




Spin & TRX

Spin & TRX Combo

14 years & up

The best of both worlds! 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX cables, followed by 10 minutes of stretching.

Instructor: Glenn Hascarl
 Mondays & Wednesdays
 8:00 - 9:00 pm Annex
 Jan 6 - Feb 12 #9913
 \$89 + gst
 Feb 19 - Mar 25 #9914
 \$82 + gst


Tuesdays & Thursdays
 9:15 - 10:15 am Annex
 Jan 7 - Feb 13 #9915 
 Feb 18 - Mar 26 #9916

7:00 - 8:00 pm Annex
 Jan 7 - Feb 13 #9917
 Feb 18 - Mar 26 #9918

8:00 - 9:00 pm Annex
 Jan 7 - Feb 13 #9919
 Feb 18 - Mar 26 #9920
 \$89 + gst

Sundays
 9:00 - 10:00 am Annex
 Jan 5 - Feb 16 #9899
 \$52 + gst
 Feb 16 - Mar 22 #9900
 \$46 + gst

Instructor: Leanne Gray
 Tuesdays
 6:15 - 7:00 am Annex
 Jan 7 - Feb 11 #9968
 Feb 18 - Mar 24 #9969
 \$46 + gst

Wednesdays
 9:00 - 10:00 am Annex
 Jan 8 - Feb 12 #9974 
 Feb 19 - Mar 25 #9975
 \$46 + gst

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

TRX Suspension Training

14 years & up

TRX is for athletes and beginners of all abilities that leverages your body weight and gravity to develop strength, balance, flexibility and joint stability simultaneously.

Instructor: Glenn Hascarl

Mondays & Wednesdays
 7:00 - 8:00 pm Annex
 Jan 6 - Feb 12 #9911
 \$89 + gst
 Feb 19 - Mar 25 #9912
 \$82 + gst


Instructor: Leanne Gray
 Thursdays
 6:15 - 7:00 am Annex
 Jan 2 - Feb 13 #9966
 \$49 + gst
 Feb 20 - Mar 26 #9967
 \$42 + 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.

Instructor: Leanne Gray

Mondays
 9:00 - 10:00 am Annex 
 Jan 6 - Feb 10 #9970
 \$46 + gst
 Feb 24 - Mar 23 #9971
 \$39 + gst

Fridays
 9:00 - 10:00 am Annex 
 Jan 3 - Feb 14 #9972
 \$53 + gst
 Feb 21 - Mar 27 #9973
 \$46 + gst

Instructor: Michaela Jelen 
 Tuesdays
 5:30 - 6:30 pm Annex
 Jan 7 - Feb 11 #10062
 Feb 18 - Mar 24 #10063
 \$46 + 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

Wednesdays

6:15 - 7:00 am Annex

Jan 8 - Feb 12 #9976

Feb 19 - Mar 25 #9977

\$46 + gst

Instructor: Michaela Jelen

Fridays

6:15 - 7:00 am Annex

Jan 10 - Feb 14 #9892

Feb 21 - Mar 27 #9893

\$46 + gst



TRX Suspension Training for Seniors

55 years & up

Shake up your workout routine with this strength and stability class using the TRX Suspension bands. 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 6 - Feb 12 #9901

\$78 + gst

Feb 19 - Mar 25 #9902

\$72 + gst

Fitness

Run Strong

16 years & up

Your winter strength will show up in the spring time! Build strength, stability and endurance in this run-based fitness program. Suitable for the regular or beginner runner.

Instructor: Leanne Gray

Tuesdays

6:15 - 7:15 pm Rm B

Jan 7 - Feb 11 #10073

Feb 18 - Mar 24 #10074

\$46 + gst



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. No class Jan 23.

Instructor: Joyce Leong

Tuesdays & Thursdays

10:00 - 11:00 am Gym B

Jan 2 - Mar 26

Drop-in \$6.85

Butts & Guts

16 years & up

This program is the perfect combination for targeting the most common problem areas such as, butt, hamstrings, quadriceps and mid-section. Leg and core exercises along with cardio conditioning using a variety of equipment and body weight exercises will leave you feeling energized for the day! No class Jan 23.

