



Community Resources

<p>☞ Dempsey Community Centre Walking Club</p> <p>Contact: 1895 Russell Rd, Ottawa ON, K1G 0N2 Phone: 613-247-4846</p>	<p>☞ Dovercourt Recreation Centre- Rehab Walking Club</p> <p>Contact: 411 Dovercourt Ave, Ottawa ON, K2A 0S9 Phone: 613-798-8950</p>
<p>☞ Hintonburg Indoor Walking Club</p> <p>Contact: 1064 Wellington, Ottawa ON, K1Y 2Y3 Phone: 613-798-8874</p>	<p>☞ Superdome at Ben Franklin Park Indoor Walking</p> <p>Contact: 191 Knoxdale Rd, Ottawa ON, K2G 3J1 Phone: 613-829-3663</p>
<p>☞ Superdome Bearbrook Road- Indoor Walking</p> <p>Contact: 1662 Bearbrook Rd, Gloucester ON, K1B 1C4 Phone: 613-590-1660</p>	<p>☞ Ottawa Voyageurs d'Ottawa Walking Club</p> <p>Contact: 6491 Jeanne D'arc Blvd, Orleans ON, K1C 7H8 Phone: 613-824-7332</p>
<p>☞ Rockliffe Park Recreation Centre - Walking</p> <p>Contact: 360 Springfield Dr, Ottawa ON, K1M 0E1 Phone: 613-842-8578</p>	<p>☞ Richelieu-Vanier Walking Club</p> <p>Contact: 300 Des Peres Blancs, Vanier ON, K1L 7L5 Phone: 613-580-2424 ext. 36058</p>
<p>☞ Sweet Beat Walking Group</p> <p>Contact: White Cross Dispensary 274 Elgin St, Ottawa ON, K2P 1M2 Phone: 613-233-4029</p>	<p>☞ Billings Bridge Shopping Centre - Pacesetters</p> <p>Contact: 2277 Riverside Dr, Ottawa ON, K1H 7X6 Phone: 613-521-6740</p>
<p>☞ Carlingwood Shopping Centre – Walk A Mall</p> <p>Contact: 2121 Carling Ave, Ottawa ON, K2A 1H2 Phone: 613-725-1551</p>	<p>☞ Lincoln Fields Shopping Centre Walking Club</p> <p>Contact: 2525 Carling Ave, Ottawa ON, K2B 7Z2 Phone: 613-828-3783</p>
<p>☞ Merivale Mall – Trekkers Walking Club</p> <p>Contact: 1642 Merivale Rd, Ottawa ON, K2G 4A1 Phone: 613-226-1290</p>	<p>☞ Hazeldean Mall Walking Club- Mall Walkers</p> <p>Contact: 300 Eagleson Rd, Kanata ON, K2M 1C9 Phone: 613-591-1294</p>
