

# Winter 2024 Wellness Program Charts

You may register **by email** to Dayna at [daynawellness@gmail.com](mailto:daynawellness@gmail.com).

Winter programs will run **6 weeks** unless

otherwise noted. **Early Bird Rates apply** when you Register for:

Winter Session 1 by Monday Dec. 18, 2023; Winter Session 2 by Thursday Feb.8, 2024

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

Program	Session 1	Session 2	Day	Time	Early Bird Rate	Regular Fee
<b>AQUAFIT CLASSES</b>						
Aqua fitness *No class Mar.11	Jan. 15-Feb.12 * 5 weeks	Feb.26-Mar.25 *4 weeks	Mon	9:30am-10:15am	1:\$56.00 2:\$45.00	1:\$64.00 2:\$52.00
<b>NEW!</b> Aqua fitness	Jan.9 –Feb.13	Feb.20-Mar.26	Tues	5:30pm-6:15pm	\$67.00	\$77.00
Aqua fitness *No class Mar.13	Jan.17-Feb.14 * 5 weeks	Feb.28-Mar.27 *4 weeks	Wed	9:30am-10:15am	1:\$56.00 2:\$45.00	1:\$64.00 2:\$52.00
<b>NEW!</b> Aqua fitness	Jan.11–Feb.15	Feb.22-Mar.28	Thurs	5:30pm-6:15pm	\$67.00	\$77.00
<b>YOGA CLASSES</b>						
Gentle Yoga	Jan.8-Feb.12	Feb.26 –Mar.25	Mon	5:30pm-6:30pm	\$73.00	\$83.00
Deepen Your Yoga	Jan.9-Feb.13	Feb. 20 –Mar.26	Tues	9:30am-10:30am	\$73.00	\$83.00
<b>NEW!</b> Yoga 102	— — —	Feb.20-Mar.26	Tues	4pm-5:15pm	\$90.00	\$104.00
<b>NEW!</b> Yoga for Absolute Beginners	Jan.11 –Feb.1 *4 weeks	Feb. 22-Mar.14 *4 weeks	Thurs	4pm-5:15pm	\$61.00	\$70.00
Friday Yoga Mix	Jan.12-Feb.16	Feb.23 –Mar.22 *5 weeks	Fri	9am-10am	\$73.00 \$62.00	\$83.00 \$72.00

In lobby at Recreation Centre

\*In Person Drop in registration for Winter Session #1 is Monday Dec. 18, 2023 & for Winter #2 is Tuesday Feb. 6, 2024 from 12:30pm to 4pm.

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<b>Cardio-Strength and Chair Fit Classes</b>						
Cardio –Strength Combo *No class Mar. 11	Jan.15 -Feb.12 *5 weeks	Feb.26-Mar.25 *4 weeks	Mon	10:30am-11:30am	1:\$62.00 2:\$49.00	1:\$72.00 2:\$56.00
Cardio-Strength Combo *No class Mar. 13	Jan.17-Feb.14 *5 weeks	Feb.28-Mar.27 *4weeks	Wed	10:30am-11:30am	1:\$62.00 2:\$49.00	1: \$72.00 2:\$56.00
Chair Fit *No class Mar.13	Jan.17-Feb.14 *5 weeks	Feb.28-Mar.27 *4 weeks	Wed	11:45am-12:30pm	1: \$62.00 2: \$49.00	1:\$72.00 2:\$56.00
<b>Pilates Based -Form and Function</b>						
Ballates *No class Feb. 27	Jan.9-Feb.13	Feb.20-Mar.26 *5 weeks	Tues	8:00am-9:00am	1:\$73.00 2: \$62.00	1:\$83.00 2:\$72.00
<b>NEW!</b> Pilates Combo *No class Feb. 28	Jan. 10-Feb.14	Feb.21-Mar.27 *5 weeks	Wed	5pm-6pm	1: \$73.00 2:\$62.00	1:\$83.00 2:\$72.00
Body Balance *No class Feb. 29	Jan.11-Feb. 15	Feb. 22-Mar.28 *5 weeks	Thurs	8:00am-9:00am	1: \$73.00 2:\$62.00	1:\$83.00 2:\$72.00
<b>MOVEMENT AND BALANCE ISSUES CLASS (Parkinson's, MS, Stroke)</b>						
TIME class	Jan. 10-Mar.20 Jan		Wed	11:45am-12:30pm	\$114.00	\$124.00

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**Winter Session #2 by Thursday Feb. 8, 2024**

