



Check back regularly! New opportunities will be added throughout the month!

ACTIVITY PARTNER	PROMO	WHEN	LINK
UOHI	FREE Webinar	Sept 03 @ noon	https://ottawaheart.zoom.us/webinar/register/WN_D9cZcL5SGC5-qfLgMLgXQ
HILLTEMBER	FREE Community Hill workouts	Sept 04 @6:29AM	Dominion Arboretum
The Wright Fit	FREE LIVE Zoom Workout + Program giveaway	Sept 05 @11AM	https://ottawaheart.zoom.us/j/99365823717
Mom's 1st Movement	14 Day FREE group	Sept 07 - 27	https://www.facebook.com/groups/2893448657602493/
HILLTEMBER	FREE Community Hill workouts	Sept 07 @6:29AM	Location: Carlington Park hill
HILLTEMBER	FREE Community Hill workouts	Sept 08 @6:29AM	Location: Old Irving Place (corner of Sherwood Dr, near Ottawa Civic Hospital)
HILLTEMBER	FREE Community Hill workouts	Sept 09 @6:29AM	Location: Parliament Hill Stairs (behind Centre Block)
HILLTEMBER	FREE Community Hill workouts	Sept 10 @6:29AM	Location: National Gallery
HILLTEMBER	FREE Community Hill workouts	Sept 11 @6:29AM	Location: yogAHC + Hills - Dominion Arboretum
HILLTEMBER	FREE Community Hill workouts	Sept 12 @9AM	Location: Old Chelsea Picnic Area (Gatineau Park - next to L'Oree du Bois on Kingsmere Rd)
Fitness Lab	45 minute Instagram live workout with Adam	Sept 16 @7:00AM	https://instagram.com/thefitnesslabottawa?igshid=13oj62tabx1t
HILLTEMBER	FREE Community Hill workouts	Sept 18 @6:29AM	Location: HI Hi Hills - Dominion Arboretum
HILLTEMBER	FREE Community Hill workouts	Sept 25 @6:29AM	Phil the Hill - Dominion Arboretum
Carleton Golf	Full 2021 Membership get the rest of this season FREE	2020-21 Season	www.carletongolf.com
Extreme Trampoline	30MIN jump \$12, \$20 for an hour	Everyday	https://www.xtpark.com/
Wheelhouse	WH vs Ride or Dies \$10 CASH	Fridays @6:30PM	https://wheelhousecycle.ca/
Pure Yoga Ottawa	7 Day FREE Trial	Anytime	https://purelife.tv/
UOHI	FREE Online Tutorials	Anytime	EN Playlist: https://www.youtube.com/playlist?list=PLZXJNcPsfkwRe1jcgXLAa5qNgkFW6tQJG FR Playlist: https://www.youtube.com/playlist?list=PLZXJNcPsfkwQCAH5CUjFrF5xb23bKFgiX
Carleton Golf	"Learn to love it" program 3 group lessons and 10 x9-hole rounds	Anytime	www.carletongolf.com
	\$350		
RITUAL by Pure	7 Day FREE Trial	Anytime	https://jointheritual.co/
Ruckify	Sign up and get \$35 credit + \$10 is donated to the UOHIF	Anytime	https://ruckify.com/app/sign-up (USE CODE: JUMPIN)
Fitness Lab	3 FREE Class Trial (available to any newcomers that can be used across any of our 3 locations in Manotick, Leitrim or Kanata)	Anytime	https://www.thefitnesslabottawa.com/
Yogatown	FREE Online Yoga Sessions	Anytime	https://www.youtube.com/channel/UC61CD86SLVSz_0erHMsv_3A
Greco Westboro	FREE 5 day online trial membership (use Code COVID at checkout) OR in studio-tour + free class in the studio	Anytime	https://greco.fit/westboro
Wheelhouse	Two weeks unlimited 50\$	Anytime	wheelhousecycle.ca/pricing
Reform	Two-Week Intro \$95	Anytime	https://reformottawa.com/pricing
Brittany Bryden	FREE Yoga and body sculpt on Youtube	New classes every Wednesday	https://www.youtube.com/channel/UCYzneCRRWiOIAgaRQF5Nuiw
Kassandra Reinhardt	FREE Online yoga Classes (Yoga With Kassandra)	Anytime	www.youtube.com/yogawithkassandra
Donna Davis	FREE trial of the Donna Davis Blissfull Life yoga, fitness, and plant nutrition program	Anytime	https://donnadavis.lpages.co/jump/

DISCLAIMER

As with any exercise programs, you should consult your physician or other health care professional before starting this or any other virtual workouts to determine if it is right for your needs. Do not start these exercises if your physician or health care provider advises against them.

The information presented is intended for a general audience and is not a substitute for, nor does it replace, professional medical advice.

The performance of the activities in the videos is solely at your own risk. The University of Ottawa Heart Institute is not responsible for any injury or harm you sustain as a result of your attempt to perform the activities. If you experience dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

If you are in Canada and think you are having a medical or health emergency, call your health care professional, or 911, immediately.