<p>☞ Constance Bay Indoor Walking Club</p> <p>Contact: 262 Len Purcell Dr, Woodlawn ON, K0A 3M0 Phone: 613-580-5744 ext. 26234</p>	<p>☞ Fitzroy Harbour Indoor Walking Club</p> <p>Contact: 100 Clifford Campbell St, Fitzroy Harbour ON, K0A 1X0 Phone: 613-580-6744 ext.26234</p>
<p>☞ Greely Walking Club</p> <p>Contact: 1448 Meadow Dr, Greely ON, K4P 1B1 Phone : 613-580-6744 ext. 26234</p>	<p>☞ Kinburn Indoor Walking Club</p> <p>Contact: 3045 Kinburn Side Rd, Kinburn ON, K0A 2H0 Phone: 613-580-6744 ext.26234</p>
<p>☞ Manotick Gottawalk</p> <p>Contact: 5572 Doctor Leach Rd, Manotick ON, K4M 1C8 Phone: 613-582-6744 ext. 26234</p>	<p>☞ Rendez-Vous des Aines Francophones d'Ottawa</p> <p>Contact: 3349 Navan Rd, Ottawa ON, K4B 1H9 Phone 613-580-6744 ext. 26234</p>
<p>☞ North Gower Happy Hoofers</p> <p>2300 Community Way, North Gower On, K0A 2T0 Phone: 613-580-6744 ext. 15251</p>	<p>☞ Osgoode Walking Club</p> <p>5560 Main St, Osgoode On, K0A 2W0 Phone: 613-580-6744 ext. 26173</p>
<p>☞ Bob MacQuarrie Indoor Swimming Pool</p> <p>1490 Youville Dr, Orleans On, K1C 2X8 Phone: 613-824-0819</p>	<p>☞ Brewer Indoor Swimming Pool</p> <p>100 Brewer Way, Ottawa On, K1S 5R2 Phone: 613-247-4938</p>
<p>☞ Canterbury Indoor Swimming Pool</p> <p>2185 Arch St, Ottawa On, K1G 2H5 Phone: 613-247-4865</p>	<p>☞ Champagne Fitness Centre Indoor Swimming Pool</p> <p>321 King Edward Ave, Ottawa On, K1N 7M5 Phone: 613-244-4402</p>
<p>☞ Deborah Anne Kirwan Indoor Swimming Pool</p> <p>1300 Kitchener Ave, Ottawa On, K1V 6W2 Phone: 613-247-4820</p>	<p>☞ Lowertown Indoor Swimming Pool</p> <p>40 Cobourg St, Ottawa On, K1N 8Z6 Phone: 613-244-4406</p>