Program	Session 1	Session 2	Day	Time	Early Bird Rate	Regular Fee
<b>Seminars &amp; Workshops</b>						
<b>NEW!</b> Aging In Place: Home Modifications Solutions	Jan. 23		Tues	1pm-2pm	NO FEE	
<b>NEW!</b> Tea & Talk Tuesday Aging Gracefully		March 19	Tues	1pm-2pm & 7pm-8pm	NO FEE	

**In Person Registration in lobby at Recreation Centre**

**\*In Person Drop in registration for Winter Session #1 is Monday Dec. 18, 2023**

**&**

**for Winter #2 is Tuesday Feb. 6, 2024**

**from 12:30pm to 4pm.**

## Wellness Program Descriptions:

### Aqua fitness, Cardio-Strength, Chair Fit,

#### **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**



##### **NEW! Aqua fitness offered by Betty Stevens:**

Enjoy a full 45-minute total body workout. Experience how working with balls will strengthen your upper body and how pilates stretches help to tone and sculpt your total body. This aquatic workout will leave you feeling stronger and energized while having fun.

**Tuesday, Thursday**

**5:30pm-6:15pm**

## Wellness Program Descriptions:

### Yoga classes

#### 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 5:30pm-6:30pm**

##### 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**

##### 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**

#### Yoga classes offered by Pat and Phil Lacaille:

This class is aimed at women and men who have wanted to try yoga, but may have shied away because they weren't sure how to integrate themselves into an existing class or have limitations perhaps from injury or age.

In this class you will learn the basics of yoga with attention to learning gentle stretching poses enhanced by yogic breathing and proper alignment to keep your body safe.

**Prerequisite to this class** is commitment to 4 weeks, a sense of humour and a willingness to get down on your yoga mat and have fun.

##### **NEW!** Introduction to Yoga 101 for Absolute Beginners

This class will encourage students how to build their daily yoga practice with attention to proper alignment, breath and personal safety.

The 75 minute classes will have a warm up, asana flows, cooldown and savasana. Each of the classes in this session will build upon the previous week's knowledge so they gain confidence in their own yoga abilities.

**Thursday 4pm-5:15pm**

##### **NEW!** Yoga 102

This class will build upon the knowledge gained in the intro class and we will wind our way into more poses that will have a natural flow to use all the muscles of the body and the six movements of the spine.

**Tuesday 4pm-5:15pm**

**\*Winter session #2 only**

## Wellness Program Descriptions:

### Ballates, Body Balance, Pilates Combo & TIME class

Programs offered by Dayna Stoddart:

Fee Required

Restorative/Rehab based programming is essential to our overall health and MOBILITY

**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 5pm-6pm**

#### 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.

**Wednesday 11:45am-12:30pm**

#### Complimentary Class



**Bfit \*In person at Rec Centre**

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 Ballates, Pilates Combo and Body Balance programs

**45 mins**

**Tuesdays 11:15am-12 noon**

## Wellness Program Descriptions: Seminars and Workshops

### Tea and Talk Tuesday

**\*Complimentary**

**Pre-registration is required; email Dayna at [daynawellness@gmail.com](mailto:daynawellness@gmail.com)**

### Aging Gracefully

Are you ready to embark on a longer, healthier, more vibrant life?

Increase your longevity and age gracefully!

In this introductory and complimentary seminar, we will look at big topics such as heart, brain, and joint health, acute and chronic illness, as well as mindfulness and cultivating a joyful spirit, all with the help of Homeopathy. Discover how a holistic health perspective can help you say goodbye to constant health concerns.

Tea and cookies will be served.

**DATE: Tuesday March 19, 2024**

**TIME: 1pm-2pm OR 7pm-8pm**

**Presenter: Erin Crawford,  
DC Hom Med**

### Aging in Place: Home Modifications Solutions

**\*Complimentary**

**Pre-registration is required; email Dayna at [daynawellness@gmail.com](mailto:daynawellness@gmail.com)**

Join us for an enlightening seminar where the worlds of home renovation and occupational therapy converge to explore the art of aging in place. Presented by the team of Adaptive Living Design, this seminar is tailored for individuals seeking solutions for graceful aging within the comfort of their homes. Discover innovative home modifications that enhance accessibility, safety, and overall well-being. Our experts will share insights on personalized design strategies, adaptive technologies, and the seamless integration of functionality and aesthetics. Embrace the journey of aging with confidence, as we empower you to create a living space that evolves with your changing needs.

**\* By participating in this seminar you are able to sign up for a free in-home consultation with our Occupational Therapist.**

**DATE: Tuesday January 23, 2024**

**TIME: 1pm –2pm**

**PRESENTERS: Smita Nayak O.T. Reg**

**Jennifer Ferrari**