Instructor: Paula Dickie

Tuesdays & Thursdays

9:00 - 9:45 am Gym B

Jan 14 - Mar 12 #9946

\$122 + gst

Drop-in \$9



Super Circuit

16 years & up

Station-based circuit training will leave your heart pumping and your muscles thumping without any complex choreography. High intensity cardio and strength-based exercise backed by motivating music for an hour of heart healthy fun! All abilities welcome. No class Feb 17.

Instructor: Michaela Jelen

Mondays

5:00 - 6:00 pm MP Hall

Jan 6 - Mar 16 #9889

\$73 + gst



Oh no!
Did you wait too long to register for your program?
Classes cancelled 5 days in advance if minimum registrants is not met.



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Forever Fit

18 years & up

This well rounded workout focuses on balance, functional training, cardio and strength work. Using bands and hand weights, the class takes into consideration body conditioning exercises as well as challenging exercises for the more active participants. It's 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 17.

Instructors: Ruth Bell
& Janice Bradford

Mondays & Wednesdays

10:15 - 11:15 am MP Hall

Jan 6 - Mar 25 #9827

Drop-in \$6.85

Total Body Strength

16 years & up

Want to get in shape but don't know where to start? Learn how to lift weights and get stronger. Suitable for all levels, this is a total body strength class using free weights, stability balls, and BOSU. No class Feb 17.

Instructor: Carol Hardy

Mondays & Wednesdays

9:00 - 10:00 am Gym B #10040 

Jan 6 - Feb 5

\$79 + gst

Feb 10 - Mar 11 #10041

\$71 + gst

Strength Training for Mountain Biking



16 years & up

Mountain biking is a dynamic sport requiring full body engagement to stay balanced and powerful. Build strength, balance and coordination with strength training during the winter months. No class Feb 17.

Instructor: Marty Gates

Mondays & Wednesdays

5:30 - 6:30 pm Annex #10088

Jan 6 - 29

\$59 + gst

Feb 3 - 26 #10089

\$52 + gst

Mar 2 - 25 #10090

\$59 + gst


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 #9887 

Jan 7 - Mar 10

\$130 + gst

DETERMINATION 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. No class Jan 23, 24, Feb 7 & 17.

Instructor: Steve Thomson

Mondays, Wednesdays & Fridays

5:15 - 6:30 pm Gym B

Jan 6 - Mar 13 #9895

1x week: \$170 + gst

Jan 6 - Mar 13 #9896

2x week: \$280 + gst

Jan 6 - Mar 13 #9897

3x week: \$348 + gst

Early Riser Boot Camp - C

Tuesdays & Thursdays

6:15 - 7:15 am Gym B

Jan 7 - Mar 12 #9886

\$280 + gst

Fit Circuit - C



16 years & up

Fit Circuit is a new class designed for those participants that are 40+, but open to all ages who are beginner to intermediate in skill level. All aspects of fitness will be addressed under the guidance of expert instruction to ensure each participant is using proper form to reach optimal results. Come and spend an hour improving your health and relieve some stress. Get stronger, more confident and empower yourself.

Instructor: Steve Thomson

Tuesdays

6:00 - 7:00 pm Gym B

Jan 7 - Mar 10 #9933

\$100 + gst



www.determination-fitness.com

Integrated Core - C



16 years & up

Improve your posture, strengthen your core, decrease your risk of injury and improve your resilience and performance in life, work or sport. Learn the key corrective exercises that create a strong and dynamic core.

Instructor: Sarah Seeds

Saturday

9:00 - 10:30 am

Rm C

Jan 25

#10071

\$49 + gst

Integrated Core Level 1:

Foundations - C



16 years & up

Correct faulty postural imbalances, turn down 'overworked' muscles and turn on 'sleeping' muscles that have learned their patterns through years of inactivity. Improve your posture, strengthen your core, improve your performance in life, work and sport. All levels will benefit. Includes training materials, online videos of all exercises and more. No class Feb 17.