Community Resources

<p>Ray Friel Indoor Swimming Pool</p> <p>1585 Tenth Line Rd, Orleans On, K1E 3E8 Phone: 613-830-2747</p>	<p>Sawmill Creek Indoor Swimming Pool</p> <p>3380 D'Aoust Ave, Gloucester On, K1T 1R5 Phone: 613-521-4092</p>
<p>Splash Wave Indoor Swimming Pool</p> <p>2040 Ogilvie Rd, Ottawa On, K1J 7N8 Phone: 613-748-4222</p>	<p>St.Laurent Complex Indoor Swimming Pool</p> <p>525 Cote St, Ottawa On, K1K 0Z7 Phone: 613-742-6767</p>
<p>Bearbrook Outdoor Swimming Pool</p> <p>2679 Innes Rd, Gloucester On, K1B 4Z8 Phone: 613-824-8300</p>	<p>Genest Outdoor Swimming Pool</p> <p>43 Ste-Cecile St, Vanier On, K1M 0P2 Phone: 613-749-6488</p>
<p>Goulbourn Recreation Complex Indoor Swimming Pool</p> <p>1500 Shea, Ottawa On, K2S 0B2 Phone: 613-831-1169</p>	<p>Jack Purcell Indoor Swimming Pool</p> <p>320 Jack Purcell Lane, Ottawa On, K2P 2J5 Phone: 613-564-1050</p>
<p>Kanata Leisure Centre Indoor Swimming Pool</p> <p>70 Aird Pl, Kanata On, K2L 4E2 Phone: 613-591-9283</p>	<p>Nepean Sportsplex Indoor Swimming Pool</p> <p>1701 Woodroffe Ave, Ottawa On, K2G 1W2 Phone: 613-580-2828</p>
<p>Pinecrest Indoor Swimming Pool</p> <p>2250 Torquay Ave, Nepean On, K2C 1J3 Phone: 613-828-3118</p>	<p>Plant Recreation Centre Indoor Swimming Pool</p> <p>930 Somerset St W, Ottawa On K1R 6R9 Phone: 613-232-3000</p>
<p>Walter Baker Indoor Swimming Pool</p> <p>100 Malvern Dr, Nepean On, K2J 2G5 Phone: 613-580-2788</p>	<p>Beaverbrook Outdoor Swimming Pool</p> <p>2 Beaverbrook Rd, Kanata On, K2K 1L1 Phone: 613-591-3061</p>
<p>Corkstown Outdoor Swimming Pool</p> <p>61 Corkstown Rd, K2H 7V4 Phone: 613-820-1636</p>	<p>Crestview Outdoor Swimming Pool</p> <p>56 Fieldrow St, Ottawa On, K2G 1P8 Phone: 613-225-7250</p>
<p>Entrance Outdoor Swimming Pool</p> <p>2 Eaton St, Ottawa On, K2H 6L8 Phone: 613-829-2705</p>	<p>Glen Cairn Outdoor Swimming</p> <p>50 Castlefrank Rd, Kanata ON, K2L 2N5 Phone: 613-225-7250</p>
<p>Citizens for Safe Cycling</p> <p>Box 248, Stn B, Ottawa On K1P 6C4 Phone: 613-722-4454</p>	<p>Ottawa Bicycle Club</p> <p>100 Booth St, Ottawa On, K1R 7W1 Phone: 613-230-1064</p>
<p>50+ Fitness Carleton Heights Community Centre</p> <p>1665 Apeldoorn Ave, Ottawa On, K2C 1V6 Phone: 613-226-2208</p>	<p>50+ Tone & Stretch Carleton Heights Community Centre</p> <p>1665 Apeldoorn Ave, Ottawa On, K2C 1V6 Phone: 613-226-2208</p>
<p>50+ Gentle Fitness Carleton Heights Community Centre</p> <p>1665 Apeldoorn Ave, Ottawa On, K2C 1V6 Phone: 613-226-2208</p>	<p>Fit Fellows Carleton Heights Community Centre</p> <p>1665 Apeldoorn Ave, Ottawa On, K2C 1V6 Phone: 613-226-2208</p>
<p>Zumba Gold Carleton Heights Community Centre</p> <p>1665 Apeldoorn Ave, Ottawa On, K2C 1V6 Phone: 613-226-2208</p>	<p>Heron Seniors Centre</p> <p>1480 Heron Rd, Ottawa On, K1V 6A5 Phone: 613-247-4808 ext. 2</p>
<p>Belltown Dome Indoor Skating Rink</p> <p>2915 Houghton Ave, Ottawa On, K2B 6Z4 Phone: 613-828-3313</p>	<p>Champagne Fitness Centre</p> <p>321 King Edward Ave, Ottawa On, K1N 7M5 Phone: 613-244-4402</p>
<p>Curves for Women (Ottawa South)</p>	<p>Curves for Women (Ottawa Northeast)</p>



