

Active 55+ Fall 2019 and Winter 2020 Schedule:

Location: Royal Distributing Athletic Performance Centre,
7384 Wellington Rd. 30

The Benefits of Bone Fitness RDAPC

Come and enjoy an active training program for health and exercise with Bonefit™. Nancy is a BoneFit™ trained exercise professional through Osteoporosis Canada. Great music helps us work through exercises and activities that will improve balance, strength, endurance and posture.

Required: Good-fitting indoor running shoes, comfortable clothing and a water bottle.

Instructor: Nancy Revie

Mondays	5:30 - 6:20 p.m.	10 Classes	Sept. 30 – Dec. 9	\$65
	<i>(no class October 14)</i>			
Mondays	6:30 - 7:20 p.m.	10 Classes	Sept. 30 – Dec. 9	\$65
	<i>(no class October 14)</i>			
Mondays	5:30 - 6:20 p.m.	10 Classes	Jan. 6 – Mar. 16	\$65
	<i>(no class February 17)</i>			
Mondays	6:30 - 7:20 p.m.	10 Classes	Jan. 6 – Mar. 16	\$65
	<i>(no class February 17)</i>			

Use it! Lose it! Tone it Up! RDAPC

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, a set of light weights (optional), and mat.

Instructors: Hilary Balaban & Janette Wood

Tuesdays	9:00 – 9:50 a.m.	10 Classes	Oct. 1 – Dec. 3	\$65
Thursdays	9:00 – 9:50 a.m.	10 classes	Sept. 26 – Nov. 28	\$65
Tuesdays	9:00 – 9:50 a.m.	10 Classes	Jan. 7 – Mar. 10	\$65
Thursdays	9:00 – 9:50 a.m.	10 classes	Jan. 9 – Mar. 12	\$65

Total Body Fit RDAPC

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Total Body Fitness. You get a little bit of everything- all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set



of light weights (optional).

Instructor: Hilary Balaban

Thursdays 10:00 – 10:50 a.m. 10 Classes Sept. 26 – Nov. 28 \$65

Thursdays 10:00 – 10:50 a.m. 10 Classes Jan. 9 – Mar. 12 \$65

Chair Yoga RDAPC

Chair Yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing and water bottle.

Instructor: Hilary Balaban

Thursdays 11:00 – 11:50 a.m. 10 classes Sept. 26 – Nov. 28 \$65

Thursdays 11:00 – 11:50 a.m. 10 classes Jan. 9 – Mar. 12 \$65

NEW! G.E.T a Wake up call! RDAPC

Join us for a wake up work-out where we get your blood flowing and heart pumping to start your day. Increase your strength and cardiovascular function and learn to feel confident with more complex movements. What better way to start your day then with a little sweat? Join us and work at your own pace in a supportive and non-competitive environment.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights (optional).

Instructor: Hilary Balaban

Tuesdays 7:15 – 8:00am 10 classes Nov. 5 – Jan. 14 \$65
(No class December 26)

Tuesdays 7:15 – 8:00am 10 classes Jan. 28 – Mar. 31 \$65

Yoga 55 RDAPC

Join us for a gentle beginner yoga class. Here we will learn basic poses, both standing and on the floor. This is a beginner class so poses are able to be modified with a chair if you are concerned about being on the floor. Come for a gentle stretch and a little bit of strength building as well. Please bring a mat and water bottle.

Required: Mat and water bottle.

Instructor: Hilary Balaban

Fridays 1:00 – 1:50 p.m. 10 Classes Sept. 27 –Nov. 29 \$65

Fridays 1:00 - 1:50 p.m. 10 Classes Jan. 7 –Mar. 10 \$65

Music 'N Motion RDAPC

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Music 'n Motion. You get a little bit of everything - all with great music to distract you! This



class is a great stress-reliever and the perfect way to burn off calories. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights (optional).

Instructor: Janette Wood

Tuesdays	10:00 – 10:50 a.m.	10 Classes	Oct. 1 – Dec. 3	\$65
Tuesdays	10:00 – 10:50 a.m.	10 Classes	Jan. 7 – Mar. 10	\$65

NEW! Let's G.E.T. Physical RDAPC

This class is the next level in increasing your endurance and cardiovascular endurance and strength through different exercises and training techniques. Everyone works at their own pace and strength level as they increase their physical abilities.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights (optional).

