



Spin + TRX Combo

14 years & up
The best of both worlds! High intensity spin, complete toning and strength work using TRX cables.

Instructor: Glenn Hascarl
Mondays & Wednesdays
8:00 - 9:00 pm Annex
Jan 2 - Feb 13 #6774
\$94 + gst
Feb 20 - Mar 27 #6775
\$81 + gst

Tuesdays & Thursdays
9:15 - 10:15 am Annex
Jan 3 - Feb 14 #6778
\$94
Feb 19 - Mar 28 #6779
\$87 + gst

7:00 - 8:00 pm Annex
Jan 3 - Feb 14 #6780
\$94 + gst
Feb 19 - Mar 28 #6781
\$87

Sundays
9:00 - 10:00 am Annex
Jan 6 - Feb 10 #6782
Feb 17 - Mar 24 #6783
\$42

Instructor: Leanne Gray
Tuesdays
6:15 - 7:00 am Annex
Jan 8 - Feb 12 #6776
Feb 19 - Mar 26 #6777
\$44 + gst



Spin & TRX

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.

Mondays
6:15 am - 7:00 am Annex
Jan 7 - Feb 11 #6763
\$45 + gst
Feb 25 - Mar 25 #6764
\$39 + gst

Instructor: Leanne Gray
Thursdays
6:15 - 7:00 am Annex
Jan 3 - Feb 7 #6765
\$42 + gst
Feb 14 - Mar 28 #6766
\$49 + gst

Spin & Run Brick Workout

16 years & up
This brick workout will build your aerobic and muscular endurance and get you ready for your upcoming bike, run, and triathlon season or increase your overall fitness. Both portions can be adapted for your level of fitness.

Instructor: Leanne Gray
Saturdays
8:15 - 9:45 am Annex
Jan 5 - Feb 9 #6784
\$66 + gst
Feb 16 - Mar 30 #6785
\$77 + gst

Mom and Babe Spin & Core

16 years & up
Get back into fitness and bring your babe to Spin! This baby friendly class allows you to sweat and spin through a 30 minute workout followed by 20 minutes of core work and 10 minutes of 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 please. Moms with kids in school welcome too!

Instructor: Carol Hardy
Mondays
12:00 - 1:00 pm Annex
Jan 7 - Feb 11 #6795
\$42 + gst
Feb 25 - Mar 25 #6796
\$35 + gst

TRX Suspension Training

14 years & up

The TRX suspension-training 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!

Instructor: Glenn Hascarl
Mondays & Wednesdays
7:00 - 8:00 pm Annex
Jan 2 - Feb 13 #6787
\$92 + gst
Feb 20 - Mar 27 #6788
\$79 + gst

Instructor: Leanne Gray
Wednesdays
6:15 - 7:00 am Annex
Jan 2 - Feb 6 #6786
\$43 + 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.

Instructor: Glenn Hascarl
Mondays & Wednesdays
11:00 - 11:45 am Annex
Jan 2 - Feb 13 #6767
\$92 + gst
Feb 20 - Mar 27 #6768
\$79 + gst



Spin & Core

14 years & up

Ride your way to fabulous abs! This 40 minute ride is followed by 15 minutes of intensive abdominal work and 5 minutes of stretching. Guaranteed to get you in gear. All fitness levels welcome.

Tuesdays & Thursdays
5:30 - 6:30 pm Annex
Jan 3 - Feb 14 #6976
\$96 + gst
Feb 19 - Mar 28 #6977
\$89 + gst

Instructor: Leanne Gray
Mondays, Wednesdays & Fridays
9:00 - 10:00 am Annex 
Jan 2 - Feb 13 #6771
\$137 + gst
Feb 20 - Mar 29 #6772
\$123 + gst

Fitness

Strength & More

14 years & up

This challenging program is designed for all around fitness: strength, core, cardio, flexibility, agility, balance, coordination and recognition of the mind body connection. Utilize a variety of freestanding equipment customized to your ability level. Improve your mobility and endurance for healthy, independent, fully functioning longevity.

Instructor: Joyce Leong
Tuesdays & Thursdays
10:00 - 11:00 am Gym B
Jan 3 - Mar 28 #6589
Drop-in: \$6

Butts & Guts

16 years & up

The perfect class to target the most common problem areas: butt, hamstrings, quadriceps and mid-section. Every week will be something different, leg and core exercises, 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 
Jan 10 - Mar 14 #6637
\$139 + gst





Mommy Moves

16 years & up

Get back into fitness in this baby friendly class. Build your strength, increase your endurance and meet new moms in this fun and upbeat boot camp style class. Must be 6 weeks post-partum & seen their doctor/midwife. All women welcome. No class Feb 18.

