

## Active 55+ Fall 2018 and Winter 2019 Schedule:

### Yoga 55

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 in the floor. Come for a gentle stretch and a little bit of strength building as well. Please bring a mat and water bottle.

Monday 2:30 - 3:20 p.m. 10 Classes Jan. 14 – Mar. 25 \$65  
*(no class February 18)*

**Required:** Mat and water bottle

**Instructor:** Hilary Balaban

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

### 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, and mat

**Instructor:** Hilary Balaban

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

Tuesdays 9:00 – 9:50 a.m. 10 Classes Jan. 15 – Mar. 26 \$65  
*(No class March 13)*  
 Thursdays 9:00 – 9:50 a.m. 10 classes Jan. 17 – Mar. 28 \$65  
*(No class March 15)*

### Total Body Fit (Introductory Seated Class) 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.

**Instructor:** Hilary Balaban

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

Tuesdays 10:00 – 10:50 a.m. 10 Classes Jan. 15 – Mar. 26 \$65  
*(No class March 13)*

### 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

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

Thursdays	10:00 – 10:50 a.m.	10 classes	Jan. 17 – Mar. 28	\$65
<i>(No class March 15)</i>				

### The Benefits of Bone Fitness

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.

Monday	6:30 - 7:20 p.m.	10 Classes	Jan. 7 – Mar. 18	\$65
<i>(no class February 18)</i>				
Monday	7:30 - 8:20 p.m.	10 Classes	Jan. 7 – Mar. 18	\$65
<i>(no class February 18)</i>				

### 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, 110 Rockmosa Dr. Rockwood

Tuesdays	9:00 – 10:00 a.m.	10 Classes	Jan. 8 – Mar. 12	\$65
Thursdays	9:00 – 10:00 a.m.	10 classes	Jan. 10 – Mar. 14	\$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

**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood



Tuesdays	10:10 - 11:10 a.m.	10 Classes	Jan. 8 – Mar. 12	\$65
Thursdays	10:10 – 11:10 a.m.	10 Classes	Jan. 10 – Mar. 14	\$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  
**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Mondays	10:00 – 11:00 a.m.	10 Classes	Jan. 7 – Mar. 18	\$65
<i>(No class February 18)</i>				

### Use it! Lose it! Tone it Up! ROCKMOSA

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, and mat  
**Instructor:** Hilary Balaban  
**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays	9:00 – 9:50 a.m.	10 Classes	Jan. 9 – Mar. 21	\$65
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### Total Body Fit (Introductory Seated Class) ROCKMOSA

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.  
**Instructor:** Hilary Balaban  
**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays	10:00 – 10:50 a.m.	10 Classes	Jan. 9 – Mar. 21	\$65
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### 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, water bottle  
**Instructor:** Margaret Iutzi  
**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays                      8:30 – 9:20 a.m.                      10 Classes    Jan. 11 – Mar. 15    \$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  
**Location:** Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays                      9:30 – 10:20 a.m.                      10 Classes    Jan. 11 – Mar. 15    \$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