Community Resources

1574 Walkley Rd Unit 1A, Ottawa On, K1V 6P5 Phone: 613-733-7305	2200 Montreal Rd, Unit C1 Gloucester On, K1J 6M5 Phone: 613-747-2100
📞 Curves for Women (Gloucester Northeast)	📞 Curves for Women (Ottawa West)
2003 St. Joseph Blvd, Orleans On, K1C 1E5 Phone: 613-841-0606	401 Golden Ave Suite 203, Ottawa On, K2A 1H4 Phone: 613-722-5239
📞 Curves for Women (Ottawa West Central North)	📞 Curves for Women (Ottawa West Central South)
65 Bank St Suite 201, Ottawa On, K1P 5N2 Phone: 613-231-7676	1185 Bank St, Ottawa On, K1S 3X7 Phone: 613-521-1333
📞 Elgin Fitness	📞 GoodLife Fitness Women's Club
200 Cooper St Suite 6, Ottawa On, K2P 0G1 Phone: 613-233-5849	3201 Greenbank Rd, Ottawa On, K2J 4H9 Phone: 823-8081
📞 GoodLife Fitness Women's Club	📞 GoodLife Fitness Women's Club
1980 Baseline Rd, Ottawa On, K2C 0C6 Phone: 613-226-2638	760 Eagleson, Kanata On, K2M 0A4 Phone: 613-591-1466
📞 GoodLife Fitness Women's Club	📞 GoodLife Fitness
1980 Ogilvie Rd, Ottawa On, K1J 9L3 Phone: 613-746-6410	484 Hazeldean Rd, Kanata On, K2L 1V4 Phone: 613-831-9849
📞 GoodLife Fitness Co-Ed & Women's Club	📞 GoodLife Fitness
5 Roydon Pl, Nepean On, K2E 1A3 Phone: 613-739-4070	555 March Rd, Kanata On, K2K 2M5 Phone: 613-599-2718
📞 GoodLife Fitness	📞 GoodLife Fitness
1777 Tenth Line Rd, Orleans On, K1E 3X2 Phone: 613-824-6482	110 Place d'Orleans Dr, Orleans On, K1C 2L9 Phone: 613-590-1499
📞 GoodLife Fitness	📞 GoodLife Fitness Co-Ed & Women's Club
199 Queen St, Ottawa On, K1P 6L8 Phone: 613-232-7648	2655 Queensview Dr, Ottawa On, K2B 8K2 Phone: 613-820-9531
📞 GoodLife Fitness	📞 GoodLife Fitness Women's Club
50 Rideau St, Ottawa On, K1N 9J7 Phone: 613-567-0037	685 River Rd, Ottawa On, K1V 2G2 Phone: 613-822-0154
📞 GoodLife Fitness Women's Club	📞 GoodLife Fitness
4270 Innes Rd, Orleans On, K4A 5E6 Phone: 613-830-5937	1200 St.Laurent Blvd, Unit 0043, Ottawa On, K1K 3B8 Phone: 613-741-2566
📞 GoodLife Fitness	📞 GoodLife Fitness Women's Club
3181 Strandherd Dr, Nepean On, K2J 5N1 Phone: 613-843-9327	100 McArthur, Ottawa On, K1L 6P9 Phone: 613-842-8797
📞 GoodLife Fitness	📞 Jack Purcell Recreation Association
2020 Walkley Rd, Ottawa On, K1G 6S6 Phone: 613-526-0917	320 Jack Purcell Ln, Ottawa On, K2P 2J5 Phone: 613-564-1050
📞 Greenboro Community Centre	📞 Hunt Club-Riverside Park Community Centre
363 Lorry Greenberg Dr, Ottawa On, K1T 3P8 Phone: 613-580-2805	3320 Paul Anka Dr Ottawa On, K1V 0J9 Phone: 613-260-1299



