

## Spin & TRX

### Spin + TRX Combo

14 years & up

The best of both worlds! It's 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX Suspension trainer followed by 10 minutes of stretching.

No class April 22.

Instructor: Glenn Hascarl

Mondays & Wednesdays

8:00 - 9:00 pm Annex

Apr 1 - May 15 #7211

\$94 + gst

May 27 - Jun 26 #7212

\$73 + gst

Tuesdays & Thursdays

9:15 - 10:15 am Annex

Apr 2 - May 16 #7217

\$101 + gst

May 21 - Jun 27 #7218

\$87 + gst

7:00 - 8:00 pm Annex

Apr 2 - May 16 #7221

\$102 + gst

May 21 - Jun 27 #7222

\$88 + gst

Sundays

9:00 - 10:00 am Annex

Apr 7 - May 12 #7223

May 19 - Jun 23 #7224

\$44 + gst

Instructor: Leanne Gray

Tuesdays

6:15 - 7:00 am Annex

Apr 2 - May 7 #7307

May 14 - Jun 18 #7308

\$44 + gst

Instructor: Glenny Whelan

Saturdays

9:00 - 10:00 am Annex

Apr 6 - May 11 #7319

May 18 - Jun 22 #7320

\$44 + gst



### Spin & Core

14 years & up

This 40 minute ride class is followed by 15 minutes of intensive abdominal work and 5 minutes of stretching. Guaranteed to get you in gear. All fitness levels welcome. No classes April 19 & 22.

Instructor: Leanne Gray

Mondays, Wednesdays & Fridays

9:00 - 10:00 am Annex

Apr 1 - May 17 #7310

1x week: \$46 + gst

2x week: \$89 + gst

3x week: \$137 + gst

May 27 - Jun 28 #7311

1x week: \$44 + gst

2x week: \$84 + gst

3x week: \$131 + gst

Instructor: Carol Hardy

Tuesdays & Thursdays

5:30 - 6:30 pm Annex

Apr 2 - May 16 #7312

\$103 + gst

May 21 - Jun 27 #7313

\$89 + gst



### TRX Suspension Training for Seniors

55 years & up

Shake up your workout routine with this strength and stability class using the TRX Suspension trainer. This low impact class will focus on improving the functional capabilities of the upper body, lower body and core. No class April 22.

Instructor: Glenn Hascarl

Mondays & Wednesdays

11:00 - 11:45 am Annex

Apr 1 - May 15 #7215

\$94 + gst

May 27 - Jun 26 #7216

\$87 + gst

### Great Start Spin

14 years & up

Fire up your day with an energetic 45 minute spin class. As the sun rises, so will your heart rate! Work with resistance and speed to get your heart pounding and muscles burning.

Instructor: Leanne Gray

Thursdays

6:15 - 7:00 am Annex

Apr 4 - May 09 #7305

May 16 - Jun 20 #7306

\$42 + gst

**Spin & Spin TRX**  
**\$9 Drop-in**  
**if space permits.**





### TRX Suspension Training

14 years & up

The TRX Suspension trainer phenomenon is a new category of exercise for athletes and beginners of all abilities that leverages your body weight and gravity to develop strength, balance, flexibility and joint stability simultaneously. Improve your fitness and strength - no one will be left behind! No classes April 19 & 22.

Instructor: Glenn Hascarl

Mondays & Wednesdays

7:00 - 8:00 pm Annex

Apr 1 - May 15 #7213

\$94 + gst

May 27 - Jun 26 #7214

\$73 + gst

Instructor: Leanne Gray

Wednesdays

6:15 - 7:00 am Annex

Apr 3 - May 8 #7309

May 15 - Jun 19 #7317

\$45 + gst

Fridays

6:15 - 7:00 am Annex

Apr 5 - May 10 #7410

\$39 + gst

May 17 - Jun 21 #7411

\$45 + gst

### Mom and Babe Spin & Core

16 years & up

This baby friendly class is a 30 minute cardio workout; 20 minutes core work and 10 minutes stretching, all while being able to attend to your baby's needs. No spin experience required! Moms must be 6 weeks post-partum and have seen their doctor/midwife. Pre-mobile babies in a car seat only. Moms with kids in school welcome too! No class April 22.

