



3-66 Hearst Way, Kanata Ontario
613-591-9642

Fall Schedule - Effective September 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00
Gentle Yoga Flow	Nia Dance Fitness New!	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Happy Hips Fitness
Julie	Natasha	Shelley	Diane	Darlene	Brian	Dawn-Marie
9:30 - 10:30	9:30 - 10:30	10:30 - 11:30	9:30 - 10:30	9:30 - 10:30	9:15 - 10:15	9:15 - 10:15
Core & More Fit	Gentle Yoga	Fitness Fusion	Cardio & Core New!	Pilates Fusion	Yoga Flow 1-2	Yoga Flow 1-2
Dawn-Marie	Cathy	Shelley	Dawn-Marie	Shelley	Julia L.	Ksenia
10:45 - 11:45	10:15 - 11:15	10:45 - 12:00	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30
Restorative Yoga	Qigong	Restore & Align Yoga	Yin Yoga	Balance, Strength & Stretch Yoga Level 2	Barrelates Mix	Gentle Yoga
Dawn-Marie	Glenda	Michael	Diane	Alison	Anita	Ksenia
12:00 - 1:00	10:45 - 11:45	12:00 - 1:00	12:00 - 1:00	12:00 - 12:45	10:30 - 11:30	10:30 - 11:30
Chair Yoga	Pilates Fusion	Hatha Yoga 1-2	Chair Yoga New!	Zumba Gold	Gentle & Restorative	Yin Yoga
Darlene	Cathy	Francesca	Julie	Christine	Christina	Diane
	12:00 - 1:00	1:00 - 2:00	1:00 - 2:15	1:00 - 2:00	12:00 - 1:00	
	Gentle Yoga Flow	Balance, Strength & Stretch Yoga (all levels)	Gentle Somatic Yoga	Yin Yoga	Yoga Strength & Stretch New!	
	Diane	Darlene	Glenda	Basia	Jemma	
5:45 - 6:45	6:00 - 6:45			1:15 - 2:15	Upcoming Workshops & Events* Five Weeks to A Stronger You with Shelley Wednesdays, September 23 to October 21 1:30 p.m. to 2:15 p.m. Root, Release & Restore with Francesca & Julie Thursday, September 24 6:00 p.m. to 8:00 p.m. Tai Chi 12 Week Series with Jürgen Wednesdays, September 23 to December 9 6:00 p.m. to 7:00 p.m. Barefoot Basics with Shelley Friday, September 25 10:45 a.m. to 11:45 a.m.	
Yoga for Mobility New!	Foam Roller Relief & Stretch			Qigong New!		
Su	Shelley			Glenda		
6:00 - 7:00	7:00 - 8:15	6:00 - 7:00	6:00 - 7:00			
Fitness Fusion	Yin & Meditation	Yoga Flow 1-2	Gentle Flow & Yin			
Ivana	Brian	Julia L.	Julia			
7:00 - 8:00	7:15 - 8:15	7:15 - 8:15	7:15 - 8:30			
Gentle Flow & Let Go	Yoga Flow 1-2	Gentle Yoga	Gentle Yoga & Yoga Nidra			
Su	Ksenia	Julia L.	Julia			
Schedule Subject to Change. *Registration and separate fee may be required. Class descriptions available on website.						