

**Fall 2011  
Fitness Classes  
Information Update**

**Jill's Classes: 12-weeks**

**Muscle Motivation: - Sept. 26 - Dec. 19 / Sept. 28 - Dec. 14**

**Mondays at 10:00 AM and/or Wednesdays at 11:00 AM**

- All the important components of a well-rounded fitness class are covered in this fun workout. Your body will be taken through light cardio, co-ordination and lots of necessary balance moves, plus weight and band work to tone your muscles and strengthen your bones.

**Cost: \$65.00M/\$85.00NM**

**Yoga: September 26 - December 19**

**Mondays at 1:00 PM**

- This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The moves are taught behind a chair in order to adopt to all levels of ability.

**Cost: \$65.00M/\$85.00NM**

**Pilates: September 27 - December 13**

**Tuesdays at 1:15 PM:**

- This program is taught by our registered STOTT PILATES instructor and is molded to suit ages 50 and up. The exercises are taught on the mat and focus on lengthening and strengthening all your muscles with a main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies. Jill will be using Bender Balls. *Please note: Check with your doctor if you have osteoporosis.*

**Cost: \$65.00M/\$85.00NM**

**Tai Chi: September 28 - December 14**

**Wednesdays at 12:45:**

- This class will unwind your tension and gently stimulate your soul and body. This unique program is developed by our instructor and is based on different forms of Tai Chi and Quigong movement patterns.

**Cost: \$65.00M/\$85.00NM**

**Sit & Fit Pilates: September 29 - December 15**

**Thursdays at 9:30 AM**

- This chair class is definitely a good core work out. STOTT PILATES breathing and core strengthening principles are the foundation for this solid program. *Lots of fun props used in this class ie. a new small Bender Balls, golf balls and therabands.* This class is appropriate for all individuals regardless of their fitness level.

**Cost: \$65.00M/\$85.00NM**

***Raoul's Class: 12-weeks***

***Co-ed Circuit/Weight Training: September 30 - December 23***

***Fridays at 11:15 AM***

- This is an exercise program that will focus on improving your strength, endurance, balance and coordination. Each student will move from station to station to focus on different exercises. You have a choice of logging your progress or just have fun doing the exercises.

**Cost: \$65.00M/\$85.00NM**

***Sharon's Classes: 12-weeks***

***Zumba Gold: September 26 - December 19/September 27 - December 13***

***Mondays at 5:30/Tuesdays at 11:30AM***

***(No partners required)***

- Latin, Salsa dance fitness class with inspired rhythms and basic beginner steps. Who should take Zumba Gold Classes? As long as you are interested in learning the dance steps of the Salsa, Merengue, Cha Cha, Mambo, Cumbia, Calypso, Belly dancing and a little rock & Roll. Doctors and nutritionists advise us to stay active, eat healthy and think positively. An easy way to follow their advice is by taking Zumba dance classes, which helps, in all three areas. Not only is dance great for our bodies, it's great for our minds. While dancing to the exciting beats of Latin music, the brain's pharmacy begins to release its natural "fixes," serotonin to make us feel good. In other words, dancing is a natural high!! The Zumba Gold program improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold was designed to teach the basic dance steps to anyone. Feeling the music is the first and most important step to learning Zumba.

**Cost: \$65.00M/\$85.00NM**

***Zumba Toning: September 28 - December 14***

***Wednesdays at 1:45 PM***

- Half of the class is Latin/Salsa dance fitness for cardiovascular and the second half lifts weights to sculpt and tone your body.

**Cost: \$65.00M/\$85.00NM**

***Anna's Classes: 8-weeks***

***Anna is a certified physiotherapist***

***Improve Your Balance: September 27- November 15***

***Tuesdays at 2:30 PM***

- This class focuses on balance and strength exercises to help you stay independent and reduce your risk of falling.

**Cost:\$45.00M/\$65.00NM**

***Please make sure you bring a change of shoes for the gym & a towel!***