Instructor: Carol Hardy

Mondays

12:00 - 1:00 pm Annex

Apr 1 - May 13 #7293

\$42 + gst

May 27 - Jun 24 #7294

\$35 + gst

### Fitness

#### Posture Lab

18 years & up

Correct posture promotes efficient circulation and digestion, lessens joint-muscle stress and fatigue, keeps bodies energized. Develop a personal regime for proper posture and awareness of correct movement.

Instructor: Nancy Adams

Thursdays

11:00 am - 12:30 pm Rm C

May 9 - 30 #7173

\$56 + gst

#### Strength & More

14 years & up

A variety of customized exercises will build all around fitness: strength, core, cardio, flexibility, agility & balance. Improve your mobility and endurance for healthy, independent, fully-functioning longevity. No class April 19.

Instructor: Joyce Leong

Tuesdays & Thursdays

10:00 - 11:00 am Gym B

Apr 2 - Jun 27

Fridays

10:00 - 11:00 am Gym A

Apr 5 - Jun 28

Drop-in \$6.50

### Cardio Core Conditioning - C

14 years & up

Take charge of your health with this interval exercise program taught to music. A unique combination of step fitness cardio and resistance equipment changed weekly to ensure maximum effectiveness. Practical nutritional strategies give you that extra edge to meet your fitness and weight management goals. This instructor led, non-intimidating group fitness environment rapidly develops cardio, strength and flexibility. Free first class for first timers. No classes April 22 & May 20.

Instructor: Destinee Barrow

Mondays & Wednesdays

5:15 - 6:15 pm Gym A

Apr 1 - Jun 12

1x week: \$100 + gst #7266

2x week: \$160 + gst #7267

Tuesdays & Thursdays

9:00 - 10:00 am Gym A

Apr 2 - Jun 13

1x week: \$100 + gst #7268

2x week: \$160 + gst #7269

#### Butts & Guts

16 years & up

Butts & Guts is the perfect combination for targeting the most common problem areas, such as, butt, hamstrings, quadriceps and mid-section. Every week there will be something different in this gluteal and abdominal focused class. Classes will incorporate leg and core exercises along with cardio conditioning using a variety of equipment and body weight exercises. You will be sure to leave sweaty and feeling energized for the day!

Instructor: Paula Dickie

Tuesdays & Thursdays

9:00 - 9:45 am Gym B

Apr 2 - May 16 #7252

\$104 + gst

May 21 - Jun 27 #7253

\$89 + gst

Drop-in \$9

### **DETERMINATION Boot Camp - C**

16 years & up

Are you tired of getting no results and tired of injuries caused by poor exercise programming? If you are willing to work hard, yet have some fun and encourage teamwork, then come and try this Boot Camp style exercise class, which will change on a consistent basis in order to provide you with the best results possible. Come and join personal trainer, group exercise instructor, and medical exercise specialist Steve Thomson in Determination Boot Camp. No classes April 19 & 22.

Instructor: Steve Thomson  
Mondays, Wednesdays & Fridays  
5:15 - 6:30 pm            Gym B  
Apr 1 - May 15            #7230  
1x week: \$105 + gst  
2x week: \$196 + gst  
3x week: \$252 + gst

May 22 - Jun 21            #7231  
1x week: \$90 + gst  
2x week: \$140 + gst  
3x week: \$196 + gst

### **Early Riser Boot Camp - C**

16 years & up

RIP IT UP! Train like an athlete! Be ready for a challenge in this intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, plyometrics, partner drills, core strength and much more will be addressed in this well-developed Boot Camp.

Instructor: Steve Thomson  
Tuesdays & Thursdays  
6:15 - 7:15 am            Gym B  
Apr 2 - May 16            #7232  
\$196 + gst  
May 21 - Jun 20            #7233  
\$140 + gst

### **Balance, Stretch and Core! - C**

16 years & up

This newly formatted class will work specifically on balance training with emphasis on improving stability of the major joints. The foundation of these aspects of fitness training will be improved by using bodyweight exercises along with the stability ball and BOSU. The last 15 minutes of this class will be spent improving flexibility and mobility. All fitness levels welcomed to come and be challenged!