Instructor: Carol Hardy

Tuesdays & Thursdays

12:00 - 1:00 pm MP Hall

Jan 8 - Feb 14 #6793

Feb 19 - Mar 28 #6794

\$83 + gst

Energia Early Bird HIIT Training - C

16 years & up

In this unique EXPRESS class, personal trainer Alicia Fennell will guide you through a series of high intensity intervals with body weight alone. Short and long bursts of plyometric and calisthenics target all your body parts and give you the most effective cardio workout in the shortest amount of time.

Instructor: Alicia Fennell

Mondays, Wednesdays & Fridays

6:15 - 7:00 am Gym A

Jan 7 - Feb 8 #6750

2x week: \$215 + gst

3x week: \$265 + gst

Feb 11 - Mar 13 Gym A

2x week: \$215 + gst #6966

3x week: \$232 + gst

Drop-in \$20

Energia HIIT

16 years & up

Join the Energia crew in your HIIT journey towards a faster, leaner, stronger you! The instructor will guide you through a series of high intensity strength and speed intervals with body weight and bursts of plyometrics and calisthenics which target the core, heart and whole body to give you an effective workout in a positive and supportive atmosphere. No class Feb 18.

Instructor: Alicia Fennell

Mondays, Wednesdays & Fridays

9:00 - 9:45 am Gym A

Jan 7 - Mar 13 #6751

3x week \$348 + gst (32 classes)

2x week \$285 + gst (24 classes)

1x week \$159 + gst (11 classes)

Drop-in \$16

Woo Kim Taekwondo Sparring - C

13 years & up

Taekwondo Sparring classes will focus on competition and sport situations. Develop strategies and techniques to bring your sparring to the next level. Class will include full contact drills, discussions and free sparring. Students must have sparring gear and be registered in regular classes to participate.

Instructor: Richard Dobbs

Fridays

5:45 - 6:45 pm MP Hall

Jan 11 - Mar 15 #6680

\$100 + gst

Cardio Core Conditioning - C

14 years & up

Try this class for free! Take charge of your health with this interval exercise program taught to music. Cardio Core Conditioning features a unique combination of step-fitness and cardio exercises together with resistance equipment that is changed weekly, to ensure maximum effectiveness. Rapidly develop your strength, cardio and flexibility in this non-intimidating, instructor-led group fitness environment.

Instructor: Destinee Barrow

Mondays & Wednesdays

5:15 - 6:15 pm Gym A

Jan 7 - Mar 13

1x week: \$100 + gst #6744

2x week: \$160 + gst #6748

Tuesdays & Thursdays

9:00 - 10:00 am Gym A

Jan 8 - Mar 14

1x week: \$100 + gst #6745

2x week: \$160 + gst #6749

Abs and 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 that low back issue you may have.

Instructor: Steve Thomson

Tuesdays

9:00 - 10:00 am MP Hall

Jan 8 - Mar 12 #6611

\$120 + 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

Jan 8 - Mar 12 #6612

\$120 + gst

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 class Feb 8, 15, 18.

Instructor: Steve Thomson

Mondays, Wednesdays & Fridays

5:15 - 6:30 pm Gym B

Jan 7 - Mar 15 #6609

1x week: \$152 + gst

2x week: \$263 + gst

3x week: \$336 + gst

Early Riser Boot Camp - C

16 years & up

Instructor: Steve Thomson

Tuesdays & Thursdays

6:15 - 7:15 am Gym B

Jan 8 - Mar 14 #6610

\$260 + gst

Older Adults

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

Jan 3 - Feb 14 #6789

\$94 + gst

Feb 19 - Mar 28 #6790

\$87 + 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.

Instructor: Janice Bradford

Fridays

10:15 am - 11:15 am MP Hall

Jan 11 - Mar 29 #6532

\$89 + gst

Drop-in \$9

Choose to Move Information Session



65 years & up

Are you 65 and older and looking for motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. Find the motivation and accountability you need to achieve your goals. To learn more about Choose to Move visit <https://www.choosetomove.info/>.

Instructor: Kamma Wiggins

Thursday

10:30 am - 12:00 pm MP Hall

Jan 10 #6823

Free!



