



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)

	6 month	3 month	1 month
Adult	\$225	\$135	\$58.50
Student	\$103.50	\$67.50	\$31.50
Evergreen	\$171	\$103.50	\$45
PWD	\$103.50	\$67.50	\$31.50
Family	\$430	\$240	\$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 August 30:

Monday - Friday, 9:00 - 10:30 am

effective September 3:

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

Mondays & Wednesdays 5:00 - 6:30 pm

\$4.00/1¼ hour drop-in (ask about other options)

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

until September 15:

Sunday 8:30 am - 4:00 pm

effective September 22:

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.





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Wellness Centre Classes & Supervision Hours

effective September 3, 2019

	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	55+ ST	55+ ST	55+ ST	
2 pm							
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							
8 pm			Circuit Training		Circuit Training		
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.

COURTENAY ACTIVE LIVING

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

#49153 Thursdays

September 12 - December 19
6:30 - 7:30 pm
Lewis Activity Room
\$105/15

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 October 14 & November 11.**

Instructor: Nancy Victoria

#49186 Mondays & Thursdays

EG September 9 - December 12
9:00 - 10:00 am
Filberg Centre Rotary Hall & Native Sons Grand Hall
\$156/26

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

#49005 Tuesdays & Thursdays

September 3 - December 19
7:00 - 8:00 pm
Lewis Wellness Centre
\$192/32



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 October 14 & November 11.**

Instructor: Juan Blancas

EG Tuesdays & Thursdays
September 3 - December 19

#49001 10:30 - 11:30 am

#49004 1:30 - 2:30 pm
Lewis Wellness Centre
\$192/32

Mondays & Wednesdays
September 4 - December 18

#48999 10:00 - 11:00 am

#49000 1:00 - 2:00 pm

#49003 11:15 am - 12:15 pm
\$164/29

#49002 Friday
September 6 - December 20
10:00 - 11:00 am
Lewis Wellness Centre
\$96/16

55+ TRX AND RESISTANCE TRAINING ALL LEVELS

(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 October 14 & November 11.**

Instructor: Tammy Jones

Mondays & Wednesdays
#49434 September 9 - October 21
#49439 November 4 - December 16

EG 7:45 - 8:45 am
Lewis Activity Room
\$96/12

Benefits of Personal Training

- *Improve Your Overall Fitness*
- *Learn to keep up a routine!*
- *Find the right way to work out*
- *Faster and better results*
- *Proper fat loss and muscle gain*
- *Establish a lifetime exercise habit*

Personal Training Team

Juan Blancas

Personal Trainer, Weight Training, Fitness Theory, Third Age
Certified Since: 2002
Training Specialties:
- Step, Resistance Tubing, Dumbbell - Stability Ball
- Body Ball, Core activation, Assessment & 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 canfit-pro 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

BScHN (Bachelor of Science in Holistic Nutrition) Personal Trainer, Weight Training, Third Age, Group Fitness, TRX, Spin
Training Specialties:
- Core Conditioning
- Boot Camp/HIT
- Strengthening Muscular Imbalances
- Weight Management
- Older Adults



Personal Training Prices

	Private	Semi Private (2 people)	Teen Private	Teen Semi Private
1 session	\$50	\$75	\$37.50	\$56.25
3 sessions	\$135	\$203	\$101.25	\$152.25
5 sessions	\$200	\$300	\$150	\$225
10 sessions	\$325	\$490	\$243.75	\$367.50
15 sessions	\$375	\$563	\$281.25	\$422.25

5 sessions & over will receive a complimentary 11 punch Wellness Centre pass

Express Personal Training \$75/30 thirty minute sessions

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

COURTENAY ACTIVE LIVING



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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Drop-in Fitness Schedule

effective September 9, 2019
unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	PowerSpin & Stretch 😊		Rip & Ride 😊			
8:30 am			Hatha Yoga (starts Sept 18)			Pedalw/ 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 (starts Sept 21)
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength 😊	HIIT 12:10pm 😊	Flow Yoga 😊	HIIT 12:10pm 😊	Spin Express 😊	
5:15 pm	Zumba Toning 😊 5:30		Chiseled 😊	BootCamp Blast	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

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
6 Months <i>available until August 30</i>	\$225	\$171	\$103.5	\$103.50
3 Months <i>available until November 30</i>	\$135	\$103.50	\$67.50	\$67.50
1 Month	\$58.50	\$45	\$31.50	\$31.50

Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

For Fitness Schedule before
September 9, 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 58.



