

Fall 2023 Wellness Program Charts

You may register **by email** to Dayna at daynawellness@gmail.com.

Fall Session #1 and #2 programs will run **6 weeks** unless otherwise noted.

Early Bird Rates apply when you Register for:

Fall Session #1 by Thursday August 24/23

Fall Session #2 by Thursday October 5/23

Program	Session 1	Session 2	Day	Time	Early Bird Rate	Regular Fee
AQUAFIT CLASSES						
Aqua fitness	Cancelled	Oct.16-Nov.27 *7 weeks pending	Mon	9:30am-10:15am	\$37.00 \$64.00	\$43.00 \$74.00
Aqua fitness	Cancelled	Oct.18-Nov. 29 *7 weeks pending	Wed	9:30am-10:15am	\$55.00 \$64.00	\$64.00 \$74.00
YOGA CLASSES						
Gentle Yoga	Sept. 11-Oct.2 *4 weeks	Oct.16-Nov.27 *7 weeks	Mon	6pm-7pm	\$41.00 \$71.00	\$47.00 \$82.00
Deepen Your Yoga	Sept. 12-Oct. 10 *revised from Sept. 5 start date	Oct.17-Nov. 28 *7 weeks	Tues	9:30am-10:30am	Revised \$51.00 \$71.00	\$60.00 \$82.00
Friday Yoga Mix	Sept. 8-Oct. 13	Oct. 20-Dec.1 *7 weeks	Fri	9am-10am	\$61.00 \$71.00	\$70.00 \$82.00
Cardio-Strength and Chair Fit Classes						
Cardio –Strength Combo	cancelled	Oct.16-Nov.27 *7 weeks Pending	Mon	10:30am-11:30am	\$40.00 \$70.00	\$46.00 \$81.00
Cardio-Strength Combo	cancelled	Oct.18-Nov.29 *7 weeks pending	Wed	10:30am-11:30am	\$60.00 \$70.00	\$70.00 \$81.00
Chair Fit	cancelled	Oct.18-Nov.29 *7 weeks pending	Wed	11:45am-12:30pm	\$60.00 \$70.00	\$70.00 \$81.00

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Restorative/ Rehab -pilates based/strength/balance/core and postural work						
Ballates	Sept.5-Oct.10	Oct.17-Nov.28 *No class Oct.31	Tues	8:00am-9:00am	\$60.00	\$70.00
NEW! Pilates Combo	Sept.6-Oct.11 *No class Sept. 27 & Oct. 4 * 4 classes	Oct. 18-Nov.29 *No class Nov.1	Wed	6pm-7pm	\$40.00 \$60.00	\$46.00 \$70.00
Body Balance	Sept.7-Oct.12	Oct.19-Nov. 30 *No class Nov.2	Thurs	8:00am-9:00am	\$60.00	\$70.00
MOVEMENT AND BALANCE ISSUES CLASS (Parkinson's, MS, Stroke)						
TIME class	Sept.11-25 *3 weeks	Oct.16-Nov.27 *no class Oct. 30 *6 weeks	Mon	11:45am-12:30pm	\$36.00 \$72.00	\$55.00 \$83.00
Seminars & Workshops						
Hearing Clinic *must have booked app't	Sept. 12		Tues	1-4pm	No Fee	No Fee
Nordic Pole Walking Clinic First Steps	Sept. 19		Tues	1pm – 2:30pm	No Fee	No Fee

In lobby at Recreation Centre

***Drop in registration In person for Fall Session on Tuesday Aug 15 & 22 from 12:30pm to 4pm**

Early bird rate deadline date for Fall session #1 is Thursday Aug 24, 2023.

Wellness Program Descriptions:

Aqua fitness, Cardio-Strength, Chair Fit, Monday & Tuesday Yoga

Aquafitness, Cardio-Strength, and Chair Fit offered by Outi Leis:

Fee Required
Aqua fitness Classes



What better way to exercise than in water! Water provides a safe environment to exercise and move more freely with less weight bearing; less strain on joints, muscles and bones; and overall, exercising in water is soothing and therapeutic. On the contrary, the high density of water and water's resistance help with muscle strengthening and stretching.

The 45-min. Aqua fitness classes are taught to music and run Mondays and Wednesdays.

Maximum capacity in class is 15 participants.

Monday, Wednesday

9:30am-10:15am

Cardio-Strength Classes



The one-hour Cardio-Strength class includes all components of fitness – cardiovascular fitness, muscle strength and endurance, exercises for the core, and stretching. The classes are taught to fun and invigorating music and various equipment is used, such as hand-weights, resistance bands, mats, chairs, broomsticks, etc. (Equipment is provided!)

The Cardio-Strength classes run on Mondays and Wednesdays 10:30-11:30 AM.

Monday and Wednesday

10:30am –11:30am

Chair Fit



Chair-Fitness Classes

The Chair Fitness class provides a great opportunity to gain and maintain strength, endurance, mobility and flexibility for those with mobility and/or balance challenges, those who are recovering from surgeries or have finished rehabilitation programs, or for those who have not been physically active in a while. The 45-min. Chair Fitness class is taught to music and variety of equipment is used to make the class more fun. (Equipment is provided!)

