



Fees

Drop-in & Punch Cards

(includes 5% GST)

	Drop-in	11 Punches
Adult	\$6.50	\$65
Student	\$3.50	\$35
Evergreen	\$5.00	\$50
PWD	\$3.50	\$35

Memberships (includes 5% GST)

	1 month <i>effective December 1</i>	3, 6 & 12 month membership options will become available effective March 1, 2020
Adult	\$58.50	
Student	\$31.50	
Evergreen	\$45	
PWD	\$31.50	
Family	\$95	

(Family: minimum one adult & one teen, maximum two adults & up to six teens under 18 years, all living in the same household)

Childminding

(All ages)

If you're participating in our programs, playing tennis, squash, or using our Wellness Centre, your children are invited to drop in and play.

until Dec 23:

Monday - Saturday, 9:00 - 11:00 am

Mondays & Wednesdays, 5:00 - 6:30 pm

effective January 6:

Monday - Saturday, 9:00 - 11:00 am

Mondays & Wednesdays, 5:00 - 6:30 pm

Wellness Centre

Ages 13 & Over

(13 - 15 years with adult supervision)

Services Include:

Professional Assistance

Drop-in

Instructional Programs

Personal Training

Wellness Centre Hours:

Monday - Friday 5:00 am - 10:00 pm

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

Hours & schedule subject to change

Pass Suspensions

Passes may be suspended in advance for a minimum of one month for medical reasons. Passes will be suspended from the date the request is made (in writing) or from the date of a doctor's certificate.

Equipment

- Functional Trainers
- Jungle Gym
- Treadmills
- Cross Trainers
- Stair Climber
- TRX
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights

NOTE:

- Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times.
- Weight belts available during supervised hours only.



Wellness Centre Classes & Supervision Hours

effective Jan 6, 2020

COURTENAY ACTIVE LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am							
6 am	CLOSED	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	CLOSED
7 am							
8 am							
9 am	8:30 - 11:30 am	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	8:30 - 11:30 am
10 am		55+ ST	55+ ST	55+ ST	55+ ST	55+ ST	
11 am		55+ ST	55+ ST	55+ ST	55+ ST	55+ ST	
12 pm							
1 pm		55+ ST		55+ ST			
2 pm			55+ ST		55+ ST		
3 pm		2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	
4 pm							
5 pm		5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	CLOSED
6 pm							
7 pm			Circuit Training		Circuit Training		
8 pm							
9 pm	CLOSED						
10 pm							

On your own drop-in
Supervised drop-in
Registered class in progress

Schedule subject to change

Please note: the Wellness Centre is open for drop-in during registered class times.

SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion & strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class February 17 & 26. Instructor:** Joyce Leong & Steve Thomson

#49732 Mondays & Wednesdays

EG January 6 - March 25

10:15 - 11:15 am

Native Sons Grand Hall

\$154/22

Punch cards accepted, must pre-register.

SIMPLY STRENGTH 2

(55 years & over)

This intermediate level class is a step up from Simply Strength 1 and offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class February 17 & 26.**

Instructor: Steve Thomson & Joyce Leong

#49733 Mondays & Wednesdays

EG January 6 - March 25

9:00 - 10:00 am

Native Sons Grand Hall

\$154/22

No Drop-ins, Registration only

CIRCUIT TRAINING

This high energy, faster paced class will help you to burn fat and build muscle by combining cardio intervals and strength training. Get a great total body workout while using a variety of equipment in the Wellness Centre!

Instructor: Juan Blancas

#49767 Tuesdays & Thursdays

January 7 - March 26

7:00 - 8:00 pm

Lewis Wellness Centre

\$144/24



55+ STRENGTH TRAINING

(55 years & over)

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the Wellness Centre guiding you through your fitness journey and offering support at every turn. **No class February 17.**

Instructor: Juan Blancas

EG Tuesdays & Thursdays
January 7 - March 26

#49761 10:30 - 11:30 am

#49763 1:30 - 2:30 pm

\$144/24

Mondays & Wednesdays

January 6 - March 25

#49765 10:00 - 11:00 am

#49764 11:15 am - 12:15 pm

#49766 1:00 - 2:00 pm

\$138/23

#49762 Fridays

January 10 - March 27

10:00 - 11:00 am

Lewis Wellness Centre

\$72/12

BALANCE BASICS

Balance is an underrated principle of our everyday functioning. It keeps you upright, allows you to walk without assistance and helps prevent injury. This class will help you find your footing if you're feeling off balance, help you set goals and work towards them! Working through our senses, we will start to find strength in our step.