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Heart, Health and Breath - Wellness Program

This physician referred exercise and education program is for clients with chronic conditions led by qualified Instructors. Improve cardiovascular endurance, balance, flexibility and functional training to improve your quality of life. Education topics may include exercise prescription, nutrition, goal setting, mindfulness, stress management, medication and more. Subsidy may be available for those with low income. Call 250-339-2255 or email info@comox.ca for more information. Physician referral is required. Forms available at the front desk or at comox.ca/recreation.

Instructor: Susan Simo

Saturdays

11:00 am - 1:00 pm MP Hall

Jan 12 - Mar 16 #6681

\$399 + gst

ActivAge

65 years & up

Are you 65 or older and wanting 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: Kamma Wiggins

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

Fridays

1:30 - 2:30 pm MP Hall

Jan 25 - Apr 12 #6824

\$152 + gst

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

Fridays

2:45 - 3:45 pm MP Hall

Jan 25 - Apr 12 #6825

Jan 7 - Mar 27 #6758

\$152 + gst

Post Stroke 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. A qualified Instructor will lead participants in exercises that improve mobility, cardiovascular fitness, arm and hand function. A physician's note is required for all new participants. No class Feb 18.

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

Jan 7 - Mar 25 #6756

\$69 + gst

Wednesdays

12:30 - 1:30 pm MP Hall

Jan 9 - Mar 27 #6757

\$76 + gst

Mondays & Wednesdays

12:30 - 1:30 pm MP Hall

Jan 7 - Mar 27 #6758

\$152 + gst

Drop-in \$9

PWR!Moves Parkinson's Wellness & Balance Recovery

18 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 class Feb 18.

Instructor: Tracy Kennett

& Mary Jo White

Mondays

2:00 - 3:00 pm MP Hall

Jan 7 - Mar 25 #6753

\$69 + gst

Wednesdays

2:00 - 3:00 pm MP Hall

Jan 9 - Mar 27 #6754

\$76 + gst

Mondays & Wednesdays

2:00 - 3:00 pm MP Hall

Jan 7 - Mar 27 #6755

\$152 + gst



Forever Fit

16 years & 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 class Feb 18.

Instructor: Janice Bradford & Ruth Bell

Mondays & Wednesdays

Jan 2 - Mar 27 MP Hall

10:15 - 11:15 am #6531

Drop-in: \$6.50



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

Jan 8 - Mar 26

Instructor: Gloria Grieve

Saturdays

9:30 - 10:30 am MP Hall

Jan 12 - Mar 30

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.

Instructor: Gloria Grieve

Fridays

9:00 - 10:00 am MP Hall

Jan 11 - Mar 29



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

Jan 10 - Mar 28

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

Jan 9 - Mar 27



Toning & Stretch

14 years & up

Combine the cardio and muscle endurance of Zumba Toning with the addition of a 15 minute stretch at the end of class.

Instructor: Gloria Grieve

Tuesdays

10:15 - 11:15 am MP Hall

Jan 8 - Mar 26

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 class Feb 18.

Instructor: Gloria Grieve

Mondays

10:00 - 11:00 am Gym A

Jan 7 - Mar 25

All Zumba & Drums Alive Classes

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



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Yoga

Birgit's Chair Yoga

16 years & up

This yoga practice is for people with mobility/movement issues who would like to experience the many benefits of yoga. Poses are done in a chair and/or standing and are modified to fit individual needs. We will explore range of motion for all major joints and practice breathing and relaxation techniques.

Instructor: Birgit Nilson

Thursdays

12:15 - 1:15 pm Rm B
Jan 10 - Feb 28 #6631
\$80 + gst

Birgit's Hatha Flow Yoga - C

16 years & up

If you enjoy lots of movement at a faster pace, try Hatha Flow Yoga. Poses follow a sequence and we finish with relaxation and quiet time. Beginners are welcome.

Instructor: Birgit Nilson

Thursdays

9:00 - 10:30 am Rm C
Jan 3 - Feb 28 #6629
\$99 + gst

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 B #6619
Jan 8 - Feb 26 #6619
\$84 + gst

Thursdays

10:45 am - 12:00 pm Rm C
Jan 3 - Feb 28 #6620
\$95 + 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. This yoga practice modifies traditional poses with a focus on posture and balance using many props.

Instructor: Birgit Nilson

Tuesdays

11:00 am - 12:15 pm Rm C
Jan 8 - Feb 26 #6618
\$84 + 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.

