/Thurs<br>11am-noon                          |   |                              |
|   |  Fit Fellows (50+)<br>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<br>Older adults  | Mon/Wed<br>11:30-12:15 pm                       |   |                              |
|   |  Chair Exercise with Gentle Fitness<br>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<br>with arthritis,<br>osteoporosis or a<br>decrease in joint<br>movement | Mon/Wed<br>1-1:45 pm<br>Fri<br>11:30 - 12:15 pm |   |                              |


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

| PROGRAM   | DESCRIPTION   | AUDIENCE               | HOURS                        | COST  | CONTACT                             |
|---|---|------------------------|------------------------------|---|-------------------------------------|
| <b>Dovercourt Community Centre</b><br>411 Dovercourt Ave.     |  <b>Gold Club</b><br>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<br>Older adults | Mon/Wed/Fri<br>11:00 am      | \$8.50 drop in<br>\$70-\$112<br>memberships | Pam Beyers<br>613-798-8950<br>x 244 |
| <b>Heron Road Community Centre</b><br>1480 Heron Rd.          |  <b>Cardio &amp; strength for seniors</b><br>A combination of no bounce movements done to upbeat the music. Finish with resistance training.   | Older adults           | Mon/Wed<br>9:00 am           | \$50 for 12 or \$80<br>for 24               | Joelle Zakhour<br>613-247-4888      |
|   | <b>Fitness 50+</b><br>Comprehensive program consisting aerobic conditioning, muscular strength and endurance training, core conditioning and balance and flexibility development.   | Adults<br>Older adults | Tues/Thurs<br>9:15 - 0:15 am |   |                                     |
|   |  <b>Chair exercises</b><br>A complete and gentle workout don seated to lively music. Includes light strength training.   | Older adults           | Mon/Wed<br>10:30 - 11:30am   |   |                                     |
| <b>Hunt Club Riverside Community Centre</b><br>3320 Paul Anka | <b>Tai Chi (55+)</b><br>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<br>10:15 - 11:15 am     | \$92  | 613-521-1392                        |
|   |  <b>Chaircise</b><br>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<br>11:15 - 12:15 pm      | \$65  |                                     |
|   | <b>Seniors Strength Training (55+)</b><br>Exercises using light to moderate hand weights, therabands and resistance exercises in the process of building your muscle tone.  | Older adults           | Fri<br>10:15 - 11:15 am      | \$65  |                                     |

| PROGRAM   | DESCRIPTION  | AUDIENCE                       | HOURS                           | COST  | CONTACT                            |
|---|--|--------------------------------|---------------------------------|---|------------------------------------|
| <p><b>Jack Purcell Community Centre</b><br/>320 Jack Purcell Lane</p> |  <p>Rehab Walking<br/>(Special Needs)<br/>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<br/>Older adults</p> | <p>Tues/Thurs<br/>2:30 pm</p>   | <p>\$120 for 24 classes</p>                 | <p>K. Watcham<br/>613-564-4106</p> |
|   |  <p>Seated Aerobics<br/>(Special Needs)<br/>A workout designed to increase cardiovascular fitness as well as tone and build upper-body strength for persons with disabilities.</p>  | <p>Adults<br/>Older adults</p> | <p>Tues<br/>5:30 pm</p>         | <p>\$67.50 for 12 classes</p>               |                                    |
|   |  <p>50+ Weight Training<br/>For the mature adult who wants to enhance physical and psychological well being.</p>  | <p>Adults<br/>Older adults</p> | <p>Thurs<br/>9:30 am</p>        | <p>\$60.50 for 11 classes</p>               |                                    |
| <p><b>Plant Recreation Centre</b><br/>930 Somerset West</p>           | <p>Yoga Gentle (adult)<br/>Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.</p>   | <p>Adults<br/>Older adults</p> | <p>Mon<br/>9:45 - 10:45 am</p>  | <p>\$69 for 10 classes</p>                  | <p>C. Primeau<br/>613-232-3000</p> |
|   |  <p>Older Adult Fitness<br/>Muscle toning, cardiovascular conditioning and some flexibility will be featured.</p>   | <p>Older adults</p>            | <p>Mon<br/>11:00 - 12:00 pm</p> | <p>\$69 for 10 classes</p>                  |                                    |
|   | <p>Low impact<br/>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<br/>(6 months: \$151)</p> |                                    |