Instructor: Janette Wood

Tuesdays	12:10 – 12:50 p.m.	10 Classes	Oct. 1 – Dec. 3	\$65
Tuesdays	12:10 – 12:50 p.m.	10 Classes	Jan. 7 – Mar. 10	\$65

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Gentle Yoga

Whether you're new to yoga or have been practicing for years ~ this class is for you! This class will bring attention to your breath and provide you with the basics of yoga postures and movement while reducing stress, and promoting overall well-being.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Tuesdays	9:00 – 10:00 a.m.	10 Classes	Sept. 24 – Nov. 26	\$65
Thursdays	9:00 – 10:00 a.m.	10 classes	Sept. 26 – Nov. 28	\$65
Tuesdays	9:00 – 10:00 a.m.	10 Classes	Jan. 14 – Mar. 17	\$65
Thursdays	9:00 – 10:00 a.m.	10 classes	Jan. 16 – Mar. 19	\$65

Yoga – Moving Forward

This progressive class will help you move past the introductory elements and build on your strength, flexibility and balance. You will learn new poses, movements and postures and understand how important your breath becomes during your practice. Modifications for different abilities will be offered.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington



Tuesdays	10:10 – 11:10 a.m.	10 Classes	Sept. 24 – Nov. 26	\$65
Thursdays	10:10 – 11:10 a.m.	10 Classes	Sept. 26 – Nov. 28	\$65
Tuesdays	10:10 - 11:10 a.m.	10 Classes	Jan. 14 – Mar. 17	\$65
Thursdays	10:10 – 11:10 a.m.	10 Classes	Jan. 16 – Mar. 19	\$65

Chair Yoga

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing, a yoga mat and water bottle.

Instructor: Rebecca Boyington

Mondays	10:00 – 10:50 a.m. <i>(No class October 14th & October 21st)</i>	10 Classes	Sept. 23 – Dec. 9	\$65
Mondays	10:00 – 10:50 a.m. <i>(No class February 17th)</i>	10 Classes	Jan. 13 – Mar. 23	\$65

NEW! HIIT with Hilary

Come out and try a High Intensity Interval Training class to really amp up your regular exercise routine. HIIT involves bursts of high intensity cardio and strength training mixed with periods of recovery. It is a great way to get a big workout in a small amount of time. We will work through a variety of moves focusing on intervals for functional movement, and teach you the basics of HIIT. This is a great introduction to HIIT to really help you bring 100% effort to your exercises. Please bring a set of weights and a bottle of water to class.

PLEASE NOTE: This class is for moderate and advanced fitness levels.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, a set of light weights, and mat.

Instructor: Hilary Balaban

Wednesdays	9:00 – 9:50 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
Wednesdays	9:00 – 9:50 a.m.	10 Classes	Jan. 15 – Mar. 18	\$65

Total Body Fit

Looking for a place to begin or continue your fitness journey? You get a little bit of everything with this class- all with great music to keep you moving! This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being. Modifications will be provided for various fitness levels.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Hilary Balaban

Wednesdays	10:00 – 10:50 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
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Wednesdays 10:00 – 10:50 a.m. 10 Classes Jan. 15 – Mar. 18 \$65

BoneFit™

The BoneFit™ certified instructor will lead participants through components needed to manage osteoporosis. Focus is on strength, core and joint stability, balance and weight-bearing exercises. Improving these health building blocks can reduce falls risk, both for osteoporosis-prone people and health-minded older adults in general.

Required: Hand weights, gym shoes, comfortable clothing, and water bottle.

Instructor: Margaret Iutzi

Fridays 8:30 – 9:20 a.m. 10 Classes Sept. 27 – Dec. 6 \$65
(No class October 11th)

Fridays 8:30 – 9:20 a.m. 10 Classes Jan. 17 – Mar. 20 \$65

Bands and Bells

This combo class of resistance bands and dumbbells offers a cardiovascular warm up, followed by a balance component, strength training and a stretching cool down. Participants can choose which resistance equipment they prefer; bands are provided and those preferring weights please bring your own.

Required: Gym shoes, comfortable clothing, light dumbbells, water bottle.

Instructor: Margaret Iutzi

Fridays 9:30 – 10:20 a.m. 10 Classes Sept. 27 – Dec. 6 \$65
(No class October 11th)

Fridays 9:30 – 10:20 a.m. 10 Classes Jan. 17 – Mar. 20 \$65

Multiple Class Discount: When you sign up for a second class you receive a \$10 discount for the second class, additionally, if you sign up for 3 classes you will receive a \$20 discount on your third class.

Partner Discount: When 2 residents that live in the same household sign up for the same class, the second registration is only \$55