Instructor: Birgit Nilson

Tuesdays

5:45 - 7:00 pm Rm C
Jan 8 - Feb 26 #6627
\$84 + gst

Wednesdays

9:00 - 10:15 am Rm C #6628
Jan 2 - Feb 27 #6628
\$95 + gst

Fridays

8:45 - 10:00 am Rm B #6630
Jan 4 - Mar 1 #6630
\$95 + gst

Birgit's Seniors' Yoga - C

55 years & up

Traditional poses are modified to accommodate the older adult and relaxation and breathing exercises end each practice. Releasing stiff joints, improving mobility, stamina and flexibility are the benefits of this practice.

Instructor: Birgit Nilson

Mondays

11:00 am - 12:15 pm Rm C
Jan 7 - Mar 4 #6615
\$84 + gst

Wednesdays

10:30 - 11:45 am Rm C
Jan 2 - Feb 27 #6616
\$95 + gst

Fridays

10:45 am - 12:00 pm Rm C
Jan 4 - Mar 1 #6617
\$95 + 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 or meditation techniques are used to explore "tension holding" patterns.

Instructor: Birgit Nilson

Tuesdays

7:15 - 8:30 pm

Rm B

Jan 8 - Feb 26

#6621

\$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 more 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

Jan 2 - Mar 27

#6517

\$99 + 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, lengthen and open heart and body to relieve stress and tension in the body to relax. A perfect way to end your week.

Instructor: Gwen Frankowski

Fridays

12:00 - 1:00 pm

Rm B

Jan 4 - Mar 29

#6518

\$99 + gst

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. All fitness levels are welcome.

Instructor: Gwen Frankowski

Fridays

1:15 - 2:15 pm

Rm B

Jan 4 - Mar 29

#6519

\$99 + gst

Gwen's Yoga Flow

16 years & up

Flow through Yoga poses that unite breath with movement to improve overall strength, balance, flexibility and focus. Participants will leave feeling energized, revitalized and relaxed. All fitness levels are welcome.

Instructor: Gwen Frankowski

Wednesdays

9:00 - 10:00 am

Rm B

Jan 2 - Mar 27

#6515

\$99 + gst



Saturdays

10:30 - 11:30 am

Rm B

Jan 5 - Mar 30

#6520

\$99 + gst

Jane's Iyengar Yoga Level 1 - C

16 years & up

Practice precision and alignment to help with mobility, equanimity and vitality. Classes will be both challenging and fun. Participants must be able to get up from the floor by themselves. No class Feb 18.

Instructor: Jane Stedman

Mondays

4:30 - 6:00 pm

Rm C

Jan 7 - Mar 11

#6684

\$104 + gst

Tuesdays

9:00 - 10:30 am

Rm C

Jan 8 - Mar 12

#6685

\$115 + gst



**Contract Yoga (- C)
Drop-in \$13.50
if space permits.**



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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, flexibility, release tension and stress, and learn simple ways to relax in everyday life. Vary your options to work at a pace that suits you, accommodating health concerns or physical limitations.

Instructor: Tanya Sedunow

Thursdays

7:00 - 8:30 pm

Rm C

Jan 10 - Mar 14

#6688

\$110 + gst

Therapeutic Yoga

16 years & up

Combination of mindful joint movements, semantics, 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 through advanced practitioners. No class Feb 18.

Instructor: Akiko Shima

Mondays

5:30 - 7:00 pm

Rm B

Jan 21 - Mar 18

#6691

\$87 + gst

Thursdays

5:30 - 7:00 pm

Jan 24 - Mar 21

#6692

\$98 + gst

Jane's Iyengar Yoga Level 2 - C

16 years & up

Level 2 emphasizes planned sequencing, timing, use of props and added fun challenges. No class Feb 18.

Instructor: Jane Stedman

Mondays

9:00 - 10:30 am

Rm C

Jan 7 - Mar 11

#6686

\$104 + gst



Karen's Iyengar Yoga Level 2

16 years & up

The Iyengar yoga style focuses on precision of alignment of bones, muscles and joints. Build on the foundations gained in Level 1. Suitable for students who 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

Jan 9 - Mar 13

#6721

\$120 + gst

Tanya's Hatha Yoga - C

10 years & up

This approachable Hatha class is for beginners and experienced students. It is an active yoga class designed to increase strength and flexibility, while reducing 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

Jan 10 - Mar 14

#6687

\$99 + 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 while discovering strength and flexibility through the alignment of your body. Participants must be able to get up from the floor by themselves.

Instructor: Karen Gibson

Wednesdays

4:30 - 6:00 pm

Rm C

Jan 9 - Mar 13

#6719

\$120 + gst

Fridays

9:00 - 10:30 am

Jan 11 - Mar 15

#6720

\$120 + gst



Gwen's, Karen's & Therapeutic Yoga drop-in \$9 if space permits.