Course Descriptions — Winter 2017

Chair and Beyond
Stretch, tone and gain or maintain your personal fitness level. The Instructor will combine hand weights, exercise bands and functional movements increasing your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness
Find your core muscles! Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold
Join this awesome Latin Style dance/exercise Fitness class. This class has been described as "Exercise in Disguise". Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi
Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Stretches reach into the pelvis, where a number of back problems begin and will relieve the deep, tension-holding areas of the back, neck and shoulders. Even as a beginner, it's possible to master the moves in Wu Tai Chi. Please wear comfortable clothing and bring a water bottle.

Chair Yoga
In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga
Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mats, water bottle and comfortable clothing. Namaste.

Oil/Acrylic Painting – Beginner
Budding Artists will learn the importance of colour and techniques in this class designed just for beginners. The instructor will provide comprehensive instructions on all facets of Oil/Acrylic painting while working in unison on the same project as the students. Please see Reception for supply list.

Leisure-time physical activity is associated with longer life expectancy, even at relatively low levels of activity and regardless of body weight, according to a study by a team of researchers led by the National Cancer Institute (NCI), part of the National Institutes of Health.

Oil/Acrylic Painting - Intermediate
Experienced painters will love this dynamic class. The instructor embraces the creativity of each individual artist while preserving the art of instructional techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Monday Beginner
Students new to Watercolour will learn the basics and discover their inner artist. The instructor embraces the creativity of each individual artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Wednesday Intermediate
Experienced painters will love this dynamic class. The instructor embraces the creativity of each artist while preserving the art of teaching proper techniques. Painting supplies required. Please see Reception for supply list.

Write It Now!
Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them! Come have fun and fellowship!

Conversational French
Fully bilingual, Salwa Khouzam is a seasoned teacher of FSL and has taught at different levels . She was Department Head of French at Lester B.Pearson Catholic School for many years before pursuing other career venues. She is now retired and volunteers with many different community groups.

GSAC enjoys some of the finest Professional Instructors in Ottawa! In order to be a fair employer we must guarantee the session in its entirety.
Pro Rates will not be granted.

Course Cancellation

If a course is cancelled by GSAC we will refund the course or the classes cancelled by cheque.
Participant Requested Refunds are only granted up to two weeks into the course start date and are subject to an administration fee. Please inquire at Reception.