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

Thursdays 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. This quick, fun and effective workout is a great way to complement your gym routine!

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 17 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 with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

Instructor: Wendy Davies

*no class Oct. 12 & Nov. 9

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

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

POWER SPIN & STRETCH

Mondays 6:00 - 7:00 am

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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

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

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. We recommend you arrive early as numbers may be limited.

Instructor: Steve Thomson

POWER SPIN

Fridays 5:15 - 6:15 pm

Looking for more than just a spin class? 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 12:00 - 1:00 pm

Rev up your Friday with a high energy 60 minute spin class! 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, 45 minutes of cardio, cool-down and stretch. Class size is limited to 17 participants.

Instructor: Fiona McQuillan





SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and 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 October 14 & November 11. No Drop-ins**

Instructor: Joyce Leong & Steve Thomson

#49184 Mondays & Wednesdays
EG September 4 - December 11
 10:15 - 11:15 am
 Native Sons Grand Hall
 \$189/27

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
#49163 Wednesdays
 September 11 - December 18
 6:00 - 7:00 am
 Lewis Activity Room
 \$78/15
 \$6.50/Drop-in

SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. No drop-ins permitted. **No class October 14 & November 11. No Drop-ins.**

Instructor: Joyce Leong & Steve Thomson

#49185 Mondays & Wednesdays
EG September 4 - December 11
 9:00 - 10:00 am
 Native Sons Grand Hall
 \$189/27

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 point balls for release, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

Instructor: Nancy Victoria
#49442 Fridays
 September 13 - November 15
 9:00 - 10:00 am
 Lewis Centre MP Hall
 \$80/10

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. **No class October 4, 18, November 8 & December 13.**

Instructor: Wendie Matte

#48952 Tuesdays & Fridays
EG September 3 - December 20
 9:15 - 10:15 am
 Filberg Rotary Hall
 \$168/28

PEDAL N' SCULPT

Come prepared to sweat and start the weekend off just right! 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

#49638 Saturdays
 September 14 - November 16
 8:45 - 10:15 am
 Lewis Centre Activity Room
 \$60/10
 \$6.50/Drop-in

POWER SPIN & STRETCH

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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. **No class October 13 & November 11.**

Instructor: Nancy Victoria
#49625 Mondays
 September 9 - December 16
 6:00 - 7:00 am
 Lewis Activity Room
 \$78/13
 \$6.50/Drop-in

Drop-ins available where noted when space permits. Please call ahead to check for any cancellations or changes for classes.



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 October 14 & November 11.

Instructor: Milena Spratt

#49148 Mondays

September 9 - December 16
5:30 - 6:30 pm
Lewis Activity Room
\$78/13
\$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

#49182 Thursdays

September 12 - December 19
10:30 - 11:30 am
Lewis Activity Room
\$90/15
\$6.50/Drop-in

Recreation Access

Apply for coupon books that provide healthy lifestyle opportunities to residents of the **City of Courtenay** who live below Statistics Canada low income thresholds. Ask us how to apply!