Instructor: Wendie Matte

#50144 Thursdays

January 9 - March 12

10:00 - 11:00 am

Native Sons Lower Level

\$75/10



Strength Training is a great way to improve balance, strength and well being.

STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class February 17 & 27.**

Instructor: Nancy Victoria

#49786 Mondays & Thursdays

EG January 6 - March 26

9:00 - 10:00 am

Native Sons Grand Hall &

Filberg Rotary Hall

\$132/22

STEP IT UP

Join us for this fun throwback step class where you'll get a full body, low impact, cardio workout! You can expect a mixture of upbeat, rhythmic stepping, combined with strength movements that will leave you feeling energetic and strong!

Instructor: Signi Caine

#50130 Tuesdays

January 7 - March 24

5:15 - 6:15 pm

Lewis Activity Room

\$72/12

\$6.50/Drop-in

NEW

55+ TRX AND RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class February 17.**

Instructor: Tammy Jones

#49759 Mondays & Wednesdays

EG January 6 - March 25

7:45 - 8:45 am

Lewis Activity Room

\$184/23

WOMEN'S SPECIFIC STRENGTH

This popular class for women of all ages focuses on resistance training to help improve muscle mass and bone strength, as well as increase balance, mobility and flexibility.

Instructor: Morgan Klieber

#49747 Fridays

January 10 - March 27

10:30 - 11:30 am

Lewis Activity Room

\$84/12



Drop-in Fitness Schedule

effective Jan 6, 2020
unless otherwise noted

COURTENAY ACTIVE LIVING

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	PowerSpin & Stretch 😊		Rip & Ride 😊			
8:30 am			Hatha Yoga+			Pedal N' Sculpt 8:45am 😊
9:00 am	Cardio Kix Fit Mix+	Zumba w/ Lyla 😊	Zumba w/ Milena 😊	BootCamp Blast+	Core N' Cuts 9:15am	Hatha Yoga+
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength 😊	HIIT 12:10pm 😊	Flow Yoga 😊	Butts & Gutts 12:10pm 😊	Spin Express 12:15pm 😊	
5:15 pm	Zumba Toning 5:30 😊	Step It Up 😊	Chiseled 😊	BootCamp Blast FlowYoga+ 6:00pm	Power Spin	

Please note: This schedule is subject to change
Please phone before class to check for any cancellations
or changes to drop in classes

Pay & sign in at the office BEFORE class.

😊 Ask about our pre-registration discount options available for this class

Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

Drop in, Punch Card & Membership Fees including GST

Pass Type	Adult	Evergreen	Student	PWD
Drop-in	\$6.50	\$5	\$3.50	\$3.50
11 Punch	\$65	\$50	\$35	\$35
1 Month effective Dec 1	\$58.50	\$45	\$31.50	\$31.50

3, 6 & 12 month membership options will become
available effective March 1, 2020

For Fitness Schedule before
Jan 6, please check
courtenay.ca/fitness

Children in fitness classes:

The City of Courtenay fitness
classes are teen and adult
oriented.

For the safety, comfort and
enjoyment of all, children
cannot be accommodated
in fitness classes.
Ask us about childminding
hours. See page 30.



Drop-in Fitness

CARDIO KIX FIT MIX

Mondays 9:00 - 10:15 am

Get ready for a fun, high energy mix of cardio, strength and core. Kickstart your Monday morning with 45 minutes of kickboxing, dance and cardio moves. Then tone and build your muscles with 30 minutes of strength and core using a variety of equipment, including TRX.

Instructor: Tammy Jones

HIIT

Tuesdays 12:10 - 12:45 pm

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time.

Instructor: Wendie Matte

SPIN, STRETCH & STRENGTH

Mondays 12:00 - 1:00 pm

New to spin or prefer a change of routine? This class will offer a mix of spinning followed by core exercises culminating with a good overall stretch! Limited to 18 participants.

Instructor: Steve Thomson

HATHA YOGA

Wednesdays 8:30 - 9:45 am

Saturdays 9:00 - 10:15 am*

In this yoga class, postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion. All-levels.