Instructor: Steve Thomson  
Tuesdays  
6:00 - 7:00 pm            Gym B  
Apr 2 - Jun 25            #7235  
\$156 + gst

### **Abs & Stretch - C**

16 years & up

A perfect combination of abdominal exercises and lower extremity stretches. This class is designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help out that low back issue you may have.

Instructor: Steve Thomson  
Tuesdays  
9:00 - 10:00 am            MP Hall  
Apr 2 - Jun 25            #7234  
\$156

### **Pilates**

14 years & up

Pilates strengthens the core, improves balance, increases coordination and overall body conditioning and is recommended for everyone. Find your deep core muscles, improve your posture and get energized. Improve your body imbalances to prevent injuries and alleviate body pain. We finish the class with a relaxation component.

Instructor: Glenn Whelan  
Saturdays  
10:30 - 11:30 am            Rm C  
Apr 13 - May 18            #7403  
May 25 - Jun 29            #7404  
\$44 + gst

### **Energia HIIT Training - C**

16 years & up

A class created for anyone, at any fitness level, who is serious about becoming stronger and leaner. Science has proven that interval training is the most effective way to maintain strength and increase metabolism! Using bodyweight, bosus, free weights, and exercise balls, you will be lead through a method of safe exercises which build better flexibility, joint stability, bone density, heart health and muscle mass. Modified options are given for the beginner to the high level athlete. Come join this inclusive and encouraging community of health minded people! No classes April 19, 22 & May 20.

Instructor: Alicia Fennell  
Mondays, Wednesdays & Fridays  
9:00 - 9:45 am            Gym A  
Apr 1 - May 15            #7229  
May 17 - Jun 26            #7238  
1x week: \$98 + gst  
2x week: \$175 + gst  
3x week: \$215 + gst  
Drop-in \$20

### **Early Bird Energia HIIT Training - C**

Instructor: Alicia Fennell  
Mondays, Wednesdays & Fridays  
6:15 - 7:00 am            Gym A  
Apr 1 - May 15            #7226  
2x week: \$224 + gst  
3x week: \$270 + gst  
May 17 - Jun 26            #7228  
2x week: \$211 + gst  
3x week: \$255 + gst  
Drop-in \$20

### **Cardio & Coordination**

#### **Try Boxfit - C**

See page 22



**Beyond Basic**

18 years &amp; up

Get ready for summer! This results-driven class is for those who want to expand their fitness repertoire. Move beyond basic fitness and focus on your power, agility, speed, and endurance. You've got this! No class April 22.

Instructor: Carol Hardy

Mondays

9:00 – 10:00 am Gym B

Apr 1 – May 13 #7572

\$46 + gst

May 27 – Jun 24 #7573

\$39 + gst

**Older Adults****Choose to Move**

65 years &amp; up

Are you looking for motivation to become physically active? Introduce the habit of physical activity into your daily life in ways that make sense for you. It's FREE, flexible, and provides you with motivation and support to become more active. Receive both individual and group support with a trained activity coach to develop and stick to a physical activity plan made just for you. Choose activities that you know you will enjoy and are able to do! More info at: [www.choosetomove.info](http://www.choosetomove.info)

Instructor: Carol Hardy

Thursdays

10:30 - 11:30 am MP Hall

Apr 18 - Jun 27 #7182

FREE!

**Yoga/ Pilates Fusion**

14 years &amp; up

Try this fusion class for a perfect mix of yoga and pilates. Build strength and tone your core muscles while improving flexibility create harmony in the body for stress reduction with full body workout focus on proper movement. The class will complete with a soothing relaxation. Appropriate for all fitness levels. No class April 22.

Instructor: Glenn Whelan

Mondays

10:30 - 11:30 am Rm B

Apr 8 - May 18 #7405

May 27 - Jun 29 #7406

\$39 + gst

**Let Us Move**

50 years &amp; up

Let the music move you! Each class has a chair warm-up, brain exercises and movement. Build mobility, balance, confidence and improve your posture. By the end the program you will be able to continue the regime at home.

