

Active 55+ Summer 2019 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: Rockwood Town Hall, 191 Main St. S. Rockwood (location of Rockwood Nursery School, across from Lions Pak)

Tuesdays 9:00 – 10:00 a.m. 10 Classes Jul. 2 – Sep. 3

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

Location: Rockwood Town Hall, 191 Main St. S. Rockwood (location of Rockwood Nursery School, across from Lions Pak)

Wednesdays 9:00 – 9:50 a.m. 10 Classes Jul. 3 – Sept. 4

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 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: Rockwood Town Hall, 191 Main St. S. Rockwood (location of Rockwood Nursery School, across from Lions Pak)

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



DDPY

DDPY combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance. It allows anyone to get an amazing cardio workout while improving muscular strength, dramatically increasing flexibility and strengthening the core in a single workout... all with minimal joint impact! OPEN TO ALL AGES!

Thursdays 4:00 – 4:50 p.m. 9 Classes Jul. 4 – Aug. 29 **\$58.50***

Required: Yoga Matt, Water Bottle, and Towel. Heart Rate Monitor highly recommended

Instructor: Marcel Dore

Location: Rockwood Town Hall, 191 Main St. S. Rockwood (location of Rockwood Nursery School, across from Lions Pak)

*** This class can be signed up for individually or used with your summer flex card!**

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 2020.