Instructor: Sarah Seeds

Mondays

12:30 - 1:30 pm

Rm B

Jan 27 - Mar 9

#10101

\$220 + gst

Integrated Core Level 2:

Dynamic Core - C



16 years & up

Build a tower of dynamic power on top of your amazing core foundation! We will move from base level core stabilization to dynamic, functional movement training that will merge powerfully with your life and sport. Includes training materials, online videos of all exercises and more. Must have attended Level 1, be a current Kinesiology client of Sarah's or book a 1 hour private, corrective exercise session in advance.

Instructor: Sarah Seeds

Thursdays

12:30 - 1:30 pm

Rm A

Jan 30 - Mar 5

#10102

\$220 + gst



Run Tech - C



16 years & up

Learn how to become a more efficient and resilient runner by training smarter, not harder! Running drills to improve efficiency and strength, safe program progression and optimal technique for efficient endurance running will all be covered. No experience necessary. Includes training materials.

Instructor: Sarah Seeds

Saturday

9:00 - 10:30 am

Gym B

Feb 1

#10070

\$39 + gst

Energia HIIT Training - C

16 years & up

Find out first hand why high intensity interval training is the most beneficial style of workout for strength building, weight loss and heart health for all ages and all levels. Each class will have a different focus, varying between core, balance, strength, agility, speed, functional flexibility and cardio. A variety of equipment will be used in this class. Low impact and beginner alternatives always provided. No class Jan 24 or Feb 17.

Instructor: Alicia Fennell

Mondays, Wednesdays & Fridays

9:00 - 9:45 am

Gym A

Jan 6 - Mar 11

1x week: \$126 + gst

#9941

2x week: \$229 + gst

#9942

3x week: \$338 + gst

#9944

Woo Kim BoxFit - C

12 years & up

Have you ever thought about Boxing as a workout? Come train with us!

Focus on improving coordination and cardio in a non-contact environment. Designed from the fundamentals of boxing, this class teaches basic boxing skills while providing you with a well-rounded strength and conditioning workout. Bring your own gloves or purchase from the instructor.

Instructor: Richard Dobbs

Fridays

5:45 - 6:45 pm

MP Hall

Jan 10 - Feb 28

#10002

\$85 + gst





Older Adult Fitness

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. Written approval from your physician may be required.

Instructor: Glenn Hascarl

Tuesdays & Thursdays

11:00 am - 12:00 pm Ft Studio

Jan 7 - Feb 13 #9921

Feb 18 - Mar 26 #9922

\$89 + gst

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 warm up, balance training, functional exercises and stretching. Leave this class feeling stronger, relaxed and refreshed.

Instructor: Janice Bradford

Fridays

10:15 - 11:15 am MP Hall

Jan 3 - Feb 14 #9828

\$49 + gst

Feb 21 - Mar 27 #9927

\$42 + gst

Drop-in \$9

Post Stroke Rehabilitation FAME class - Level 1 & 2

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. Led by a qualified instructor who will lead participants in exercises that will improve mobility, cardiovascular fitness, arm and hand function. A physician's note is required for all participants over 69 years of age. Participants with limited mobility must have a caregiver attend. No class Feb 17.

Instructor: Mary Jo White, Jill Nelson & Joyce Leong

Mondays

12:45 - 1:45 pm MP Hall

Jan 6 - Mar 23 #10042

\$82 + gst

Wednesdays

12:45 - 1:45 pm MP Hall

Jan 8 - Mar 25 #10043

\$89 + gst

Introduction to Mindfulness and the Brain

18 years & up

If ongoing stress is playing a role in your life, or if you would otherwise like to practice slowing down the fast pace of your busy world, then this is the course for you! Join an Occupational Therapist to learn how to take control of your mind and gain energy back through a series of educational lessons and guided meditations.