Community Resources

<p>Jim Durrell Recreation Centre</p> <p>1265 Walkley Rd, Ottawa On, K1V 6P9 Phone: 613-247-4811</p>	<p>RA Fitness Centre</p> <p>2451 Riverside Dr, Ottawa On, K1H 7X7 Phone: 613-733-5100</p>
<p>Pilates by Merrill</p> <p>Gladstone Sports & Health Centre 18 Louisa St, Suite 150, Ottawa On, K1R 6Y6 Phone: 613-233-9226</p>	<p>True Form</p> <p>384 Bank St, 2nd Flr, Ottawa On, K2P 1Y3 Phone: 613-237-4589</p>
<p>Tom Brown Arena</p> <p>141 Bayview Dr, Ottawa On, K1Y 4M3 Phone: 613-798-8885</p>	<p>Taggart Family Y</p> <p>180 Argyle Ave, Ottawa On, K2P 1B7 Phone: 613-788-5000</p>
<p>Downtown Y</p> <p>99 Bank St, Sunlife Financial Centre Level B1, Ottawa On, K1P 6B9 Phone: 613-233-9331</p>	<p>Kanata Y</p> <p>1000 Palladium Dr (Scotiabank Place), Kanata On, K2V 1A4 Phone: 613-599-0280</p>
<p>Nepean Y</p> <p>1642 Merivale Rd (Merivale Mall), Nepean On, K2G 4A1 Phone: 613-727-7070</p>	<p>Ruddy Family Y</p> <p>265 Centrum Blvd, Orleans On, K1E 3X7 Phone: 613-830-4199</p>
<p>Fitness Education Centre Downtown Y,</p> <p>99 Bank St (Clarica Centre) Level B1, Ottawa On, K1P 6B9 Phone: 613-288-1424</p>	<p>Earl Armstrong Arena</p> <p>2020 Ogilvie Rd, Gloucester On, K1J 7N8 Phone: 613-746-7109</p>
<p>J. A. Dulude Arena</p> <p>941 Clyde Ave, Ottawa On, K1Z 5A6 Phone: 613-798-1716</p>	<p>Fred Barrett Arena</p> <p>3280 Leitrim Rd, Ottawa On, K1T 3Z4 Phone: 613-822-2175</p>
<p>Ottawa Athletic Club</p> <p>2525 Lancaster Rd, Ottawa On K1B 4L5 Phone: 613-523-1540</p>	<p>Wellness on the Rideau</p> <p>Contact: no address available Phone: 613-220-3141 Email: inform@wellnessontherideau.ca</p>
<p>Women Alive</p> <p>Program offered at the following community centres: Dempsey Community Centre 613-247-4846, Foster Farm Community Centre 613-828-2004, Jack Purcell Community Centre 613-564-1050, Kanata Leisure Centre 613-591-9283, Lowertown Community Centre 613-789-3930, Overbrook Community Centre 613-742-5147, Plant Recreation Centre 613-232-3000 and South-East Ottawa Community Health Centre 613-737-5115. The main office is located at 110 Laurier Ave W, Ottawa On, K1P 1J1 Phone: 613-580-6744 ext. 23444</p>	<p>Albion-Heatherington Community Centre</p> <p>1560 Heatherington Rd, Ottawa On, K1V 9P5 Phone: 613-247-4828</p>
<p>Alexander Community Centre</p> <p>960 Silver St, Ottawa On, K1Z 6H5 Phone: 613-798-8978</p>	<p>Alfred Taylor Community Centre</p> <p>2300 Community Way, North Gower On, K0A 2T0 Phone: 613-489-3975</p>
<p>Bob MacQuarrie Recreation Complex</p> <p>1490 Youville Dr, Orleans On, K1C 2X8 Phone: 613-824-0819</p>	<p>Brewer Complex</p> <p>100 Brewer Way, Ottawa On, K1S 5T1 Phone: 613-247-4938</p>
<p>Carleton Heights Community Centre</p> <p>1665 Apeldoorn, Ottawa On, K2C 1J6</p>	<p>Canterbury Recreation Complex</p> <p>2185 Arch St, Ottawa On, K1G 2H5</p>



