

55+ Programs - Winter 2020

HST is included in all pricing

Programs that do not have sufficient registration maybe cancelled & you will be notified.

Line Dancing

Instructor: Cindy

Traditional Line Dancing, based on ballroom-style steps, is a gentle and fun way to exercise your body and mind, and make new friends! The music is lively and upbeat. This is not a beginner's class.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Tues.	11:00 am -12:30 pm	Jan. 7	Mar. 17	9	\$81.93	\$109.05	8543

***No class on January 21^s**

Osteo Fit

Instructor: Joanne

Join us for a low impact cardio class, which includes weight bearing and resistance conditioning exercises that will build bone mass and density. If you have been diagnosed with bone degeneration, this class can help you maintain and build bone mass.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Thurs.	11:50 am -12:45 pm	Jan. 9	Mar. 26	12	\$98.31	\$125.43	8546

Painting – Watercolour

Instructor: Hi-Sook

This course will focus on developing a solid foundation through basic techniques. With demonstrations and individual assistance, you will learn how to paint loose, transparent watercolours in an impressionistic style. Students are responsible for bringing their own supplies – supply list will be available.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Mon.	1:30 – 3:30 pm	Jan 6.	Mar. 9	9	\$101.70	\$128.82	8548

***No class February 17**

Strength & Balance

Instructor: Jennifer

By participating in this exercise class, you will build strength through muscle conditioning exercises using light weights and bands. It incorporates exercises geared toward building better balance. This class is designed for the active 55+ participant

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Fri.	10:30 – 11:15 am	Jan. 10	Mar. 27	12	\$98.31	\$125.43	8552

Stretch 'n' Core

Instructor: Joanne

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. Students will see improvements in their balance, build strong, lean muscles and improvement efficiency of movement and mobility.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Wed.	9:05 – 9:55 am	Jan. 8	Mar. 25	12	\$98.31	\$125.43	8553

Tai Chi

Instructor: Ricky & Rosa

A graceful and healthy ancient Chinese form of exercise that combines relaxed, fluid movement with a calm and alert mental state. Tai Chi is a no-impact exercise and is ideal for all fitness levels.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Thurs.	9:30 – 10:30 am	Jan. 9	Mar. 12	10	\$81.92	\$109.04	8554

Yoga – Chair

Instructor: Wendy

All are welcomed and modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair. The focus of this class is to improve balance and increase flexibility by bringing awareness to breath, lubricate all joints, tendons, ligaments and muscles.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Tue.	9:45 – 10:45 am	Jan. 7	Mar. 24	12	\$98.31	\$125.43	8556
Thurs.	10:45 – 11:45 am	Jan. 9	Mar. 26	12	\$98.31	\$125.43	8557

Yoga – Mat

Instructor: Wendy

All levels are welcome. This is a gentle class for those who can get up and down from the floor. Modifications are offered for each posture based on your level of yoga experience, mobility and flexibility.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Tues.	8:30-9:30 am	Jan. 7	Mar. 24	12	\$98.31	\$125.43	8558

Yoga, Stretch & Flex

Instructor: Wendy

Are you looking to regain your flexibility or increase what you have? Work on slowly and gently stretching out your tendons, ligaments and muscles, lubricating your joints as well. Modifications will be offered. Leave the class feeling stretched and relaxed a fabulous way to start the weekend!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Sat.	9:30 – 10:30 am	Jan. 11	Mar. 14	10	\$81.92	\$109.04	8560

Zumba

Instructor: Garlice

This Zumba class is specifically designed for older adults. If you would like to get some exercise in a fun class that keeps you moving, then this is the one for you! You don't need to know how to dance! Just move to the music. The instructor will gear the exercise pace to the participants' level.

Day	Time	Start Date	End Date	# of Classes	Resident Fee	NON Resident Fee	Barcode
Fri.	9:30 – 10:15 am	Jan. 10	Mar. 13	10	\$81.92	\$109.04	8561

Updated January 31, 2020