Instructor: Martina Forster

Thursdays

1:00 - 2:00 pm Rm B

Mar 5 - 26 #9885

\$64 + gst

Brain Fit - Level 1

18 years & up

In this fun and engaging program, learn how to boost your cognitive and mental health. Join an Occupational Therapist to learn how the brain changes with age or illness and explore the process of memory, attention and how we incorporate functional strategies and techniques into our daily lives. By the end of the series participants will have exercises and techniques to create a home program to support continued brain health.

Instructor: Martina Forster

Thursdays

10:00 - 11:00 am Rm B

Jan 9 - Feb 13 #9883

\$89 + gst

Brain Fit - Level 2

18 years & up

This is the next step for those who have taken a Brain Fit introduction course with Martina. In this course you will continue to build on your knowledge of the brain, mindfulness and continue to challenge your brain with new challenging exercises.

Instructor: Martina Forster

Thursdays

11:30 am - 12:30 pm Rm B

Jan 9 - Feb 13 #9884

\$89 + gst

ActivAge 1 & 2

FREE

65 years & up

Do you want to get more physically active? This fun and social program will get you moving in a relaxed and inviting environment with like-minded people. Suitable for seniors who are not currently active. Focus will be on balance, strength, and coordination to help with day-to-day activities. Options given to build skills that will help participants move onto other programs or sports. No class Jan 21.

Instructor: Carol Hardy

Tuesdays & Thursdays

1:00 - 2:00 pm MP Hall

Jan 7 - Feb 6 #9978

Feb 11 - Mar 12 #9979

FREE!



Fitness ABC's for Seniors

NEW

65 years & up

Get active with your ABC's (agility, balance and coordination) to make daily living easier and help maintain your independence. This class is geared to those who want to get and stay active in an engaging and social way. Those who have participated in the ActivAge program will find this a natural progression. No class Jan 21.

Instructor: Carol Hardy

Tuesdays

11:45 am - 12:45 pm MP Hall

Jan 7 - Feb 4 #9980

\$20 + gst

Feb 11 - Mar 10 #9981

\$25 + gst

Thursdays

11:45 am - 12:45 pm MP Hall

Jan 9 - Feb 6 #9982

Feb 13 - Mar 12 #9983

\$25 + gst

Heart, Health & Breath Wellness Program

18 years & up

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

Instructor: Chris Connolly

Saturdays

11:00 am - 1:00 pm MP Hall

Jan 11 - Mar 14 #10098

Wednesdays

11:30 am - 1:30 pm Rm B

Jan 8 - Mar 11 #10099

\$399 + gst

PWR!Moves Parkinson's Wellness and 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 class Feb 17.

Instructors: Mary Jo White, Jill Nelson

& Joyce Leong

Mondays

2:00 - 3:00 pm MP Hall

Jan 6 - Mar 23 #10044

\$82 + gst

Wednesdays

2:00 - 3:00 pm MP Hall

Jan 8 - Mar 25 #10045

\$89 + gst

NEW



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Dance

Salsa

18 years & up
Salsa is a popular dance due to its playfulness, energy, and excitement of the music. It provides a cardio workout and an opportunity to meet people in a fun environment. No partner or dance experience required.

Instructor: Rahel Mashruky

Tuesdays
7:15 - 8:15 pm MP Hall
Jan 7 - Feb 25 #9985
\$64 + gst

Bachata

18 years & up
Bachata is a beautiful partner dance originating from the Dominican Republic. It is a fun, sensual, easy to learn dance and a great way to spend an evening. No partner or dance experience required.

Instructor: Rahel Mashruky

Tuesdays
8:15 - 9:15 pm MP Hall
Jan 7 - Feb 25 #9984
\$64 + gst

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.

Instructor: Stacie Cleveland
Tuesdays
6:00 - 7:00 pm MP Hall
Jan 7 - Mar 24

Instructor: Gloria Grieve
Thursdays
5:30 - 6:30 pm MP Hall
Jan 9 - Mar 26

Saturdays
9:30 - 10:30 am MP Hall
Jan 11 - Mar 28


Zumba 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. No class Jan 21.

