

| Time: | Mon | Tues | Wed | Thurs | Fri |
|--------------------|--|--|--|---|--|
| | | | | | |
| 9-10 am | 20x3 Cardio Strength Core Shaunna M. | | Combat Class Jeanette Reynolds | | Trx & Stability Anne MacNeil |
| 10:15-11:15 | | All Level Yoga Shaunna McNamara | | All Level Yoga Shaunna McNamara | Gentle Yoga Kathleen Manson |
| 6:15-7 pm | | | Yoga Without Judgement Zoe Allen 6:15-7:15pm | Pedal & Pump Angela MacLeod | |
| 7-8 pm | Combat Class Jeanette Reynold | Yoga & Pilates Blend Shaunna McNamara | | | |
| 7:30-8:30pm | | | Zumba Trina Oickle- Pottie | Foundations of Yoga Brittany Rogers | |

Drop in Rates: Seniors 55+ \$7.50 Adults \$ 8.50

SAVE \$\$ 10 Visit Punch Card Seniors \$65 Adults \$75

If school is cancelled centre will be closed and all classes are cancelled.

No classes : Dec 17– Jan 3, February 18, 21, March 14-18 , April 15 & 18, May 20 & 23

Classes resume January 4, 2022.

All classes end week of June 13- June 16 ,2022.

Please call to reserve your spot for Thursday Pedal & Pump class.

Follow us on Facebook for up to date information on centre.

20x3 : Monday 9-10 am - Shuanna McNamara. 20 mins cardio, 20 mins strength, 20 mins core. Great full body workout.

Combat Classes: Monday 7-8 pm & Wednesday 9-10 am –Jeanette Reynolds.
Full body strength and cardio workout that uses martial arts and kickboxing. Great workout for all levels.

All Level Yoga :Tuesday & Thursday 10:15-11:15am - Shauna McNamara
Class incorporating vinyasa with focus on strength and core. Beginner to Intermediate.

Zumba: Wednesday 7:30-8:30 pm - Trina Oickle-Pottie. Latin and international music inspired cardio workout. Dance & have fun!

Yoga Without Judgement: Wednesday 6:15-7:15 Zoe Harnish
A vigorous flow that is great for all levels. Vinyasa style flow class offering a moving meditation that emphasizes the sequential movement between postures, coordinated with guided by deliberate breath. Creates strength, relaxation and fluidity in the body/ mind.

Yoga & Pilates Blend: Tuesday 7-8 pm—Shauna McNamara
Blend between pilates and yoga. Great full body & core workout.

Trx & Stability Friday 9-10am—Anne MacNeil Full body work out focussing on strength , balance & core stability. Variety of equipment used including Trx. Great for those who want a weight strength focused workout. Suitable for all levels.

Gentle Yoga: Friday 10:15-11:15 am-Kathleen Manson. Mindful gentle yoga flow with any modifications as needed. Great for all levels including beginners.

Pedal & Pump: Thursday 6:15-7pm— Angela MacLeod . Great full body weight workout with spin for cardio. **Please call to reserve your spot.**

Yoga: Thursday 7:30-8:30pm—Brittany Rogers. All Levels . Beginner Class focuses on foundations of yoga—breathing and proper placement. Each class builds on week before by repeating the poses and sequences. If you miss a class no problem Brittany is always there to help to explain or make modifications.