Instructor: Nancy Adams

Thursdays

2:45 - 3:45 pm MP Hall #2

May 9 - Jun 13 #7174

\$54 + gst

**BOSU Total Body Workout**

14 years &amp; up

BOSU is considered one of the ultimate pieces of fitness equipment. This fun-filled class will work your whole body, including cardio and exercises that integrate core strength, balance, coordination and resistance training. Suitable for all fitness levels. No class April 22.

Instructor: Glenn Whelan

Mondays

9:00 - 10:00 am MP Hall

April 8 - May 13 #7401

May 27 - Jun 24 #7402

\$39 + gst

Drop-in \$9

**Forever Fit**

16 years &amp; up

This well-rounded workout focuses on balance, functional training, cardio and strength work using bands and hand weights. This class is a great moderate workout for the beginner, challenging for the fit senior and a great option for someone looking to stay fit and be active. No classes April 22 & May 20.

Instructor: Janice Bradford &amp;

Ruth Bell

Mondays &amp; Wednesdays

10:15 - 11:15 am MP Hall

Apr 3 - Jun 24

Drop-in \$6.50

**ActivAge**

65 years &amp; up

Are you 65 or older? Do you want to get more physically active? Then ActivAge is for you. This fun and social program will get you moving in a relaxed and inviting class environment with likeminded people. You have two different program options to choose from.

Instructor: Carol Hardy

Option 1: Focuses on improving activities of daily living, strengthening muscles used day-to-day.

11:30 am - 12:30 pm MP Hall

Apr 26 - Jun 28 #7183

FREE!

Option 2: Focuses on exercises that will enable you to become more involved with other activity programs or sports.

Fridays

12:45 - 1:45 pm MP Hall

Apr 26 - Jun 28 #7184

FREE!

**Dance for Parkinson's**

18 years &amp; up

Dance for a new awareness in movement, enjoy an array of music, and feel great. We will focus on balance, tension release, strength, rhythm, posture and mobility. Learn techniques to override the brain, link expressions or emotions to movements and improve stability.

Instructor: Nancy Adams

Thursdays

1:30 - 2:30 pm MP Hall

May 9 - Jun 13 #7172

\$54 + gst



## Post Stroke Rehabilitation FAME Class - Level 1 & 2

18 years & up

Join a community-based Fitness and Mobility Exercise (FAME) program developed for people who have experienced a stroke and have some standing and walking ability. Join in exercises that will improve mobility, cardiovascular fitness, arm and hand function. A physician's note is required for all participants over 69 years & up of age. Please call Front Desk to inquire. No classes April 22, May 20 & June 24.

Level 1 - Participants with limited mobility and caregiver must attend.

Level 2 - Participants who are independently mobile with or without a walking aid.

Instructor: Tracy Kennett & Mary Jo White

Mondays

12:30 - 1:30 pm MP Hall

Apr 15 - Jun 17 #7278

\$59 + gst

Wednesdays

12:30 - 1:30 pm MP Hall

Apr 17 - Jun 26 #7279

\$79 + gst

Mondays & Wednesdays

12:30 - 1:30 pm MP Hall

Apr 15 - Jun 26 #7280

\$129 + gst

Drop-in \$9

## 50+ Strength Circuit Training

50 years & up

Protect your bone density, improve your balance and increase your flexibility in this strength training program to prevent and even reverse some of the signs of aging. A doctor's written approval may be required.

Instructor: Glenn Hascarl

Tuesdays & Thursdays

10:30 - 11:30 am Ft Studio

Apr 2 - May 16 #7219

\$102 + gst

May 21 - Jun 27 #7220

\$88 + gst

Drop-in \$9



## PWR!Moves Parkinson's Wellness & Balance Recovery

50 years & up

PWR!Moves will help you recover loss of function and strength from Parkinson's Disease or if you have balance and/or mobility challenges. Research-based exercises with high intensity and big movements activate muscles for daily activities. The repetition of these specific, exaggerated motions unlock muscle stiffness and restriction. You must be independently mobile and have a physician's signed approval note upon registration. No classes April 22, May 20, June 24.