| PROGRAM   | DESCRIPTION  | AUDIENCE               | HOURS  | COST                             | CONTACT                             |
|---|--|------------------------|--|----------------------------------|-------------------------------------|
| <b>RA Centre</b><br>2541 Riverside Dr.                          |  GroupFIT programs<br>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 | Adults<br>Older adults | Various times throughout the week                | 3m & annual membership available | 613-733-5100 x 312                  |
|   |  Tai Chi FIT<br>In these classes, one will learn Tai Chi forms, slow diaphragm breathing and improve balance while increasing circulation and strength.   | Adults<br>Older adults | 12 weeks<br>Thurs<br>10:30 - 11:30 am            | \$109/\$134                      | 613-733-5100 x 312                  |
|   | Gentle Pilates<br>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.                      | Adults<br>Older adults | 12 weeks<br>Tues or Thurs<br>10:45 - 11:45 am    | \$109/\$134                      | 613-733-5100 x 312                  |
|   | Strength Training for Seniors<br>Exercises using light to moderate hand weights, therabands and resistance exercises in the process of building your muscle tone.  | Older adults           | 6 weeks<br>Tues<br>10:30 am                      | \$79/104                         | 613-733-5100 x 312                  |
|   | Seniors Club   | Older adults           | Various times and activities throughout the week | Call for details                 | 613-733-5100 x 360                  |
| <b>Rockcliffe Park Recreation Centre</b><br>360 Springfield Rd. |  Stretch & Strength<br>Safely increase your flexibility and strength using hand-weights, exercise bands, etc.   | Adults<br>Older adults | Mon<br>6:00 pm                                   | \$95 for 12 classes              | Karen Venema<br>613-580-2424 x36058 |

| PROGRAM  | DESCRIPTION   | AUDIENCE               | HOURS   | COST                                | CONTACT                                 |
|--|---|------------------------|---|-------------------------------------|---|
| <b>Somerset West Community Health Centre</b><br>55 Eccles St.          | Stand up! Fall prevention<br><br>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<br>Next one will be in late March 2008          | Free                                | Ginette Drouin<br>613-238-1220<br>x2351 |
| <b>Sandy Hill Community Health Centre</b><br>221 Nelson St.            |  Chair exercise<br>A complete and gentle workout done seated to lively music. Includes light strength training.  | Older adults           | Tues<br>1:30 - 2:30 pm  | Free                                | 613-789-6309                            |
|  |  Mise en Forme (French)<br>Vous Familiarisez avec l'équipement d'aérobie, les appareils d'entraînement en résistance et les poids libres.  | Older adults           | Mon<br>10:30 - 11:30 pm   |                                     |   |
|  | Stand Up<br><br>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<br>2:30 - 3:30 pm<br>Thurs<br>2:30 - 3:30 pm                | Free                                | Natacha Ducharme<br>613-244-2816        |
| <b>YMCA-YWCA Downtown</b><br>99 Bank St.(Bank & Queen)                 |  Learn Yoga<br>Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.   | Adults<br>Older adults | Mon<br>8:15 - 9:15 am   | \$6 drop in Membership available    | Rob Glen<br>613-233-9331                |
| <b>YMCA-YWCA Metro Central</b><br>180 Argyle Ave. (Corner of O'Conner) |  Y50<br>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<br>Older adults | Mon/Wed/Fri<br>8:45 - 9:45 am<br>Tues/Thurs<br>10:00 - 10:45 am | \$6.00 drop in Membership available | Jill Pomeroy<br>613-237-1320<br>x6622   |
|  |  Yoga Level 1<br>Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.   | Adults<br>Older adults | Mon<br>8:15 - 9:15 am   |                                     |   |

