

Aerobics Schedule

No class on Dec 25, 26 & Jan 1.

Monday	Tuesday	Wednesday	Friday	Sunday
Morning Fit 9:15 am-10:15 am Harry	Zoomerfit 9:15 am-10:15 am Jenny	Core Control 9:15 am-10:15 am Harry	Morning Fit 9:15 am-10:15 am Philippa	Zoomerfit 9:15 am-10:15 am Harry



FEES	ADULT	55+ yrs
Drop-in	\$5	\$3.75
10 visits	\$45	\$33.75
20 visits	\$90	\$67.50

Morning Fit	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
Zoomerfit	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
Core Control	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).

Yoga

Ashtanga Yoga (19+yrs)

Rachel Sutton has been teaching Yoga for 16 years. She combines Ashtanga with Iyengar styles to create a complete body toning stretch session. The body is opened and flow is created through breathe and gentle movements. All levels are welcome as modifications are provided. This class yokes well with skiing, snowboarding or other local aerobic winter activities. Come, get out of the rain and enjoy increased strength, deep breath, balance and focus with Rachel. Drop-in \$11.43.

Instructor: Rachel Sutton

Su Sep 10-Oct 15 2:00 PM-3:00 PM
121038 \$68.57/6 sess

Su Oct 29-Dec 3 2:00 PM-3:00 PM
120854 \$68.57/6 sess



Chair Yoga (19+yrs)

Yoga adapted to the Chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. Drop-in \$12.38.

Instructor: Bonnie Anderson

Tu Sep 19 12:30 PM-1:30 PM
128977 **FREE TRIAL**

Tu Sep 26-Nov 28 12:30 PM-1:30 PM
120875 \$104.76/10 sess

Flow Yoga - Level 1 (19+yrs)

Stretch. Sweat. Invigorate. Blaze a trail. Breathe in a new way. A mix bag of hatha + vinyasa + kundalini yoga to rejuvenate the body + soul. Nourish with restorative poses to finish. Something for everyone. www.westcoastsimmer.com. Drop-in \$14.25.

Instructor: Tessa Rowan

Th Sep 14 6:00 PM-7:15 PM
120885 **FREE TRIAL**

Th Sep 21-Nov 23 6:00 PM-7:15 PM
120884 \$116.62/10 sess



Iyengar Yoga - Gentle Level (19+yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop-in \$20. No class on October 19 and December 7.

Instructor: Siobhan Sloane Seale

Th Sep 7 11:00 AM-12:30 PM
120913 **FREE TRIAL**

Th Sep 21-Oct 26 11:00 AM-12:30 PM
120911 \$80/5 sess

Th Nov 2-Dec 14 11:00 AM-12:30 PM
120912 \$96/6 sess