Instructor: Tracy Kennett & Mary Jo White

Mondays

2:00 - 3:00 pm MP Hall

Apr 15 - Jun 17 #7282

\$59 + gst

Wednesdays

2:00 - 3:00 pm MP Hall

Apr 17 - Jun 26 #7283

\$79 + gst

Mondays & Wednesdays

2:00 - 3:00 pm MP Hall

Apr 15 - Jun 26 #7281

\$129 + gst

Drop-in \$9

## Senior Stretch & Strength

50 years & up

Keep fit, strong and flexible with this new class of strength training and stretching. Enjoy a moderate fitness class that combines a light cardio warmup, balance training, functional exercises and stretching. Leave this class feeling stronger, relaxed and refreshed. No class April 19.

Instructor: Janice Bradford

Fridays

10:15 - 11:15 am MP Hall

Apr 5 - Jun 28 #7093

\$83 + gst

Drop-in \$9

## Brain Fit

18 years & up

An Occupational Therapist will teach you how to boost your cognitive and mental health in this fun and engaging program. Learn how the brain changes with age or illness, explore the process of memory and attention and gain functional strategies and techniques into your daily life. By the end of the program you'll have the techniques to create a home program for continued brain health.

Instructor: Martina Forster

Thursdays

11:00 am - 12:00 pm Rm B

Apr 4 - May 9 #7592

\$89 + gst



## Yoga

### Birgit's Gentle Flow Yoga - C

16 years & up

A gentler approach to a style of yoga that encourages a lot of movement. We will attempt to accommodate any physical limitations you may have. Beginners are welcome.

Instructor: Birgit Nilson

Tuesdays

9:00 - 10:15 am Rm C  
Apr 2 - Jun 11 #7192  
\$116 + gst

Thursdays

10:45 - 12:00 pm Rm C  
Apr 4 - Jun 13 #7180  
\$116 + gst

### Birgit's Hatha Yoga - C

16 years & up

An ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome. No class April 19.

Instructor: Birgit Nilson

Tuesdays

5:45 - 7:00 pm Rm C  
Apr 2 - Jun 11 #7185  
\$116 + gst

Wednesdays

9:00 - 10:15 am Rm C  
Apr 3 - Jun 12 #7186  
\$116 + gst

Fridays

8:45 - 10:00 am Rm B  
Apr 5 - Jun 14 #7187  
\$105 + gst

### Birgit's Hatha Flow Yoga - C

16 years & up

If you enjoy lots of movement at a faster pace, this class is for you. Poses follow a sequence that finishes with relaxation and quiet time. Beginners are welcome.

Instructor: Birgit Nilson

Thursdays

9:00 - 10:30 am Rm C  
Apr 4 - Jun 13 #7193  
\$121 + gst

### Birgit's Yin Yoga - C

16 years & up

Yin Yoga is a quiet and deep practice. Seated and/or reclined poses are held for long periods and mindfulness is used to explore "tension holding" patterns.

Tuesdays

7:15 - 8:30 pm Rm B  
Apr 2 - Jun 11 #7188  
\$116 + gst

### Birgit's Seniors' Yoga - C

55 years & up

Traditional yoga poses are modified to accommodate the older adult. Each practice intends to release joints, improve balance, strength and flexibility and finishes with relaxation and breathing exercises. Beginners are welcome. No classes April 19, 22 & May 20.

Instructor: Birgit Nilson

Mondays

11:00 am - 12:15 pm Rm C  
Apr 1 - Jun 10 #7189  
\$95 + gst

Wednesdays

10:30 - 11:45 am Rm C  
Apr 3 - Jun 12 #7190  
\$116 + gst

Fridays

10:45 am - 12:00 pm Rm C  
Apr 5 - Jun 14 #7191  
\$105 + gst

### Birgit's Seniors' Yoga - Gentle Beginnings - C

55 years & up

A great place to begin for Seniors who are new and/or have physical limitations.

Instructor: Birgit Nilson

Tuesdays

11:00 am - 12:15 pm Rm C  
Apr 2 - Jun 11 #7181  
\$116 + gst

### Gwen's Yoga

Drop-in \$9 if space permits.

### Gwen's Yoga Core

16 years & up

A fun, upbeat ab and core workout combined with yoga flow to increase strength, balance, flexibility, focus, body awareness and alignment. Enjoy an energized workout that ends with relaxing stretches and a tranquil resting pose. Suitable for all fitness levels. No classes April 19 & June 7.