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

### Individualized Exercise Options

| PROGRAM  | DESCRIPTION  | AUDIENCE                         | HOURS                        | COST                        | CONTACT                |
|--|--|----------------------------------|------------------------------|-----------------------------|------------------------|
| <b>Boomerang Kids</b><br>1056 Bank Street  | Stollercising Classes<br>Combination of speed walking and jogging while pushing your stroller with stretching and strengthening exercises.   | New moms & moms-to-be            | Mon/Wed/Fri<br>10:15-11:15am | Free                        | 613-730-0711           |
| <b>Centretown Community Health Centre</b><br>420 Cooper Street                                 | Meditation & Movement<br>Guided sitting meditation and gentle movement   | Adults<br>Older Adults           | Wed<br>10:00-12:00pm         | Free                        | 613-233-4443           |
| <b>Jack Purcell Community Centre</b><br>320 Jack Purcell Lane                                  | Women Alive<br>Physical activity program for women on limited income.  | Women on limited income          | Varies                       | N/A                         | 613-564-1050           |
| <b>Plant Recreation Centre</b><br>930 Somerset West  | Women Alive<br>Physical activity program for women on limited income.  | Women on limited income          | Varies                       | N/A                         | 613-232-3000           |
| <b>RA Centre</b><br>2541 Riverside Drive   | LifeFIT Programs<br><br>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<br>Older Adults           | Annual Membership            | Annual Membership available | 613-733-5100<br>x312   |
| <b>The Shirley E. Greenberg Women's Health Center</b><br>1967 Riverside Drive,<br>Room 7-236-4 | StrongWomen Program<br><br>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<br>(18-80 years old) | 2x/wk for 1.5h               | Free                        | 613-738-8400<br>x81725 |

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

### Personal Trainers

| Name                 | Address   | Email  | Phone                        |
|----------------------|---|--|------------------------------|
| Allen, Kimberly      | <b>Fitness For Freedom</b><br>In home personal training   | <a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a> | 613-260-2703                 |
| Bolt, Helen          | <b>RA Centre</b><br>2451 Riverside Dr. (Ottawa)   | <a href="mailto:hbolt@sympatico.ca">hbolt@sympatico.ca</a>                 | 613-447-5840                 |
| Chant, Jonathan      | <b>Fitness For Freedom</b><br>In home personal training   | <a href="mailto:info@fitnessforfreedom.com">info@fitnessforfreedom.com</a> | 613-260-2703                 |
| Eltis, Christopher   | <b>YMCA-WMCA</b><br>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><br>In-home Personal Training & Nutritional Counseling<br>Website: kitflynn.ca | <a href="mailto:kit_flynn@rogers.com">kit_flynn@rogers.com</a>             | 613-729-4653                 |
| Glen, Rob            | <b>YMCA-YWCA</b><br>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><br>200 Lock (Ottawa)   |  | 613-729-7131<br>x101         |
| Lesco, Sandy         | <b>Best Western Fitness</b><br>Trainer/Instructor   | <a href="mailto:lesco@sympatico.ca">lesco@sympatico.ca</a>                 | 613-735-3534<br>613-735-0474 |
| Macleod, Danielle    | <b>HGMH Pool</b><br>Full 360 Personal Training  |  | 613-330-9360                 |

Ottawa Centre

| Name               | Address  | Email  | Phone                        |
|--------------------|--|--|------------------------------|
| Marr, Line         | <b>YMCA-YWCA</b><br>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><br>Medical Exercise Specialist<br>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><br>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><br>2451 Riverside Dr. (Ottawa)                                      | <a href="mailto:jvanbakel@lifefitcanada.com">jvanbakel@lifefitcanada.com</a> | 613-733-5100<br>x312 or x239 |