



Active 55+ Summer 2018 Schedule:

PLEASE NOTE: Only Summer Flex Cards can be purchased for the Active 55+ Summer Session. Registration for individual classes will not be permitted. Each flex card will allow you to attend 10 classes of your choice. Be sure to present your flex card to the instructor at the start of each class to mark your attendance.

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

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Tuesdays 9:00 – 10:00 a.m. 10 Classes Jul. 3 – Sep. 4

Low Impact Zumba

A gentle Latin-inspired dance aerobic 50 minute workout that gets you moving! It is so much fun, you will forget that you are exercising.

Required: Comfortable clothing, and water bottle.

Instructor: Courtney McCarthy

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Wednesdays 9:00 – 9:50 a.m. 10 Classes Jul. 4 – Sept. 5

Stretch and Strengthen

Strengthen, tone, and relax with this gentle but effective class. It will begin with a light warm-up on your feet, followed by 20 minutes of strength work using a variety of equipment (dumbbells, bands, mats, chairs) designed to improve your posture and functional movement. The class will end with 25 minutes of relaxation, total body stretching, as well as mindfulness and relaxation techniques. This perfect combination will leave you feeling energized from head to toe! Participants must be comfortable lying or sitting on the mats.

Required: Comfortable clothing, light weights, and water bottle.

Instructor: Courtney McCarthy

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Wednesdays 10:00 – 10:50 a.m. 10 Classes Jul. 4 – Sept. 5



Band 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 to work with. Bands are provided and those preferring weights please bring your own.

Required: good-fitting shoes, comfortable clothing, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 74 Christie St. Rockwood

Thursdays 10:00 – 10:50 a.m. 10 Classes Jul. 5 – Sept. 6

Summer Flex Cards can be purchased for \$65+ HST for 10 visits. **A minimum of 32 Flex Cards need to be sold for the Active 55+ Summer Fitness Schedule to move forward. Unfortunately, if we do not reach the minimum ALL summer classes will be cancelled and your money will be returned.** Individuals may purchase two Flex Cards; however, there is no discount for the second card. We regret that unused visits on your Flex Card cannot be reimbursed or carried over to summer 2019.