

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE FITNESS				9-9:45am NLC 		* Jazzercise- \$15 to drop-in (\$8 for passholders)	
DANCE EXPRESS			12:15-1pm OBRC		12:15-1pm OBRC	† Piloxing, Hatha Yoga & Zumba- \$15 (\$8 for passholders) (availability varies- ask reception)	
ENERGY BOOSTER		6:30-7:30am OBRC		6:30-7:30am OBRC		 Playtime Childminding Service. Mon-Fri 8:45-11:15am at Oak Bay Recreation Centre.	
FITNESS FIX	5:45-6:45pm NLC Starts Sept 9		5:30-6:30pm HRC		5:30-6:30pm OBRC		
JAZZERCISE*	8-9am* HRC	6:15-7:15am* 5:45-6:45pm* HRC	8-9am* HRC	6:15-7:15am* 5:45-6:45pm* HRC	8-9am* HRC		9:30-10:30am* HRC
JAZZERCISE* Low impact	5-6pm* MRC		5-6pm* MRC			9:30-10:30am* MRC	
INDOOR CYCLING	6:15-7am 7:15-8pm HRC	6:15-7am 5:45-6:30pm HRC	6:15-7am 7:15-8pm HRC	5:45-6:30pm HRC	6:15-7am HRC	HRC = Henderson Recreation Centre 250-370-7200	
PILOXING†	7:15-8:15pm† NLC Starts Sept 9					MRC = Monterey Recreation Centre 250-370-7300	
TOTAL CONDITIONING CIRCUIT	8:15-9:15am HRC	10:45-11:45am HRC	8:15-9:15am HRC		8:15-9:15am 9:30-10:30am HRC	NLC= Neighbourhood Learning Centre 250-595-7946	
TOTAL BODY CONDITIONING	9-10am NLC 		9:15-10:15am NLC 		9:15-10:15am HRC	OBRC = Oak Bay Recreation Centre 250-595-7946	
THE ULTIMATE WORKOUT						8-9am / 9-10am NLC	9-10am NLC
YOGA† \$15/\$8 GENTLE HATHA	12:15-1:30pm HRC† Starts Sept 9				12:15-1:30pm NLC† Starts Sept 13	No drop-in classes on Stat Holidays (except Jazzercise)	
YOGA† \$15/\$8 FOR EVERYBODY				10-11am NLC 			
ZUMBA† \$15/\$8	6:15-7:15pm NLC† Starts Sept 9	11:30am-12:30pm NLC† Starts Sept 10	Before your NLC class. please purchase drop-in tickets at Oak Bay Recreation Centre's Reception				
ZUMBA AND TONING† \$15/\$8				7-8pm MRC† starts Sept 12			

**Core Fitness** - Walk taller, feel stronger! Build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility using a variety of equipment.

**Dance Express:** Elevate your heart rate with pure electric dance energy! Invigorating music and easy to follow dance combinations will make you forget you are exercising.

**Energy Booster:** Launch your day with cardio, resistance, and plyometrics training to provide a well balanced workout.

**Fitness Fix:** Mix up your routine with high intensity cardio intervals using the step and concentrated strength training interspersed with cardio bursts using weights, body bars, tubing, balls and body weight to train the major muscles of the body. Finish with cardio, core and stretches. All levels welcome.

### JAZZERCISE Drop-ins welcome!

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. Dance Mixx/ Interval/ Strike/ Fusion/ STRENGTH/ Core (some of our different formats which are offered throughout each month). Recreation Oak Bay Annual Pass holders will be given a 50% discount for Jazzercise. Call Jazzercise at 250-580-5299. [www.jazzerciseoakbay.com](http://www.jazzerciseoakbay.com)

**Indoor Cycling:** This 45 minute indoor cycling class will combine basic cycling movements and cardio drills by varying speed and resistance levels on the Keiser M3 indoor cycle. Instructors will use coaching to stimulate sprinting, hill climbs, intervals and races for a non-impact individually paced class. Burn calories and build strength in this efficient class. All bikes allow for both regular and clip in shoes. All levels welcome. Sign up online for indoor cycling up to 12 hours in advance at [oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

**Piloxing:** A non stop cardio fusion of standing Pilates, boxing and dance.  
\$15 for Drop-in • \$8 for passholders.

**Total Conditioning Circuit Drop-in:** Classes will combine stations of cardiovascular training with strength conditioning & core exercises. Utilizing cardio equipment, strength machines along with body weight exercises, free weights, balls, TRX, BOSUs and bands for a balanced and fun workout.