Instructor: Wendy Davies

*no class Saturday Feb 15

BOOTCAMP BLAST

+ Tuesdays 10:30 - 11:45 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

In this sweaty bootcamp workout you'll get your butt kicked with a mix of equipment based and bodyweight only exercises. This dynamic class combines cardio, functional training and conditioning exercises. Get ready to blast every part of your body!

Instructor: Steve Thomson

ZUMBA TONING

Mondays 5:30 - 6:30 pm

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves. Using Zumba® toning sticks for upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

Instructor: Milena Spratt

POWER SPIN & STRETCH

Mondays 6:00 - 7:00 am

This class will focus on revving up your metabolism to help burn off those weekend calories through intervals and energetic cycling. After all of your hard work, finish off the class with a session of stretching.

Instructor: Nancy Victoria

FLOW YOGA

Wednesdays 12:00 - 1:00 pm

Thursdays 6:00 - 7:15 pm

Enjoy a Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Daiana Gama. Suitable for those with ability to do Sun Salutations.

Instructor: Daiana Gama

CORE N' CUTS

Fridays 9:15 - 10:15 am

A core based exercise class inter-mixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. Arrive early as numbers may be limited.

Instructor: Steve Thomson

POWER SPIN

Fridays 5:15 - 6:15 pm

Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength.

Instructor: Nancy Victoria

SPIN EXPRESS

Fridays 12:15 - 1:00 pm

Beginners to spin are welcome, and seasoned cyclists will be challenged with a varied class driven by high-energy fun music. Class is composed of a warm-up, cardio, cool-down and stretch. Class size is limited to 18 participants.

Instructor: Fiona McQuillan

BUTTS & GUTTS

NEW

Thursdays 12:10 - 12:45 pm

Core and Glutes Galore! This fast and effective strengthening and toning workout is taught so any fitness level can participate. Quality of the work-out will be the main focus, so control and technique are key components of this class!

Instructor: Nancy Victoria

CHISELED

Wednesdays 5:15 - 6:15 pm

In this class lower weights are mixed with high reps and cardio. Chiseled is designed to sculpt your muscles, speed up your metabolism and best of all no two classes will be the same!

Instructor: Nancy Victoria

Sign in sheet for drop-in classes will be out 30 minutes before the start of class. Please sign in BEFORE your class.



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REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78

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FLEX CORE

This class targets deep core musculature along with the glutes and low back. Body weight exercises progressing further to Swiss ball, Bosu and more. Stretching and mobility will also be intermixed with this new and challenging program. All fitness levels welcome and results are guaranteed!

Instructor: Steve Thomson

#49773 Thursdays

January 9 - March 26

6:30 - 7:30 pm

Lewis Activity Room

\$84/12

HIIT

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to complement your gym routine!

Instructor: Wendie Matte

#49776 Tuesdays

January 7 - March 24

12:10 - 12:45 pm

Lewis Activity Room

\$54/12

\$5/Drop-in

Check receipts carefully for important program info.

CORE RELEASE & RELAX

This health based class for both men and women focuses on strengthening the pelvic floor, myofascial release and core through a variety of techniques. You will use specific equipment such as trigger, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

Instructor: Nancy Victoria

#49784 Fridays

January 17 - March 20

9:00 am - 10:00 am

Lewis MP Hall

\$75/10

BUTTS & GUTTS

Core and Glutes Galore! This fast, effective strengthening and toning workout is taught so any fitness level can participate. Quality of the work-out will be the main focus, so control and technique are key components of this class!

Instructor: Nancy Victoria

#50179 Thursdays

January 9 - March 26

12:10 - 12:45 pm

Lewis Activity Room

\$54/12

\$5/Drop-In

NEW

CARDIO KIX FIT MIX

Get ready for a fun, high energy mix of cardio, strength and core. Kickstart your Monday morning with 45 minutes of kickboxing, dance and cardio moves. Then tone and build your muscles with 30 minutes of strength and core using a variety of equipment, including TRX. **No class February 17.**

Instructor: Tammy Jones

#49768 Mondays

January 6 - March 23

9:00 - 10:15 am

Lewis Activity Room

\$6.50/Drop-In

POWER SPIN & STRETCH

Start your week off on a healthy note, with the best of all worlds! Challenge yourself with 20 minutes of spin, 20 minutes of strength training and finish off with 20 minutes of core & stretching. **No class February 17.**

Instructor: Nancy Victoria

#49782 Mondays

January 6 - March 23

6:00 - 7:00 am

Lewis Activity Room

\$66/11

\$6.50/Drop-in

RIP AND RIDE

Start your day off just right with this 1-hour full-body workout on a spin bike. Beginner/Intermediate to Advanced participants welcome. Be ready to challenge yourself, sweat, and feel the fire!

