

SPIN 'N' STRETCH

Tues., Apr. 21 - May 19 or **CS-070**
Tues., May 26 - June 23 **CS-071**
9:30 - 10:30 am

Fee: \$26 (\$56 non-members)

Instructor: Amanda & Donna Harasem
Strengthen your heart and lungs with this progressive cycling class. Each class will include cardiovascular training, core conditioning and stretching in an enthusiastic and motivating environment with fun music to SPIN You.

STRENGTH TRAINING FOR LIFE

Tues., Apr. 21 - May 19 or **CS-072**
Tues., May 26 - June 23 **CS-073**
1 - 2 pm

Instructor: Wendy Davies

Thurs., Apr. 23 - May 21 or **CS-074**
Thurs., May 28 - June 25 **CS-075**
1 - 2 pm

Instructor: Alison McIntyre
Fee: \$26 (\$56 non-members) each
Improve your balance, strengthen your bones, tone your muscles and give your body better shape. Various arm and leg movements using weights will be taught. Includes occasional use of the new Fitness Centre. *Exercise ball will be used in Level 2/3.*

STRETCH & BALANCE

Thurs., Apr. 23 - May 21 or **CS-076**
Thurs., May 28 - June 25 **CS-077**
11 am - 12 pm

Fee: \$26 (\$56 non-member) each

Instructor: Susan Redl

Balance and agility are crucial to aging well. Learn ways to improve balance and strength and avoid injuries from falling. Take the first step to personal wellness.



TAI CHI - YANG STYLE

Mon., Apr. 27 - June 8
Level 1 (Beg.) - 1 - 2 pm or CS-078
Level 2 (Int.) - 2:05 - 3:05 pm CS-079

Mon., June 15 - July 20

Level 1 (Beg.) - 1 - 2 pm or CS-080
Level 2 (Int.) - 2:05 - 3:05 pm CS-081

Fee: \$45 (\$75 non-members)

Instructor: Leslie Pedden

Tai Chi is a gentle exercise that stretches, tones, and relaxes the muscles. It also exercises our ability to focus and concentrate. Using slow movements to change from one position to the next, the body and mind work as a whole. Join Leslie and discover a new 'passion' on your journey to wellness.

TOTAL FITNESS

Fri., Apr. 24 - May 22 or **CS-082**
Fri., May 29 - June 26 **CS-083**
11:30 am- 12:30 pm

Fee: \$26 (\$56 non-members)

Instructor: Susan Redl

This cardio sculpting class combines core conditioning, strength training exercises, balance, and stretching to achieve an all around total body workout. 'Listen to the old time tunes while becoming fit.'

UNISEX FIT MACHINES

Wed., May 6 - May 27 or **CS-084**
Wed., June 3 - 24 **CS-085**
1:30 - 2:30 pm

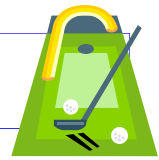
Fee: \$22 (\$52 non-members) each

Instructor: Alison McIntyre

Cardio equipment, free weights and machine weights. Learn to use the equipment properly while your instructor helps you develop your own exercise program. Come challenge yourself and have fun doing it!



Add Life to Your Years



YOGA

GENTLE YOGA

Mon., Apr. 20 - June 1 **CS-086**
 11:15 am - 12:15 pm
 Fee: \$30 (\$60 non-members)
Instructor: Sylvia Galbraith

GENTLE YOGA - Summer

Mon., June 8 – July 13 or **CS-087**
 Mon., July 20 – Aug. 31 **CS-088**
 11:15 am - 12:15 pm
 Fee: \$30 (\$60 non-members)
Instructor: Maxine Cowan
 Gentle yoga exercises to increase flexibility, balance breathing and body awareness. These exercises are done seated using equipment supplied and everyone is encouraged to work at their own pace and comfort level. No floor exercises.

YOGA FOR YOU

Instructor: Sylvia Galbraith
 Fee: \$40 (\$70 non-members)
 Mon., Apr. 20 - June 1, 9:30 - 11 am **CS-089**
Instructor: Maxine Cowan
 Tues., Apr. 21 - May 19 5:30 - 7 pm **CS-090**
 or
 Tues., May 26 - Jun. 23, 5:30 - 7 pm **CS-091**

YOGA FOR YOU - Summer

Instructor: Maxine Cowan
 Fee: \$40 (\$70 non-members)
 Mon., Jun. 8 – July 13, 9:30 -11 am **CS-092**
 or
 Mon., Jul. 20 – Aug. 31, 9:30 -11 am **CS-093**
 Yoga focuses on improving your physical and mental well being using a combination of poses, breathing & meditation exercises. It will increase your strength and flexibility and is an effective tool for relieving stress, calming the mind and achieving complete physical and mental relaxation. Please bring your own yoga mat.

SPORTS

GOLF SERIES WITH KEN WERBICKI

INDOOR GOLF LESSONS **CS-094**

Tues., Apr. 21 - May 19, 4 - 5 pm
 Fee: \$66 (\$96 non-member)
 Novice players to handicappers! Learn from former CPGA golf pro with over 35 years experience. Learn proper grip, stance, posture, ball position, alignment & swing mechanics. Bring 7 & 9 irons plus putter.

IMPROVE YOUR GOLF TECHNIQUES

*Short on time? Join these workshops to improve your game. Sign up for one or all!!
 Any questions call Ken at 452-2084*

1) CHIPPING **CS-095**

Tues., Apr. 21, 5:15 - 6:15 pm
 Fee: \$15 (\$45 Non-Members),
 Ken will show you how to get that ball as close to the hole as possible. Bring your #7 & #9 irons and a golf glove to class.

2) PUTTING **CS-096**

Tues., Apr. 28, 5:15 - 6:15 pm
 Fee: \$15 (\$45 Non-Members)
 Learn from an expert about proper alignment, set ups and ball positions. Bring your putter and a golf glove to class.

3) APPROACH & LOB SHOTS **CS-097**

Tues., May 5, 5:15 - 6:15 pm
 Fee: \$15 (\$45 non-member)
 Work on your short game and improve your score! Review techniques to help get your ball over the hazards and onto the green. Bring your pitching wedge and/or 9 iron to class.