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

#49494 Wednesdays

September 11 - December 18
9:00 - 10:00 am
Lewis Activity Room
\$90/15
\$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

#49147 Tuesdays

September 10 - December 17
9:00 - 10:00 am
Lewis Activity Room
\$90/15
\$6.50/Drop-in

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 October 14 & November 11.**

Instructor: Tammy Jones

#49158 Mondays

September 9 - December 16
9:00 - 10:15 am
Lewis Activity Room
\$6.50/Drop-in

WOMEN'S SPECIFIC TRAINING

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

#49146 Fridays

September 13 - December 13
10:30 - 11:30 am
Lewis Activity Room
\$91/14



Yoga



THERAPEUTIC YOGA

A 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 fully how your body works. Suitable for beginners through advanced practitioners. **No class October 14 & November 11 & 15.**

Instructor: Akiko Shima

#49406 Mondays

September 9 - December 16
11:00 am - 12:30 pm
Native Sons Lower Level
\$168/14

#49165 Fridays

September 6 - December 20
11:00 am - 12:30 pm
Lewis Meeting Room
\$180/15

55+ YOGA - GENTLE

(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 mellow practice.

No class October 14. Instructor: Sheron Jutila

Mondays

#48995 September 9 - November 4

EG \$72/8

10:15 - 11:15 am
Filberg Rotary Hall

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 October 12 & November 9.

Instructor: Wendy Davies

#49138 Wednesdays

September 18 - December 18
8:30 - 9:45 am
Lewis Centre MP Hall
\$6.50/Drop-in

#49139 Saturdays

September 21 - December 21
9:00 - 10:15 am
Lewis Centre MP Hall
\$6.50/Drop-in

#49387 November 18 - December 30

EG \$63/7

10:15 - 11:15 am
Filberg Rotary Hall

YOGA FOR GUYS

If you've done some yoga in the past, and understand the basics of breathing, as well as what it feels like to be aligned in a pose, this class is for you. Enjoy some stress relief, and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations given.

Instructor: Catherine Reid

#49035 Wednesdays

September 11 - December 11
5:00 - 6:15 pm
Lewis Meeting Room
\$140/14

INTRO TO MEDITATION (WITH YOGA)

Strengthen your brain, cultivate peace of mind, increase resilience, decrease stress, improve your sleep, and more with Mindfulness-based Meditation (and Gentle Yoga). Learn how to choose a practice that fits your personality (and body) and gather helpful tools for taking meditation home with you. All levels welcome.

Instructor: Sheron Jutila

Thursdays

#49178 September 5 - October 10
2:00 - 3:30 pm
Lewis Meeting Room
\$72/6

MEDITATION ONGOING (WITH YOGA)

Strengthen your silent sitting practice with the support of a group. Ask questions during our weekly check-in. Prepare your body with a short Gentle Yoga practice. Choose your own focus or anchor, and sit (floor or chair) for 20-25 minutes. Meditation experience beneficial.

#49179 Thursdays

October 17 - December 19
2:00 - 3:30 pm
Lewis Meeting Room
\$120/10

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.

Instructor: Wendy Davies

#49169 Tuesdays

September 24 - December 10
5:30 - 6:45 pm
Lewis Meeting Room
\$120/12

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. **No class November 13.**

Instructor: Akiko Shima

#49166 Wednesdays

September 4 - December 18
6:30 - 7:45 pm
Lewis Craft Room A
\$150/15

MOM & BABY YOGA

(6 weeks - mobile)

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 mobile. **No class November 13.**

#49171 Wednesdays

September 4 - December 18
11:00 am - 12:00 pm
Lewis Salish Building
\$135/15

ACROYOGA

AcroYoga combines the gentleness of yoga, the deepness of partner stretching, the excitement of acrobatics and the therapeutics of Thai Massage. It helps to build trust, flexibility, strength, teamwork and relaxation. Join us for this class that will help you to build a solid foundation while progressing through a series of postures. No Experience necessary. No partner required. **No class October 31.**

Instructor: Daiana Gama

#49167 Thursdays

September 12 - December 12
6:00 - 7:30 pm
Lewis Craft Room A
\$156/13
\$12/Drop-in

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. **No class October 14, November 11 & 13.**

Instructor: Akiko Shima

#49180 Mondays

September 9 - December 16
9:30 - 10:45 am
Native Sons Lower Level
\$130/13

#49181 Wednesdays

September 4 - December 18
9:30 - 10:45 am
Lewis Salish Building
\$150/15

FAMILY YOGA

(6 years & up)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

#49168 Saturdays

September 14 - December 14
10:00 - 11:00 am
Lewis Salish Building
\$144/12

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 experience in sun salutations.

