

Fall #2 & #3 2023 Wellness Program Charts

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

Fall Session #2 programs will run 6 weeks & Fall Session #3 programs will run 3 weeks unless otherwise noted. **Early Bird Rates apply** when you Register for:

Fall Session #2 & #3 by Friday October 6, 2023

****NOTE: HST is now included in ALL program fees**

Program	Session 2	Session 3	Day	Time	Early Bird Rate	Regular Fee
AQUAFIT CLASSES						
Aqua fitness	Oct.16-Nov.20	Nov. 27—Dec. 11 *3 weeks	Mon	9:30am-10:15am	#2: \$63.00 #3: \$32.00	#2: \$73.00 #3: \$37.00
Aqua fitness	Oct.18 –Nov.22	Nov. 29 -Dec. 13 *3 weeks	Wed	9:30am-10:15am	#2: \$63.00 #3: \$32.00	#2: \$73.00 #3: \$37.00
YOGA CLASSES						
Gentle Yoga	Oct.16-Nov.20	Nov.27-Dec.11 *3 weeks	Mon	6pm-7pm	#2: \$70.00 #3: \$35.00	#2: \$80.00 #3: \$41.00
Deepen Your Yoga	Oct.17-Nov. 21	Nov. 28 –Dec.12	Tues	9:30am-10:30am	#2: \$70.00 #3: \$35.00	#2: \$80.00 #3: \$41.00
Friday Yoga Mix	Oct. 20-Nov.24	Dec.1-15	Fri	9am-10am	#2: \$70.00 #3: \$35.00	#2: \$80.00 #3: \$41.00
Cardio-Strength and Chair Fit Classes						
Cardio –Strength Combo	Oct.16– Nov.20	Nov. 27—Dec. 11 *3 weeks	Mon	10:30am-11:30am	#2: \$68.00 #3: \$34.00	#2: \$78.00 #3: \$40.00
Cardio-Strength Combo	Oct. 18 –Nov.22	Nov. 29 -Dec. 13 *3 weeks	Wed	10:30am-11:30am	#2: \$68.00 #3: \$34.00	#2: \$78.00 #3: \$40.00
Chair Fit	Oct. 18 –Nov.22	Nov. 29 -Dec. 13 *3 weeks	Wed	11:45am-12:30pm	#2: \$68.00 #3: \$34.00	#2: \$78.00 #3: \$40.00

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Restorative/ Rehab -pilates based/strength/balance/core and postural work						
Ballates	Oct.17-Nov.21 *No class Oct.31 *5 weeks	Nov. 28-Dec. 12	Tues	8:00am-9:00am	#2: \$57.00 #3: \$34.00	#2: \$66.00 #3: \$40.00
NEW! Pilates Combo	Demo class Oct.4 Oct. 18-Nov.22 *No class Nov.1 *5 weeks	Nov. 29-Dec.13	Wed	6pm-7pm	#2: \$57.00 #3: \$34.00	#2: \$66.00 #3: \$40.00
Body Balance	Oct.19-Nov. 23 *No class Nov.2 *5 weeks	Nov.30-Dec.14	Thurs	8:00am-9:00am	#2: \$57.00 #3: \$34.00	#2: \$66.00 #3: \$40.00
MOVEMENT AND BALANCE ISSUES CLASS (Parkinson's, MS, Stroke)						
TIME class	Sept. 20-Nov.29 No class Oct.4 or Nov.1 *9 weeks		Wed	11:45am-12:30pm	108.00	\$124.00
Seminars & Workshops						
Workshop: Resilient Grieving: Finding Meaning in Life after Loss	Nov. 6		Mon	3-5pm	\$46.00	\$53.00

In lobby at Recreation Centre

***In Person Drop in registration for Fall Session #2 & #3 is Thursday Sept. 28 , 2023 from 12:30pm to 4pm. Deadline date for Early bird rate for Fall #2 and #3 is Friday Oct 6, 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, Pilates Combo & TIME class

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: Workshop

NEW! Workshop:
Fee required
Pre-registration required
Contact Dayna at
daynawellness@gmail.com
to register

Resilient Grieving - Finding Meaning in Life After Loss

Julie Cryns is a Grief Counselor & Grief Educator, who brings her personal and professional experience to this workshop.

Having lost her husband at the age of 50, she had to move forward with her new life, in a new country, while managing her two young children.

In 2020, she decided to leave her teaching career and follow her heart to help people navigate their own journeys through loss and grief.

Julie's approach is a practical one, with a focus on giving her clients the "tools" they need to move forward in a life they never asked for.

This workshop will provide a safe space for you to share your questions and your struggles. Julie will offer some practical tools and **strategies to help you move forward.**

DATE: November 6, 2023

TIME: 3pm- 5pm

PRESENTER: Julie Cryns

FEE: \$46.00