

FREE Workshops and Classes!

WinterFIT in the Glebe is here to get you off your couch and into the Winterlude spirit! For more details and to register, please visit <http://winterfit.eventbrite.ca/>



Saturday February 2nd 2013

Ultimate Frisbee with OCUA – 11:00am-2:00pm

Come try the fastest growing team sport in North America! All skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

Snap Fitness Outdoor Obstacle Course – 12:00pm-1:30pm

Test yourself with this challenging bootcamp-style outdoor competition. Great prizes to be won, all skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

Book Signing with Liam McGuire – 10:00am-12:00pm

Join local hero and hockey trivia guru Liam McGuire. Ask him your obscure hockey questions and get a signed copy of his new book! (Brittons, 846 Bank St)

Olive Oil 101 – 10:00am-11:00am

Learn about the beneficial health properties of olive oil and how to use it regularly in your meal preparations (The Unrefined Olive, 151 Second Ave)

Bike Tune-up Workshop – 10:00am-11:00am

Just because it's winter, it doesn't mean you bike couldn't use a little a little love. Head to Joe Mamma (767 Bank St) and get tuned up for that winter ride!

Professional Hair and Skin Consultation – 11:00am-1:00pm

Questions about winter skin and hair care? Drop by Silver Scissors and meet with a professional Aveda Consultant. All your questions answer! (Silver Scissors Hair Salon, 857 Bank St)

Holistic Beauty – 11:00am-2:00pm

Reduce the appearance of fine lines and wrinkles on your skin with RVB's Holistic Beauty. Call Accents on Beauty (99 Fifth Ave Court, Unit 25) to reserve your time slot 613-238-3236.

Travel Talk: Biking Tours – 11:30am-12:30pm

Looking for a travel experience out of the ordinary? This informative talk from Adventure Centre will give you some great options for your next active vacation (Merit Travel, 740 Bank St)

Progressive Lenses & the Aging Eye – 12:00pm-1:00pm

Learn the basics of Presbyopia and Progressive lenses, and discuss the importance of accurate measurements, and frame selection based on your needs (Optical Excellence, 779 Bank St)

Ballroom Dancing 101 – 12:30-1:30pm

Get those feet moving - it's time to dance! Learn the basics of ballroom with this fast and fun workshop. All skill levels welcome (Fred Astaire Dance Studio, 149 Second Ave)

Get Started Running – 1:00pm-2:00pm

Join regional Running Room director Phil Marsh and learn how you can get started running or walking. 30 minute talk followed by question and answer period (The Running Room, 901 Bank St).

Introduction to Healthy Living through Weights and Cardio – 4:00pm-5:00pm

This 1 hour class is designed for people with less than a year of experience in the gym, and will help beginners get started working out and living a healthy lifestyle. (Glebe Fitness, 100-858 Bank St)

Winter Skin Care – 4:00pm-5:00pm

Winter skin damage? Learn how to protect your skin from the elements, and you'll be glowing in no time! (ORESTA Organic Skin Care, 464 O'Connor).

Saturday February 9th 2013

Ultimate Frisbee with OCUA – 11:00am-2:00pm

Come try the fastest growing team sport in North America! All skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

Snap Fitness Outdoor Obstacle Course – 12:00pm-1:30pm

Test yourself with this challenging bootcamp-style outdoor competition. Great prizes to be won, all skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

Book Signing with William P. McElligott – 10:00am-12:00pm

Meet local architectural photographer William McElligott, who explores the world of Architecture on a daily basis through his cameras (Britton's, 846 Bank St)

The Basics of Balsamic – 10:00am-11:00am

Balsamic vinegars are an excellent way to add flavour without the calories. They are low on the glycemic index, pro-biotic, and come in a range of flavours. Come learn more! (The Unrefined Olive, 151 Second Ave)