Instructor: Daiana Gama

#49164 Wednesdays

September 11 - December 18
12:00 - 1:00 pm
Lewis Activity Room B
\$90/15
\$6.50/Drop-in

GOOD MORNING YOGA

Leave the class feeling energized yet relaxed. Build body and mind awareness through yoga poses, breathing and mediation practice. Suitable for those who can lead Sun Salutation on their own. **No class November 15.**

Instructor: Akiko Shima

#49175 Fridays

September 6 - December 20
9:15 - 10:45 am
Lewis Meeting Room
\$180/15





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 October 14 & November 11. Instructor:** Catherine Reid

#49176 Mondays

September 9 - December 16
6:00 - 7:00 pm
Lewis Meeting Room
\$117/13

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. **No class October 11. Instructor:** Sheron Jutila

Fridays

#49427 September 6 - November 1

#49681 November 8 - December 27

EG 2:00 - 3:30 pm
Native Sons Lower Level
\$96/8

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 October 14 & November 11. Instructor:** Catherine Reid

#49177 Mondays

September 9 - December 16
7:15 - 8:45 pm
Lewis Meeting Room
\$156/13

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. **Instructor:** Catherine Reid

#49172 Tuesdays

EG September 10 - December 17
11:00 am - 12:00 pm
Native Sons Grand Hall
\$135/15

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 October 11 & 14.

Instructor: Sheron Jutila

Mondays

#48946 September 9 - November 4

#49677 November 18 - December 30

EG 2:00 - 3:30 pm
Filberg Rotary Hall
\$84/7

#48998 Fridays

September 6 - November 1

#49678 November 8 - December 20

10:00 - 11:30 am
Native Sons Lower Level
\$96/8

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. **No class October 15. Instructor:** Sheron Jutila

Instructor: Sheron Jutila

Tuesdays

#49173 September 3 - October 29

#49679 November 5 - December 24

EG 10:15 - 11:30 am
\$80/8

Thursdays

#49174 September 5 - October 24

#49680 October 31 - December 19

10:00 - 11:30 am
Lewis Meeting Room
\$96/8

Check receipts carefully for important program information.



Wellness Centre Classes & Supervision Hours

effective September 3, 2019

	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.

COURTENAY ACTIVE LIVING

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

#49153 Thursdays

September 12 - December 19
6:30 - 7:30 pm
Lewis Activity Room
\$105/15

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 October 14 & November 11.**

Instructor: Nancy Victoria

#49186 Mondays & Thursdays

EG September 9 - December 12
9:00 - 10:00 am
Filberg Centre Rotary Hall & Native Sons Grand Hall
\$156/26

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

#49005 Tuesdays & Thursdays

September 3 - December 19
7:00 - 8:00 pm
Lewis Wellness Centre
\$192/32



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 October 14 & November 11.**

Instructor: Juan Blancas

EG Tuesdays & Thursdays
September 3 - December 19

#49001 10:30 - 11:30 am

#49004 1:30 - 2:30 pm
Lewis Wellness Centre
\$192/32

Mondays & Wednesdays
September 4 - December 18

#48999 10:00 - 11:00 am

#49000 1:00 - 2:00 pm

#49003 11:15 am - 12:15 pm
\$164/29

#49002 Friday
September 6 - December 20
10:00 - 11:00 am
Lewis Wellness Centre
\$96/16

55+ TRX AND RESISTANCE TRAINING ALL LEVELS

(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 October 14 & November 11.**

Instructor: Tammy Jones

Mondays & Wednesdays
#49434 September 9 - October 21
#49439 November 4 - December 16

EG 7:45 - 8:45 am
Lewis Activity Room
\$96/12

Benefits of Personal Training

- *Improve Your Overall Fitness*
- *Learn to keep up a routine!*
- *Find the right way to work out*
- *Faster and better results*
- *Proper fat loss and muscle gain*
- *Establish a lifetime exercise habit*