Instructor: Gwen Frankowski

Fridays

1:15 - 2:15 pm Rm B  
Apr 5 - Jun 28 #7197  
\$84 + gst

### Gwen's Yoga Flow

16 years & up

Flow through poses that unite breath with movement to improve overall strength, balance, flexibility, and focus. Regular practice will help to identify areas of tightness, muscle imbalance and provide a renewed awareness of body alignment. Leave feeling energized, revitalized, refreshed, and relaxed. All levels welcome. No class June 8.

Instructor: Gwen Frankowski

Wednesdays

9:00 - 10:00 am Rm B  
Apr 3 - Jun 26 #7194  
\$99 + gst

Saturdays

10:30 - 11:30 am Rm B  
Apr 6 - Jun 29 #7198  
\$92 + gst

### Gwen's Hatha Yoga

16 years & up

Blend breath, alignment and awareness with poses that stretch and strengthen the body. Increase physical strength, flexibility, provide insight to body awareness, and relieve stress and tension in the body to help it relax. A perfect way to end your week. No classes April 19 & June 7.

Instructor: Gwen Frankowski

Fridays

12:00 - 1:00 pm Rm B  
Apr 5 - Jun 28 #7196  
\$84 + gst



### Gwen's Gentle Yoga Flow

16 years & up

Enjoy a slow and gentle yoga flow combining basic yoga poses to feel stronger, more flexible, balanced and relaxed. This class is perfect for the beginner or those desiring a more gentle practice.

Instructor: Gwen Frankowski

Wednesdays

10:15 - 11:15 am Rm B

Apr 3 - Jun 26 #7195

\$99 + gst

### Jane's Iyengar Yoga Level 1 - C

16 years & up

Practice precision and alignment to help with mobility, equanimity and vitality. Classes are created to be both challenging and fun. Participants must be able to get up from the floor by themselves. No classes April 22 & May 20.

Instructor: Jane Stedman

Mondays

4:30 - 6:00 pm Rm C

Apr 1 - Jun 3 #7111

\$96 + gst

Tuesdays

9:00 - 10:30 am Rm C

Apr 2 - Jun 4 #7112

\$120 + gst

### Jane's Iyengar Yoga Level 2 - C

16 years & up

Level 2 emphasizes planned sequencing, timing, use of props and added fun challenges. Students must have completed a minimum of two Level 1 sessions or have understanding of Iyengar Yoga. No classes April 22 & May 20.

Instructor: Jane Stedman

Mondays

9:00 - 10:30 am Rm C

Apr 1 - Jun 3 #7113

\$96 + gst

### Karen's Iyengar Yoga Level 1

16 years & up

The Iyengar Yoga style focuses on precision of alignment of bones, muscles and joints. Cultivate a solid foundation in yoga and discover strength and flexibility through the alignment of your body. Participants must be able to get up from the floor by themselves. No class April 19.

Instructor: Karen Gibson

Wednesdays

4:30 - 6:00 pm Rm C

Apr 3 - May 29 #7164

\$90 + gst

Fridays

9:00 - 10:30 am Rm C

Apr 5 - May 31 #7165

\$80 + gst

### Karen's Iyengar Yoga Level 2

16 years & up

Build on the foundations gained in Level 1. Level 2 Iyengar Yoga classes focus on carefully planned sequences and use of props. Classes are suitable for students that have attended a minimum of two Level 1 sessions or have understanding of Iyengar Yoga.

Instructor: Karen Gibson

Wednesdays

7:00 - 8:30 pm Rm C

Apr 3 - May 29 #7166

\$90 + gst

### Tanya's Hatha Yoga - C

10 years & up

For beginners and returning students, It is an active yoga class designed to increase strength and flexibility. Reduce everyday stress and tension from the body and mind. Various options will be given so that you can work at a level that suits you; however, the pace may not be appropriate for people seeking a gentle yoga practice.

Instructor: Tanya Sedunow

Thursdays

5:30 - 6:45 pm Rm C

Apr 4 - Jun 20 #6690

\$120 + gst

### Tanya's Gentle Yoga - C

10 years & up

If you are new to yoga, or enjoy a gentler pace, this class is for you. Release stiff joints, improve circulation, increase strength, stamina, release tension and learn simple ways to relax in everyday life. Work at a pace that suits you, accommodating health concerns or physical limitations.