Instructor: Nancy Victoria

#49775 Wednesdays

January 8 - March 25

6:00 - 7:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.

ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class February 17.**

Instructor: Milena Spratt

#49781 Mondays

January 6 - March 23

5:30 - 6:30 pm

Lewis Activity Room

\$66/11

\$6.50/Drop-in

ZUMBA GOLD

This lower intensity (but just as fun), Zumba class will have you working out to easy to follow, dance style choreography with a fun and upbeat variety of music! Zumba Gold® is so enjoyable you won't even realize that you're working out! Come to class prepared to leave with sore cheeks from smiling the whole time.

Instructor: Lyla Pettis

#49780 Thursdays

January 9 - March 26

10:30 - 11:30 am

Lewis Activity Room

\$72/12

PEDAL N' SCULPT

This is a 90 minute fitness class that begins with 45 minutes of a cycle workout and then moves to 45 minutes of strength and abdominal training. **Instructor:** Luis Acosta/ Nancy Victoria

#49783 Saturdays

January 11 - March 28

8:45 - 10:15 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

ZUMBA WITH LYLA

Join the Zumba® fitness party! Get sweaty, happy and fit in this invigorating, dance-style class. Music includes Salsa, Swing, Latin, Bollywood, Pop and more. It's so much fun you won't even realize that you're working out! Drop-in's welcome.

Instructor: Lyla Pettis

#49779 Tuesdays

January 7 - March 24

9:00 - 10:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work.

Instructor: Wendie Matte

#49621 Tuesdays & Fridays

January 7 - March 27

9:15 - 10:15 am

Filberg Rotary Hall

\$144/24



ZUMBA WITH MILENA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this one-hour fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!!

Instructor: Milena Spratt

#49688 Wednesdays

January 8 - March 25

9:00 - 10:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

CHISELED

In this class lower weights are mixed with high reps and cardio. Chiseled is designed to sculpt your muscles, speed up your metabolism and best of all no two classes will be the same!

Instructor: Nancy Victoria

#49778 Wednesdays

January 8 - March 25

5:15 - 6:15 pm

Lewis Activity Room

\$72/12

\$6.50/Drop-in



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REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78

Personal Training Team



Juan Blancas

Personal Trainer, Weight Training,
Fitness Theory, Third Age
Certified Since: 2002

Training Specialties:

- 55+ Strength Training
- Functional Movement Training
- Strength and Conditioning Training
- Core Activation and Stability Training
- Multi-joint and Flexibility Training



Tammy Jones

Personal Training, Group Fitness,
Third Age, Zumba, TRX, Spin,
Fitness Theory, Aquafit
Certified Since: 2006

Training Specialties:

- Cardio-Kickboxing
- Bootcamps
- H.I.I.T.



Nancy Victoria

BGS (Bachelor of General Studies Sports
& Rec) Minor in Rehab, Personal Trainer,
Retired canfitpro ProTrainer, Spin

Training Specialties:

- Women and Weight loss
- Older Adult
- Bender ball
- Sports Conditioning
- Functional Conditioning



Kim Hamilton

Personal Trainer, OsteoFit, Third Age Fitness
Leader, 200 Hour Yoga Alliance Program
Certified Since: 2005

Training Specialties:

- Working with 50+ age group
- TRX and Spin
- Osteoporosis or less mobility
- Certified Osteofit Instructor
- Certified Fallproof Balance & Mobility Instructor



Cathy Riopelle

Personal Trainer, Weight Training, Third Age,
Group Fitness

Training Specialties:

- Strengthening Muscular Imbalances
- Weight Management
- Senior Physical Fitness
- Core conditioning, balance, and essential mobility

Please note: The Lewis Wellness Centre is intended for recreational use only. External service providers (coaches, therapists, trainers, etc) are not permitted to conduct their business activities in the Lewis Wellness Centre facility.