Personal Training Team

Juan Blancas

Personal Trainer, Weight Training, Fitness Theory, Third Age
Certified Since: 2002
Training Specialties:
- Step, Resistance Tubing, Dumbbell - Stability Ball
- Body Ball, Core activation, Assessment & 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 canfit-pro 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

BScHN (Bachelor of Science in Holistic Nutrition) Personal Trainer, Weight Training, Third Age, Group Fitness, TRX, Spin
Training Specialties:
- Core Conditioning
- Boot Camp/HIT
- Strengthening Muscular Imbalances
- Weight Management
- Older Adults



Personal Training Prices

	Private	Semi Private (2 people)	Teen Private	Teen Semi Private
1 session	\$50	\$75	\$37.50	\$56.25
3 sessions	\$135	\$203	\$101.25	\$152.25
5 sessions	\$200	\$300	\$150	\$225
10 sessions	\$325	\$490	\$243.75	\$367.50
15 sessions	\$375	\$563	\$281.25	\$422.25

5 sessions & over will receive a complimentary 11 punch Wellness Centre pass

Express Personal Training \$75/3 thirty minute sessions

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

COURTENAY ACTIVE LIVING



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

Drop-in Fitness Schedule effective September 9, 2019 unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	PowerSpin & Stretch 😊		Rip & Ride 😊			
8:30 am			Hatha Yoga (starts Sept 18)			Pedalw/ 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 (starts Sept 21)
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength 😊	HIIT 12:10pm 😊	Flow Yoga 😊	HIIT 12:10pm 😊	Spin Express 😊	
5:15 pm	Zumba Toning 😊 5:30		Chiseled 😊	BootCamp Blast	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

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
6 Months <small>available until August 30</small>	\$225	\$171	\$103.5	\$103.50
3 Months <small>available until November 30</small>	\$135	\$103.50	\$67.50	\$67.50
1 Month	\$58.50	\$45	\$31.50	\$31.50

Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

For Fitness Schedule before
September 9, 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 58.



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

Thursdays 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. This quick, fun and effective workout is a great way to complement your gym routine!

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 17 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 with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

Instructor: Wendy Davies

*no class Oct. 12 & Nov. 9

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

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

POWER SPIN & STRETCH

Mondays 6:00 - 7:00 am

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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

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

CORE N' CUTS

Fridays 9:15 - 10:15 am

A core based exercise class intermixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. We recommend you arrive early as numbers may be limited.

Instructor: Steve Thomson

POWER SPIN

Fridays 5:15 - 6:15 pm

Looking for more than just a spin class? 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 12:00 - 1:00 pm

Rev up your Friday with a high energy 60 minute spin class! 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, 45 minutes of cardio, cool-down and stretch. Class size is limited to 17 participants.

Instructor: Fiona McQuillan





SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and 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 October 14 & November 11. No Drop-ins**

Instructor: Joyce Leong & Steve Thomson

#49184 Mondays & Wednesdays
EG September 4 - December 11
 10:15 - 11:15 am
 Native Sons Grand Hall
 \$189/27

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

#49163 Wednesdays
 September 11 - December 18
 6:00 - 7:00 am
 Lewis Activity Room
 \$78/15
 \$6.50/Drop-in

SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. No drop-ins permitted. **No class October 14 & November 11. No Drop-ins.**

Instructor: Joyce Leong & Steve Thomson

#49185 Mondays & Wednesdays
EG September 4 - December 11
 9:00 - 10:00 am
 Native Sons Grand Hall
 \$189/27

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 point balls for release, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

Instructor: Nancy Victoria

#49442 Fridays
 September 13 - November 15
 9:00 - 10:00 am
 Lewis Centre MP Hall
 \$80/10

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. **No class October 4, 18, November 8 & December 13.**