Instructor: Gloria Grieve
Tuesdays
10:15 - 11:30 am MP Hall
Jan 7 - Mar 24


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's 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 8 - Mar 25

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 10 - Mar 27

All Zumba classes are drop-in only

\$6.85/Drop-in or 10 Punch Card
(price varies by age)

Yoga

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. No class Feb 19.

Instructor: Gwen Frankowski

Wednesdays

10:15 - 11:15 am Rm B

Jan 8 - Mar 25 #9874

\$79 + 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. Suitable for all fitness levels. No class Feb 21.

Instructor: Gwen Frankowski

Fridays

1:15 - 2:15 pm Rm B

Jan 3 - Mar 27 #9876

\$93 + 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 energized, revitalized, refreshed, and relaxed. Welcoming all levels. No class Feb 19 & 22.

Instructor: Gwen Frankowski

Wednesdays

9:00 - 10:00 am Rm B

Jan 8 - Mar 25 #9873

\$79 + gst

Saturdays

10:30 - 11:30 am Rm B

Jan 4 - Mar 28 #9877

\$93 + 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 class Feb 21.

Instructor: Gwen Frankowski

Fridays

12:00 - 1:00 pm Rm B

Jan 3 - Mar 27 #9875

\$93 + 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

Jan 7 - Mar 10 #9965

Thursdays

10:45 am - 12:00 pm Rm C

Jan 9 - Mar 10 #10046

\$110 + 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 class Feb 17.

Instructor: Birgit Nilson

Mondays

10:30 - 11:45 am Rm C

Jan 6 - Mar 9 #9962

\$99 + gst

Wednesdays

10:30 - 11:45 am Rm C

Jan 8 - Mar 11 #9963

\$110 + gst

Fridays

10:45 am - 12:00 pm Rm C

Jan 10 - Mar 13 #9964

\$110 + 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

10:30 - 11:45 am Rm B

Jan 7 - Mar 10 #10048

\$110 + gst



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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 Feb 17.

Instructor: Birgit Nilson
Mondays

9:00 - 10:15 am Rm C
Jan 6 - Mar 9 #9958



Tuesdays
6:00 - 7:15 pm Rm C
Jan 7 - Mar 10 #9959
\$110 + gst

Wednesdays
9:00 - 10:15 am Rm C
Jan 8 - Mar 11 #9960
\$110 + gst

Fridays
8:45 - 10:00 am Rm B
Jan 10 - Mar 13 #9961
\$110 + gst

Birgit's Chair Yoga - C

16 years & up
This practice is designed 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, practice breathing techniques and relaxation.

Instructor: Birgit Nilson

Tuesdays
12:00 - 1:00 pm Rm B
Jan 7 - Feb 25 #10050
\$80 + gst

Birgit's Hatha Flow Yoga - C

16 years & up
If you enjoy practicing sequences of poses at a faster pace this class is for you. A slower pace at the end allows for deep stretching and relaxation. Some yoga experience recommended.

Instructor: Birgit Nilson

Thursdays
9:00 - 10:30 am Rm C
Jan 9 - Mar 12 #10049
\$132 + gst

Birgit's Yin Yoga - C

16 years & up
Yin Yoga is a quiet and deep practice. Seated and/or reclined poses, held for long periods, and mindfulness are used to explore "tension holding" patterns. No class Feb 17.

Instructor: Birgit Nilson

Mondays
7:00 - 8:15 pm Rm C
Jan 6 - Mar 9 #10047
\$99 + 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, flexibility, release tension, relieve 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 Sedunov

Thursdays
7:00 - 8:30 pm Rm C
Jan 9 - Mar 12 #9990
\$110 + gst

Tanya's Hatha Yoga - C

10 years & up
This approachable Hatha class is for beginners and returning 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 Sedunov

Thursdays
5:30 - 7:00 pm Rm C
Jan 9 - Mar 12 #9988
\$100 + gst

Yoga drop-ins when space permitted

Gwen's yoga, \$9 drop-in
Contractor's (- C), \$13.50 drop-in