



Breast Cancer Action Ottawa

Since 1992

Because no one should face it alone.

What We Offer – Fitness Classes

Level 1 – Reserved for the newly-diagnosed, those in treatment, and individuals who are less than 2 years out of treatment

Level 2 – More advanced and open to all breast cancer patients and survivors. If you are more than 2 years out of treatment, please register for Level 2 only

Tai Chi

Exercise mind-intent, whole body, tendons, ligaments, energy flow, and joints. Improve energy circulation, blood circulation, flexibility, stamina, leg strength, balance, posture and mental clarity. Tai Chi exercises for warm-up, meditation, relaxation and flexibility. [Level 2](#)

Belly Dancing

The ancient art of Middle Eastern dance is a fun, safe, low-impact form of exercise, designed for women of any age, size, and fitness level. Many of us live with aches, pains, and chronic conditions which make any form of exercise difficult or painful. Belly Dance can help gradually strengthen core muscles, stretch out those stiff joints, loosen up that nasty tension in the torso, and make you smile. Beginner students learn to express themselves through movement and music, and experience the joy of reconnecting your femininity with mind and body wellness. Let's have some fun with fitness! [Level 2](#)

Yoga

Yoga uses physical poses and breathing techniques to increase strength, flexibility, and overall well-being. Recover from breast cancer through exercise and meditation with the intention of bringing together the mind, body, and spirit. [Level 1 & Level 2](#)

Stretch & Strength

Group fitness classes with gentle stretching, fun aerobics, and strength training followed by relaxation techniques, all done to upbeat music. Improve your strength, flexibility and overall wellbeing in an instructor lead group fitness program. [Level 1 & Level 2](#)

"Triple S" Fitness

A class which focuses on Stretch, Strength & (Super) Cardio! Very similar to the Stretch & Strength philosophy, but geared to Level 1 participants. [Level 1](#)

"Body Basics" Circuit Class

This is a quick, 30-min circuit training class that is very simple & invigorating! Participants will get an orientation to strength-training machines as well as a guided circuit workout that will focus on the arms, legs and core. [Level 2](#)