Community Resources

Phone: 613-226-2208	Phone: 613-247-4869
<p>Huntley Community Centre</p> <p>108 Juanita St, Carp On, K0A 1L0 Phone: 613-839-7636</p>	<p>Ashton Community Centre</p> <p>8930 Flewellyn Rd, Ashton On, K0A 1B0 Phone: 613-831-1169</p>
<p>Champagne Fitness Centre</p> <p>321 King Edward, Ottawa On, K2N 7M5 Phone: 613-244-4402</p>	<p>Constance Bay/Buckham's Bay Community Centre</p> <p>262 Len Purcell Dr, Woodlawn On, K0A 3M0 Phone: 613-832-1070</p>
<p>Dalhousie Community Centre</p> <p>755 Somerset St W, Ottawa On, K1R 6R1 Phone: 613-564-1188</p>	<p>Deborah Anne Kirwan Community Centre</p> <p>1300 Kitchener Ave, Ottawa On, K1V 6W2 Phone: 613-247-4820</p>
<p>Dempsey Community Centre</p> <p>1895 Russell Rd, Ottawa On K1G 0N2 Phone: 613-247-4846</p>	<p>Dovercourt Recreation Centre -</p> <p>411 Dovercourt Ave, Ottawa On, K2A 0S9 Phone: 613-798-8950</p>
<p>Dunrobin Community Centre</p> <p>1151 Thomas Dolan Pkwy, Dunrobin On, K0A 1T0 Phone: 613-832-3763</p>	<p>Eva James Memorial Community Centre</p> <p>65 Stonehaven Dr, Ottawa On, K2M 2Y2 Phone: 613-271-0712</p>
<p>Fisher Park Community Centre</p> <p>250 Holland Ave, Ottawa On, K1Y 0Y5 Phone: 613-798-8945</p>	<p>Fitzroy Harbour Community Centre</p> <p>100 Clifford Campbell St, Fitzroy Harbour On, K0A 1X0 Phone: 613-580-6744 ext. 26234</p>
<p>Foster Farm Community Centre</p> <p>1065 Ramsey Cres, Ottawa On, K2B 8A1 Phone: 613- 828-2004</p>	<p>Galetta Community Centre</p> <p>119 Darwin St, Galetta On, K7S 3G7 Phone: 613-623-4579</p>
<p>Glebe Community Centre</p> <p>175 Third Ave, Ottawa On, K1S 2K2 Phone: 613-564-1058</p>	<p>Goulbourn Recreation Complex</p> <p>1500 Shea, Ottawa On, K2S 0B2 Phone: 613-831-1169</p>
<p>Greenboro Community Centre</p> <p>363 Lorry Greenberg Dr, Ottawa On, K1T 3P8 Phone: 613-580-2805</p>	<p>Heron Road Community Centre</p> <p>1480 Heron Rd, Ottawa On, K1V 6A5 Phone: 613-247-4808</p>
<p>Hintonburg Community Centre</p> <p>1064 Wellington, Ottawa On, K1Y 2Y3 Phone: 613-798-8874</p>	<p>Hunt Club-Riverside Park Community Centre</p> <p>3320 Paul Anka Dr, Ottawa On, K1V 0J9 Phone: 613-260-1299</p>
<p>Jack Purcell Community Centre</p> <p>320 Jack Purcell Ln, Ottawa On, K2P 2J5 Phone: 613-564-1050</p>	<p>John Mlacak Community Centre</p> <p>2500 Campeau Dr, Kanata On, K2K 2W3 Phone: 613-580-2424 ext 33501</p>
<p>Kanata Leisure Centre</p> <p>70 Aird Pl, Kanata On, K2L 4E2 Phone: 613-591-9283</p>	<p>Kars Community Recreation Association</p> <p>1604 Old Wellington, Kars On, K0A 2E0 Phone: (613) 489-2524</p>
<p>Kinburn Community Association</p> <p>3045 Kinburn Side Rd, Kinburn On, K0A 2H0 Phone: 613-580-6744 ext. 26234</p>	<p>Le Patro</p> <p>40 rue Cobourg, Ottawa On, K1N 8Z6 Phone: 613-789-7733</p>
<p>Lindenlea Community Centre</p> <p>15 Rockcliffe Way, Ottawa On, K1M 1A9</p>	<p>Lowertown Community Centre</p> <p>40 Cobourg St, Ottawa On, K1N 8Z6</p>