Instructor: Wendie Matte

#48952 Tuesdays & Fridays

EG September 3 - December 20
 9:15 - 10:15 am
 Filberg Rotary Hall
 \$168/28

PEDAL N' SCULPT

Come prepared to sweat and start the weekend off just right! 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

#49638 Saturdays
 September 14 - November 16
 8:45 - 10:15 am
 Lewis Centre Activity Room
 \$60/10
 \$6.50/Drop-in

POWER SPIN & STRETCH

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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. **No class October 13 & November 11.**

Instructor: Nancy Victoria

#49625 Mondays
 September 9 - December 16
 6:00 - 7:00 am
 Lewis Activity Room
 \$78/13
 \$6.50/Drop-in

Drop-ins available where noted when space permits. Please call ahead to check for any cancellations or changes for classes.

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 October 14 & November 11.

Instructor: Milena Spratt

#49148 Mondays

September 9 - December 16
5:30 - 6:30 pm
Lewis Activity Room
\$78/13
\$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

#49182 Thursdays

September 12 - December 19
10:30 - 11:30 am
Lewis Activity Room
\$90/15
\$6.50/Drop-in

Recreation Access

Apply for coupon books that provide healthy lifestyle opportunities to residents of the **City of Courtenay** who live below Statistics Canada low income thresholds. Ask us how to apply!

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

#49494 Wednesdays

September 11 - December 18
9:00 - 10:00 am
Lewis Activity Room
\$90/15
\$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

#49147 Tuesdays

September 10 - December 17
9:00 - 10:00 am
Lewis Activity Room
\$90/15
\$6.50/Drop-in

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 October 14 & November 11.**

Instructor: Tammy Jones

#49158 Mondays

September 9 - December 16
9:00 - 10:15 am
Lewis Activity Room
\$6.50/Drop-in

WOMEN'S SPECIFIC TRAINING

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

#49146 Fridays

September 13 - December 13
10:30 - 11:30 am
Lewis Activity Room
\$91/14



Yoga



THERAPEUTIC YOGA

A 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 fully how your body works. Suitable for beginners through advanced practitioners. **No class October 14 & November 11 & 15.**

Instructor: Akiko Shima

#49406 Mondays

September 9 - December 16
11:00 am - 12:30 pm
Native Sons Lower Level
\$168/14

#49165 Fridays

September 6 - December 20
11:00 am - 12:30 pm
Lewis Meeting Room
\$180/15


55+ YOGA - GENTLE

(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 mellow practice.

No class October 14. Instructor: Sheron Jutila

Mondays

#48995 September 9 - November 4
 \$72/8
10:15 - 11:15 am
Filberg Rotary Hall

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 October 12 & November 9.


Instructor: Wendy Davies

#49138 Wednesdays

September 18 - December 18
8:30 - 9:45 am
Lewis Centre MP Hall
\$6.50/Drop-in

#49139 Saturdays

September 21 - December 21
9:00 - 10:15 am
Lewis Centre MP Hall
\$6.50/Drop-in

#49387 November 18 - December 30
 \$63/7
10:15 - 11:15 am
Filberg Rotary Hall

YOGA FOR GUYS

If you've done some yoga in the past, and understand the basics of breathing, as well as what it feels like to be aligned in a pose, this class is for you. Enjoy some stress relief, and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations given.

Instructor: Catherine Reid

#49035 Wednesdays

September 11 - December 11
5:00 - 6:15 pm
Lewis Meeting Room
\$140/14

INTRO TO MEDITATION (WITH YOGA)

Strengthen your brain, cultivate peace of mind, increase resilience, decrease stress, improve your sleep, and more with Mindfulness-based Meditation (and Gentle Yoga). Learn how to choose a practice that fits your personality (and body) and gather helpful tools for taking meditation home with you. All levels welcome.

Instructor: Sheron Jutila

Thursdays

#49178 September 5 - October 10
2:00 - 3:30 pm
Lewis Meeting Room
\$72/6

MEDITATION ONGOING (WITH YOGA)

Strengthen your silent sitting practice with the support of a group. Ask questions during our weekly check-in. Prepare your body with a short Gentle Yoga practice. Choose your own focus or anchor, and sit (floor or chair) for 20-25 minutes. Meditation experience beneficial.