Acne: What are your Options? – 12:00pm-3:00pm

Do you or any of your family members have problematic skin from the affects of acne? Come in for free skin analysis and consultation. Call Accents on Beauty (99 Fifth Ave Court, Unit 25) to book! 613-238-3236

Latin Dancing 101 – 12:30pm-1:30pm

Get those feet moving - it's time to dance! Learn the basics of Latin Dance with this fast and fun workshop. All skill levels welcome (Fred Astaire Dance Studio, 149 Second Ave)

Bike Tune-up Workshop – 12:30pm-1:30pm

Spring is just around the corner! Well maybe not. But it doesn't hurt to get your bike ready to go. This workshop will help you keep your ride in tip-top shape in all seasons! (McCrank's Cycles, 889 Bank St)

Basic Nutrition – 12:30-1:30pm

Dietitian Kerri LeBrecque will discuss the basics of nutrition and healthy eating/lifestyle to keep you feeling your best! (The Running Room, 901 Bank St)

Travel Talk: Active Cruises – 1:00pm-2:00pm

Stay fit and cruise in style this year. With rock climbing, inline skating, world class gym facilities, fitness classes, yoga and pilates, your next cruise is sure to be a fun and active experience (Merit Travel, 740 Bank St)

Yoga with Basia – 2:00pm-3:00pm

Open your hips and strengthen your core! Experience the benefits of yoga and be prepared to sweat a little. Please bring your own mat. (Adi Shesha Yoga, 99 Fourth Ave)

A Green Home for a Healthy Life – 3:00-4:00pm

Learn about the best products for your home. Good for the environment and for your health! EVENT TIME/LOCATION: Feb. 9, 3:00-4:00pm, Arbour Environmental Shoppe (800 Bank St)

Introduction to Nutrition for Better Health – 4:00-5:00pm

This course will introduce individuals to healthy eating practices. It will assist individuals in making better healthy choices, in identifying what their nutritional requirements are (Glebe Fitness, 100-858 Bank St)

Saturday February 16th 2013

Ultimate Frisbee with OCUA – 11:00am-2:00pm

Come try the fastest growing team sport in North America! All skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

Snap Fitness Outdoor Obstacle Course – 12:00pm-1:30pm

Test yourself with this challenging bootcamp-style outdoor competition. Great prizes to be won, all skill levels welcome. (Glebe Central Park, south-east corner of Bank St. and Clemow Ave).

The Future of Skin Care - Today! – 10:00am-2:00pm

Do you have dry skin, oily skin, combination skin, or are you not sure what type of skin you have? Call Accents on Beauty (99 Fifth Ave Court, Unit 25) to book a with a highly trained technician from the Physiadermie Laboratories in Switzerland. 613-238-3236

Learn to Zumba– 12:30pm-1:30pm

Get those feet moving - it's time to Zumba! Learn the basics of this combination dance/exercise class. You'll be out of breath in no time! All skill levels welcome. EVENT TIME/LOCATION: Feb. 16, 12:30-1:30pm, Fred Astaire Dance Studio (149 Second Ave)

Olive Oil for Winter Skin, Hair, and Body Health – 10:00am-11:00am

Olive oil can help condition the skin and hair in the dry and cold winter months. It is one of the oldest beauty aids and can be easily made into a variety of body scrubs and beauty treatments (The Unrefined Olive, 151 Second Ave)

Core Strengthening and Conditioning – 12:30pm-1:30pm

Join personal trainer Brett Bonisteel, and learn about core training and getting started on functional strength and flexibility. Question and answer session to follow. (The Running Room, 901 Bank St)

Holistic Nutrition – 3:00pm-4:00pm

Attend this informative lecture from Vitallife Integrative Medicine to hear all about the benefits of naturopathic medicine from the experts! (99 Fifth Ave)

Full Body Workout Bootcamp – 5:00pm-6:00pm

Take part in an effective yet 'beginner' full-body workout with emphasis on the core. Use various pieces of equipment to go through the set workout in a team format with Glebe Fitness (100-858 Bank St).