

Fall 2023 Virtual Classes

Zoom platform for Virtual classes: You will receive a weekly reminder with the login Id and password for the fitness classes from FirstService ; **NOTE: Bfit class is In person**

Program	Session I	Session 2	Day	Time	Early Bird Rate	Regular Fee
COMPLIMENTARY Virtual CLASSES (NO FEE)						
Wake up with Wellness: Monday Mindfulness	Sept.11-Oct.2	Oct. 16-Nov.27 *No class Oct.30	Mon	8:30am-8:50am	NO FEE	
Arthritis Fitness Fusion	Sept. 11-Oct.2	Oct.16– Nov.27 *No class Oct.30	Mon	10:30am - 11:00am	NO FEE	
Balance and Core Stability	Sept. 5– Oct.10	Oct. 17-Nov.28 *No class Oct.31	Tues	10:15am - 10:45am	NO FEE	
Bfit *In person at Rec Centre	Sept. 5-Oct.10 *No class Oct.3	Oct. 17-Nov.28 *No class Oct.31	Tues	11:15am - 12noon	NO FEE	
Posture Prep	Sept. 6-Oct.11 *No class Oct.4	Oct.18– Nov.29 *No class Nov.1	Wed	9:45am-10:15am	NO FEE	
Cardio Mix	Sept. 6 –Oct.11 *No class Oct. 4	Oct.18-Nov.29 *No class Nov.1	Wed	10:30am - 11:00am	NO FEE	
Stretching & Relaxation	Sept.7-Oct.12 *No class Oct.5	Oct.19-Nov.30 *No class Nov. 2	Thurs	10:30am - 11am	NO FEE	

Complimentary Virtual and In Person Classes

Monday –Thursday

**Group Exercise classes offered by
Dayna Stoddart, Wellness Director
Complimentary- NO Fee**

Wake Up With Wellness:

Monday Mindfulness

We will explore a different aspect of wellness, from breath to brain to body and being. No experience necessary, and you can even “take it sitting down” for our entire time together.

20 mins

Mondays 8:30am-8:50am

Arthritis Fitness Fusion

Range of motion exercises for reduced joint stiffness and improved activities of daily living.

30 mins

Mondays 10:30am-11am

Balance and Core Stability

Fitness movements for improved balance, core stability and improved quality of life.

30 mins

Tuesdays 10:15am-10:45am

Note: These complimentary classes are beginner level classes and building blocks to more advanced programs.

Thrive to Bfit *In person at Rec Centre

***Active Recovery**

This gentle movement class of light cardio, strengthening, balance, core work, breathing, stretching and relaxation.

*This is a beginner class; a building block to progress into Having a Ball and/or Body Balance programs

45 mins

Tuesdays 11:15am-12 noon

Posture Prep Exercise

This postural training class will provide a series of simple, yet very effective exercises to enhance posture that participants can implement into their daily lives.

30 mins

Wednesdays 9:45am-10:15am

Cardio Mix

Improve your aerobic capacity and endurance during this fun and energizing cardio class.

Improve heart and brain health!

30 mins

Wednesdays 10:30 am –11:00am

Stretching & Relaxation

Full body stretching and guided progressive relaxation for stress relief.

30 mins

Thursdays 10:30am-11am