#49179 Thursdays

October 17 - December 19
2:00 - 3:30 pm
Lewis Meeting Room
\$120/10

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.

Instructor: Wendy Davies

#49169 Tuesdays

September 24 - December 10
5:30 - 6:45 pm
Lewis Meeting Room
\$120/12

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. **No class November 13.**

Instructor: Akiko Shima

#49166 Wednesdays

September 4 - December 18
6:30 - 7:45 pm
Lewis Craft Room A
\$150/15

MOM & BABY YOGA

(6 weeks - mobile)

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 mobile. **No class November 13.**

#49171 Wednesdays

September 4 - December 18
11:00 am - 12:00 pm
Lewis Salish Building
\$135/15

ACROYOGA

AcroYoga combines the gentleness of yoga, the deepness of partner stretching, the excitement of acrobatics and the therapeutics of Thai Massage. It helps to build trust, flexibility, strength, teamwork and relaxation. Join us for this class that will help you to build a solid foundation while progressing through a series of postures. No Experience necessary. No partner required. **No class October 31.**

Instructor: Daiana Gama

#49167 Thursdays

September 12 - December 12
6:00 - 7:30 pm
Lewis Craft Room A
\$156/13
\$12/Drop-in

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. **No class October 14, November 11 & 13.**

Instructor: Akiko Shima

#49180 Mondays

September 9 - December 16
9:30 - 10:45 am
Native Sons Lower Level
\$130/13

#49181 Wednesdays

September 4 - December 18
9:30 - 10:45 am
Lewis Salish Building
\$150/15

FAMILY YOGA

(6 years & up)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

#49168 Saturdays

September 14 - December 14
10:00 - 11:00 am
Lewis Salish Building
\$144/12

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 experience in sun salutations.

Instructor: Daiana Gama

#49164 Wednesdays

September 11 - December 18
12:00 - 1:00 pm
Lewis Activity Room B
\$90/15
\$6.50/Drop-in

GOOD MORNING YOGA

Leave the class feeling energized yet relaxed. Build body and mind awareness through yoga poses, breathing and mediation practice. Suitable for those who can lead Sun Salutation on their own. **No class November 15.**

Instructor: Akiko Shima

#49175 Fridays

September 6 - December 20
9:15 - 10:45 am
Lewis Meeting Room
\$180/15





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 October 14 & November 11. Instructor:** Catherine Reid

#49176 Mondays

September 9 - December 16
6:00 - 7:00 pm
Lewis Meeting Room
\$117/13

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. **No class October 11. Instructor:** Sheron Jutila

Fridays

#49427 September 6 - November 1

#49681 November 8 - December 27



2:00 - 3:30 pm
Native Sons Lower Level
\$96/8

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 October 14 & November 11. Instructor:** Catherine Reid

#49177 Mondays


September 9 - December 16
7:15 - 8:45 pm
Lewis Meeting Room
\$156/13

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. **Instructor:** Catherine Reid

#49172 Tuesdays

 September 10 - December 17
11:00 am - 12:00 pm
Native Sons Grand Hall
\$135/15

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 October 11 & 14.

Instructor: Sheron Jutila

Mondays

#48946 September 9 - November 4

#49677 November 18 - December 30



2:00 - 3:30 pm

Filberg Rotary Hall

\$84/7

#48998 Fridays

September 6 - November 1

#49678 November 8 - December 20

10:00 - 11:30 am

Native Sons Lower Level

\$96/8

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. **No class October 15. Instructor:** Sheron Jutila

Instructor: Sheron Jutila

Tuesdays

#49173 September 3 - October 29

#49679 November 5 - December 24



10:15 - 11:30 am

\$80/8

Thursdays

#49174 September 5 - October 24

#49680 October 31 - December 19

10:00 - 11:30 am

Lewis Meeting Room

\$96/8

Check receipts carefully for important program information.