30 DAY WEIGHT LOSS AND STRENGTH PROGRAM



If you've been working out for some time and aren't seeing the strength or weight loss results you hoped for, this 30 Day Program is for you! The workouts are efficient using a Total-body training approach. This is what you'll get:

- Group Training (max. group size of 8) once a week
- 2 non supervised additional workouts
- individual coaching 30 minutes a week
- nutritional tips and guidance to help motivate you to reach your goals.

Incorporate the intensity training techniques of this plan, in a smart consistent manner with the right amount of rest and fuel for your body and see the results for yourself!

Instructor: Kim Hamilton

Tuesdays

#50171 January 2 - 31

#50173 February 1 - 29

4:00 - 5:00 pm

Lewis Activity Room

\$225

Personal Training Prices

Private

1 session	\$50
3 sessions	\$135
5 sessions	\$200
10 sessions	\$325
15 sessions	\$375

Semi Private (2 people)

1 session	\$75
3 sessions	\$203
5 sessions	\$300
10 sessions	\$490
15 sessions	\$563

5 sessions and over will receive one complimentary 11 punch Wellness Centre pass

Express Personal Training

\$75/3 thirty minute sessions (private only)

We recommend express sessions for clients looking to become familiar with weightlifting or with previous experience.

Benefits of Personal Training

- Improve Your Overall Fitness
- Learn to keep up a routine!
- Find the right way to work out
- Learn to efficiently use your time
- Benefit From the 'Buddy System'
- Faster and better results
- Proper fat loss and muscle gain
- Establish a lifetime exercise habit
- Overcome plateaus



Yoga

55+ YOGA - ONGOING

(55 years & over)

A blend of styles with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous yoga experience required. **No class February 17.**

Instructor: Sheron Jutila

#49429 Mondays

EG January 6 - March 23
2:00 - 3:30 pm
Filberg Rotary Hall
\$132/11

#49430 Fridays

January 3 - March 20
10:00 - 11:30 am
Native Sons Lower Level
\$144/12

YIN YOGA: POWER IN STILLNESS

Are you on a fast train? Ready to get off and breathe?

In Yin Yoga, you will enter poses - mostly on the floor - and stay a while, observing strong sensations, while allowing your breath to help you access deeper layers of dense connective tissue, like ligaments, tendons, and fascia. The long-held, passive poses will help you become more flexible, with juicier joints and better-functioning organs. You might become calmer, and better able to focus: a gift in our world of constant distraction. Yin Yoga is an excellent complement to other forms of Yoga. Come home to your body in a profound and satisfying way.

Instructor: Catherine Reid

#50188 Fridays

January 10 - March 27
11:00 am - 12:30 pm
Lewis Meeting Room
\$144/12

55+ YOGA - JOINT SERIES

(55 years & over)

This series of gentle postures focuses on bringing mobility to the joints. This class moves slowly, giving time to explore and modify as we go. The 'joint freeing series' can be used alone as a gentle practice or as a warm up for other activities.

Instructor: Sheron Jutila

#49425 Tuesdays

EG January 7 - March 24
10:15 - 11:30 am
Lewis Meeting Room
\$120/12

#49426 Thursdays

January 2 - March 19
10:00 - 11:30 am
Lewis Meeting Room
\$144/12

55+ YOGA

(55 years & over)

A blend of styles with a mixture of floor and standing work. Options for all bodies. A thorough warm-up and poses to improve flexibility, balance, strength, and posture. Suitable for those new to yoga or those looking for an end of the week wind-down.

Instructor: Sheron Jutila

#49428 Fridays

EG January 3 - March 20
2:00 - 3:30 pm
Native Sons Lower Level
\$144/12

YOGA FOR INFLEXIBLE PEOPLE

Would you describe yourself as Stiff-as-a-Board? Do you think that Yoga is only for people who can do those pretzel poses? Curious about Yoga, but think you'd feel out of place in a class?

Or maybe you tried a class, and left feeling frustrated at how little you could actually do. Then this safe, slow-paced class is for you. Enjoy some deep breathing, and quiet joy as your body learns how to release tension. You'll probably start feeling younger too!