Community Resources

Phone: 613-742-5011 McNabb Recreation Centre 180 Percy St, Ottawa On, K1R 6E5 Phone: 613-564-1070	Phone: 613-244-4406 Michele Heights Community Centre 2955 Michele Dr, Ottawa On, K2B 8G3 Phone: 613-828-5100
Nepean Sportsplex 1701 Woodroffe Ave, Ottawa On, K2G 1W2 Phone: 613-580-2828	Ottawa South (Old Firehall) Community Centre 260 Sunnyside Ave, Ottawa On, K1S 0R7 Phone: 613-247-4946
Pinecrest Recreation Centre 2250 Torquay Ave, Nepean On, K2C 1J3 Phone: 613-828-3118	Plant Recreation Centre 930 Somerset St W, Ottawa On K1R 6R9 Phone: 613-232-3000
Ray Friel Recreation Complex 1585 Tenth Line Rd, Orleans On, K1E 3E8 Phone: 613-830-2747	Richelieu-Vanier Community Centre 300 Des Pères Blancs, Vanier On, K1L 7L5 Phone: 613-580-2424 ext. 36058
Rideauview Community Centre 4310 Shoreline Dr, Ottawa On, K1V 1N4 Phone: 613-822-7887	Rockcliffe Park Community Centre 280 Springfield Rd, Ottawa On, K1M 0E1 Phone: 613-842-8578
Routhier Community Centre 172 Guigues Ave, Ottawa On, K1N 5H9 Phone: 613-244-4470	St.Laurent Complex 525 Cote St, Ottawa On, K1K 0Z7 Phone: 613-742-6767
Sawmill Creek Community Centre 3 380 D'Aoust Ave, Gloucester On, K1T 1R5 Phone: 613-521-4092	South Fallingbrook Community Center 998 Valin St, Orleans On, K4A 4Y3 Phone: 613-824-0633
Terry Fox Athletic Facility 2960 Riverside Dr, Ottawa On, K1V 8N5 Phone: 613-247-4883	Walter Baker Sports Centre 100 Malvern Dr, Nepean On, K2J 2G5 Phone: 613-580-2788
Arnprior Health and Fitness Club 40 Edward St South, Arnprior On, K7S 1S5 Phone: 613-623-1030	Civic Centre Fitness Room 77 James Street, Arnprior On, K7S 3L9 Phone: 613-623-7301
Curves for Women (Arnprior) 39 Winners Circle Dr., Unit 2 Arnprior On, K7S 1G9 Phone: (613) 623-5454	Living Fitness 70 Madawaska Blvd., Arnprior On, K7S 1S5 Phone: 613-623-9726
Nick Smith Community Centre 77 James Street, Arnprior On, K7S 3L9 Phone: 613-623-7301	Ultimate Fitness 640 Barnet Blvd, Renfrew On, K7V 4K9 Phone: 613-433-8282
Ultimate Fitness 53 James St, Unit 4, Arnprior On, K7S 3H9 Phone: 613-623-9726	Almonte Bicycle Club RR#2, Almonte, ON Phone: 613-253-4555 (Scott McIntyre - Club Secretary/Treasurer)
Almonte Fitness Centre 500 Ottawa St, Almonte On, K0A 1A0 Phone: 613-256-5411	Curves for Women (Almonte) 433 Ottawa Street, Almonte On, K0A 1A0 Phone: 613-256-7444
Curves for Women (Carleton Place) 74 Bridge St, Carleton Place On, K7C 2V3 Phone: 613-257-8607	The Heritage Community Fitness Centre 2 Maple Ln, Carleton Place On, K7C 0A5 Phone: 613-253-2112



Community Resources

<p>☞ Margaret Morris Method of Fitness & Dance</p> <p>Ebbs Bay Rd, Carleton Place On, K7C 3P1 Phone: 613-257-1658</p>	<p>☞ Pendulum Pilates</p> <p>68 Lake Ave W, Carleton Place On, K7C 1L6 Phone: 613-253-6198</p>
<p>☞ Taoist Tai Chi</p> <p>10 High St, Carleton Place On, K7C 4S2 Phone: 613-257-1936</p>	<p>☞ Yoga Station</p> <p>132 Coleman Ave, Carleton Place On, K7C 4M7 Phone: 613-253-9642</p>
<p>☞ Active Senior Koalition (ASK)</p> <p>Lanark On, K0G 1K0 Phone: 613-492-0291</p>	<p>☞ Heartwise Exercise</p> <p>Phone: 613-761-4753 Email: heartwise@ottawaheart.ca www.heartwiseexercise.ca</p>