Wednesday 11:45am –12:30pm

YOGA CLASSES: Fee Required-

Yoga classes offered by Lydia Pollock:

Gentle Yoga

For all levels of students who enjoy a slow, gentle, yet sometimes challenging yoga practice. Fundamental postures and breathing techniques will be offered to afford students an enriching yoga experience. Helpful props such as blocks and ties will be used for support the body as it stretches and strengthens. Beginners are more than welcome!

Monday 6:00pm-7:00pm

Deepen Your Yoga

For students with some yoga experience; an opportunity to build on your current practice by exploring longer holds and new and more challenging variations of traditional postures and flows. Be prepared for some yoga philosophy and chanting. Expect each class to have a particular anatomical focus.

Bring a mat and a blanket for extra coziness in shavasana.

Tuesday 9:30am—10:30am

Wellness Program Descriptions: Friday Yoga, Ballates, Body Balance and Pilates Combo

Friday Yoga Mix

Suitable for most students, this always popular class is truly a mix of yoga postures, flows and breathing techniques. You will be guided to explore the practice in a fun and playful manner. Energize, strengthen and relax to find a wonderful balance between body and mind. Bring a yoga mat and a blanket.

Friday 9am—10am

Programs offered by Dayna Stoddart:

Fee Required

Restorative/Rehab based programming is essential to our overall health.

PILATES –Restorative-Rehab



Ballates

A dynamic and functional fitness class that will challenge you to improve your balance, agility, core strength, posture, bone density, muscle strength and joint health.

Using a variety of stability balls and weighted yoga balls, learn proper form and alignment, breathing techniques as well as relaxation to reduce stress.

Tuesday 8:00am—9:00am

NEW! Pilates Combo



Pilates lengthens and strengthens! Dynamic and functional. This class blends mindful movement, muscle activation and conscious breath to enhance your body's mobility and improve posture, build core and overall muscular strength and balance.

This class will use a combination of stability balls, weights and foam rollers

Wednesday 6pm-7pm



Body Balance

A total mind and body experience that strengthens your core, improves your posture, bone density and muscle strength, joint health and balance. This pilates based class uses stability balls, foam rollers and weighted yoga balls.

Thursday 8:00am-9:00am

Together in Movement and Exercise (TIME)

This exercise program is for people with a range of conditions related to aging or neurological conditions such as stroke, MS or Parkinson's.

Exercise is even more critical for persons with movement challenges.

TIME provides an effective and doable exercise program.



Monday 11:45am-12:30pm

Wellness Program Descriptions: Seminars & Workshops

Clinic: Complimentary

Hearing Clinic

There are over 1.3 million Canadians over the age of 15 who are living with hearing loss. As hearing loss can occur gradually over time, it can be difficult for you or your loved ones to recognize the signs. There are several signs of hearing loss to look out for.

Here are eight questions to consider:

1. Do you often ask others to repeat themselves?
2. In conversation, do you find that others are ‘mumbling’ or not speaking clearly?
3. Do others complain that the volume of your TV or radio is too loud?
4. Have you found group conversations difficult to follow?
5. Do you have trouble hearing in noisy situations?
6. Have you avoided talking on the phone because you cannot understand what people are saying?
7. Do you have difficulty knowing where a sound is coming from?
8. Are you missing out on the sounds in nature that you love, like birds and leaves rustling?

If you answered ‘yes’ to any of these questions, it may be time for a hearing test.

Space is limited! Please call and book your timeslot with Iryna 905-412-0879.

DATE: Tuesday Sept. 12, 2023

TIME: 1pm—4pm

WHERE: Recreation Centre

Clinic: Complimentary

***preregistration required: Contact Dayna at daynawellness@gmail.com**

First Steps "Outdoor" Nordic Pole Walking Clinic

This clinic is for those who want to learn the basic technique of Nordic Pole walking and for those who want to brush up on their skills.

These are fun clinics to learn the basics of Nordic Pole walking from how to set your pole height to the basics of walking to the 3 steps of Nordic Pole walking.

You will also learn some of the many health benefits of adding poles to your walk.

Chairs are available if you would like to sit at any time during this clinic and yes, there are bathrooms available!

This is an outdoor clinic so dress for any weather.

If purchasing a set of poles, please arrive a bit early.

These are fun clinics to learn the basics of Nordic Pole walking from how to set your pole height to the basics of walking to the 3 steps of Nordic Pole walking.

See you soon!

DATE: Tuesday, September 19, 2023

TIME: 1:00 - 2:30 pm

**LOCATION: Back Patio of Recreation Centre-
weather permitting (West room if weather is not cooperating)**

Active Aging Week
Monday October 2 –Friday October 6, 2023

A Schedule of Daily Educational Seminar presentations
will be available the second week of
September.

The Seminar descriptions
and
Guest Speaker Bios
will be available in the lobby of the Recreation Centre.
Registration is required for each seminar.

Please visit the lobby to sign up for as many **complimentary** seminars
That interest YOU.