Instructor: Catherine Reid

#50187 Fridays

January 10 - March 27
9:15 - 10:30 am
Lewis Meeting Room
\$120/12





HATHA YOGA

In this yoga class, postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

No class February 15.

Instructor: Wendy Davies

#49419 Wednesdays

January 8 - March 25

8:30 - 9:45 am

Lewis Centre MP Hall

\$6.50/Drop-in

#49420 Saturdays

January 11 - March 28

9:00 - 10:15 am

Lewis Centre MP Hall

\$6.50/Drop-in



**Oh no, you had to
cancel the class?**

**Please register at least one
week in advance to avoid
disappointment.**

FLOW YOGA

Enjoy a noon hour Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Daiana Gama. Suitable for those with experience in sun salutations.

Instructor: Daiana Gama

#49742 Wednesdays

January 8 - March 25

12:00 - 1:00 pm

Lewis Activity Room B

\$72/12

\$6.50/Drop-in

CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class February 25.**

Instructor: Catherine Reid

#49739 Tuesdays



January 7 - March 24

11:00 am - 12:00 pm

Native Sons Grand Hall

\$99/11

YIN YOGA

Yin yoga is a deep and peaceful practice using sustained, passive holds. Yin yoga is designed to target deeper connective tissues, fascia, and joints to improve your overall mobility and range of motion. This practice is the perfect complement to the more active Yang lifestyles we lead. Yin Yoga provides a greater sense of balance, peace and calm. This is an all levels class, appropriate for beginners and those new to yoga. Limited space available.

Instructor: Wendy Davies

#49745 Tuesdays

February 4 - March 10

5:30 - 7:00 pm

Lewis Meeting Room

\$72/6

EVENING GENTLE YOGA

New to Yoga? Or perhaps you just want a slow, meditative, breath-centered class. You'll still develop some strength, challenge your balance, and of course become more flexible. Different options given so you can choose your comfort level with each pose.

Instructor: Catherine Reid

#49746 Wednesdays

January 8 - March 25

5:15 - 6:30 pm

Lewis Meeting Room

\$120/12

NEW

EVENING FLOW YOGA

Enjoy a Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Daiana Gama. Suitable for those with ability to do Sun Salutations.

Instructor: Daiana Gama

#49950 Thursdays

January 9 - March 26

6:00 - 7:15 pm

Lewis Craft Room A

\$72/12

\$6.50/Drop-in

NEW



55+ GENTLE YOGA

(55 years & over)

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mel-low practice. **No class February 17.**

Instructor: Sheron Jutila

#49421 Mondays

EG January 6 - March 23
10:15 - 11:15 am
Filberg Rotary Hall
\$99/11

GENTLE YOGA

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice.

Instructor: Akiko Shima

#49410 Wednesdays

January 8 - March 25
9:30 - 10:45 am
Lewis Salish Building
\$120/12
\$10/Drop-in

VINYASA YOGA

Vinyasa Yoga is a dynamic practice in which postures are linked with breath to cleanse and strengthen the body, focus the mind and deepen your inner awareness. Mixed level classes offer appropriate options for the beginner as well as challenges for the long time student.

Instructor: Wendie Matte

#50141 Thursdays

January 9 - March 12
8:30 - 9:30 am
Lewis Meeting Room
\$90/10

HATHA LEVEL 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class February 17.**

Instructor: Catherine Reid

#49740 Mondays

January 6 - March 23
6:00 - 7:00 pm
Lewis Meeting Room
\$99/11

MOM & BABY YOGA

This class provides an opportunity to bond with your baby as you regain strength, flexibility and balance while connecting with other moms and sharing your experience. Open to babies six weeks until crawling.

Instructor: Akiko Shima

#49411 Wednesdays

January 8 - March 25
11:30 am - 12:30 pm
Lewis Salish Building
\$108/12

HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class February 17.**

Instructor: Catherine Reid

#49741 Mondays

January 6 - March 23
7:15 - 8:45 pm
Lewis Meeting Room
\$132/11

PRENATAL YOGA

Going through many changes during pregnancy, prenatal yoga will help you to adjust, strengthen, stretch and relax your body. It is a great way to connect to your body, breath and baby. The class will be lead by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima

#49412 Wednesdays

January 8 - March 25
6:30 - 7:45 pm
Lewis Craft Room A
\$120/12