Instructor: Tanya Sedunow

Thursdays

7:00 - 8:30 pm Rm C

Apr 4 - Jun 20 #6689

\$132 + gst

### Therapeutic Yoga

16 years & up

Combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body. Find relief from pain and understand how your body works. Suitable for beginners to advanced practitioners. No classes April 22 & May 20.

Instructor: Akiko Shima

Mondays

5:30 - 7:00 pm Rm B

Apr 1 - Jun 24 #7170

\$121 + gst

Thursdays

5:30 - 7:00 pm Rm B

Apr 11 - Jun 27 #7171

\$132 + gst

**Contract Yoga (- C),  
Karen's and  
Therapeutic Yoga  
Drop-in \$13.50  
if space permits.**






## Zumba

### Zumba

14 years & up

Zumba is fitness infused with Latin rhythms, international dance, and popular music designed for all ages. The music will inspire and spice up your fitness routine allowing you to sweat and tone your way to a healthier mind and body. They don't call Zumba 'exercise in disguise' for nothing!


Instructor: Stacie Cleveland   
Tuesdays  
5:30 - 6:30 pm MP Hall  
Apr 2 - Jun 25

Instructor: Gloria Grieve  
Saturdays  
9:30 - 10:30 am MP Hall  
Apr 6 - Jun 29

### Zumba Toning

14 years & up

This calorie-torching, strength-training dance fitness-party uses Maraca-like toning sticks to sculpt arms, abs, glutes and thighs. This workout is perfect for rhythm makers and enthusiasts to sculpt their bodies naturally while having a total blast. No class April 19.

Instructor: Gloria Grieve   
Fridays  
9:00 - 10:00 am MP Hall  
Apr 5 - Jun 28

### Zumba Core & Stretch

14 years & up


Designed to help improve core strength and overall flexibility necessary for good balance, posture and stability. This 20 minute Zumba warmup is followed by a core work and then 30 minutes of a full body stretch to beautiful music. Please bring a yoga mat and towel.

Instructor: Gloria Grieve  
Thursdays  
9:00 - 10:00 am MP Hall  
Apr 4 - Jun 27

### Zumba Gold

55 years & up

Designed for older, active participants with easy-to-follow Zumba choreography that focuses on range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. It is a zesty mix of all the elements of fitness: cardio, conditioning, flexibility and balance!

Instructor: Gloria Grieve   
Wednesdays  
9:00 - 10:00 am MP Hall  
Apr 3 - Jun 26

### All Zumba & Drums Alive Classes

are Drop-in programs.  
\$6.50/Drop-in or 10 Visit Card  
(price varies by age).

### Zumba Toning & Stretch

14 years & up

Combine the cardio and muscle endurance of Zumba Toning with the addition of a 30 minute stretch at the end of class.

Instructor: Gloria Grieve  
Tuesdays  
10:30 - 11:45 am MP Hall  
Apr 2 - Jun 25

### Drums Alive

14 years & up

Ease stress while exercising your mind and body. Drumming on large exercise balls while moving and dancing to great music will have your heart pumping and your spirit soaring! No classes April 19 & May 20.

Instructor: Gloria Grieve  
Mondays  
10:15 - 11:15 am Gym A  
Apr 1 - Jun 24

## Dance

### Beginner Salsa Dancing

18 years & up

Salsa is a popular dance due to its playfulness, sexiness and the excitement of the music. Learn the L.A. style - the most popular style of Salsa in North America. Come as a couple or on your own (bringing a partner is appreciated). No previous dance experience required.

Instructor: Rahel Mashruky  
Thursdays  
7:00 - 8:00 pm MP Hall  
Apr 11 - May 30 #7108  
\$79 + gst

### Intermediate Salsa Dancing

18 years & up

Hone your Salsa skills. After having completed the beginner class or an equivalent, take your dancing to the next level in this exciting and playful class.

Instructor: Leon Hawrylenko  
Thursdays  
8:15 - 9:15 pm MP Hall  
Apr 11 - May 30 #7110  
\$79 + gst