

If you wish to register for a City of Ottawa, 50+ Virtual Course, please click on the links below.

- VA-Drawing and Painting - Older Adult
 - Barcode: 1597552
 - Mondays 1:30-3:30pm
 - [Registration Link](#)

- Fitness-Yoga Older Adult
 - Barcode: 1597546
 - Tuesdays 10:00-11:00am
 - [Registration Link](#)

- Fitness-Cardio Older Adult (Heartwise)
 - Barcode: 1597549
 - Thursdays 9:30-10:30am
 - [Registration Link](#)

- Fitness-Strength & Balance Older Adult
 - Barcode: 1597550
 - Fridays 10:00-11:00am
 - [Registration Link](#)

- Fitness-Chair Exercise Older Adult (Heartwise)
 - Barcode: 1597488
 - Mondays 10:30-11:30am
 - [Registration Link](#)

- Fitness-Pilates Older Adult
 - Barcode: 1597524
 - Mondays 2:30-3:30pm
 - [Registration Link](#)

- Fitness-Yoga Chair Older Adult (Heartwise)
 - Barcode: 1597547
 - Tuesdays 3:00-4:00pm
 - [Registration Link](#)

- Fitness-Chair Exercise Older Adult (Heartwise)
 - Barcode: 1597513
 - Wednesdays 10:30-11:30am
 - [Registration Link](#)

- Fitness-Tai Chi Older Adult (Heartwise)
 - Barcode: 1597548
 - Wednesdays 1:00-2:00pm
 - [Registration Link](#)

- Fitness-Strength & Balance Older Adult

- Barcode: 1597551
- Fridays 1:00-2:00pm
- [Registration Link](#)