**Total Body Conditioning:** Uses a variety of low choreography aerobics formats that can include the step combined with strength and endurance work that uses the major muscle groups to improve overall fitness level. Lots of variety using different equipment is sure to keep you motivated.

**The Ultimate Workout:** This class is all about strength, stamina, and power. Challenge yourself with an intense workout that will get you into ultimate shape.

**Yoga (Drop in):** Gentle Hatha Yoga is restorative. It is an invitation to mindfulness through breath work and yoga postures (asanas). Please arrive 10 minutes early to set up your props.  
\$15 for Drop-in • \$8 for passholders.

**Yoga is For Every Body:** This easy to follow class offers modifications for your range of movement and pointers for deepening breath and core practice, flexibility and strengthening. Bring your willingness to explore, your sense of humour and an open heart.  
\$15 for Drop-in • \$8 for passholders.

**Zumba:** Latin rhythms with easy to follow moves to create a dynamic fitness program that will blow you away.  
\$15 for Drop-in • \$8 for passholders.

**Zumba & Toning** takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight dumbbells while the Zumba component provides a fun and exhilarating experience.  
\$15 for Drop-in • \$8 for passholders.

**Drop-in Fitness Classes do not run on Statutory Holidays**  
 Thanksgiving, October 14  
 Remembrance Day, November 11  
 Christmas Day, December 25  
 Boxing Day, December 26  
 (except Jazzercise).

**DROP-IN FOR \$3**  
**OAK BAY RECREATION CENTRE:**  
**Monday-Friday:**  
**11pm-Midnight**  
**HENDERSON RECREATION CENTRE:**  
**Friday-Sunday:**  
**4-8pm**



Check out the Henderson fitness studio!

**Oak Bay Recreation Centre Fitness Studio Hours:**

- **Mon-Fri 6am-midnight**
- **Sat/Sun 6am-11pm**

13 and 14 year olds must complete the Youth Fitness Orientation program (see Youth Section) in order to use Oak Bay Recreation Centre with an adult or during attended times.

Fitness Staff will be asking youth users for a student card or some other form of picture ID that shows they are 15 years or older.

ATTENDANT MONITORING IN FITNESS STUDIO		
	HENDERSON	OAK BAY
Monday	9:30 am-12:30 pm / 3:30-5 / 7-9 pm	6:15-11am / 3:30 pm-Midnight
Tuesday	8-10:30 am / 4-6 pm	8-11 am / 8:15 pm-Midnight
Wednesday	9:30 am-12:30 / 3:30-5 / 7-9 pm	6:15-11am / 3:30 pm-Midnight
Thursday	8-10:30 am / 4-6 pm	8-11 am / 3:30 pm-Midnight
Friday	6-8 am / 10:45 am-12:45 pm	8-11am / 3:30-6:30pm / 7:30pm-Midnight
Saturday	9 am-noon	8:30-11:30am / 3-6pm / 7:30-11 pm
Sunday	-	8:30-11:30am / 3-6pm / 7:30-11 pm

Henderson Recreation Centre Fitness Studio Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drop-In</b> 6-8am	<b>Drop-In</b> 6am-10:30am	<b>Drop-in</b> 6-8am	<b>Drop-In</b> 6am-11:45am	<b>Drop-In</b> 6-8am	<b>Drop-In</b> 8am-8pm	<b>Drop-In</b> 8am-8pm
<b>Total Conditioning Circuit Drop-in</b> 8:15-9:15am	<b>Total Conditioning Circuit Drop-in</b> 10:45-11:45am	<b>Total Conditioning Circuit Drop-in</b> 8:15-9:15am		<b>Total Conditioning Circuit Drop-in</b> 8:15-9:15am		
<b>Drop-In</b> 9:30am-5pm	<b>Full Life Workout *</b> Noon-1pm	<b>Drop-In</b> 9:30am-5pm	<b>Full Life Workout *</b> Noon-1pm	<b>Total Conditioning Circuit Drop-in</b> 9:30-10:30am		
	<b>Drop-In</b> 1:15-6pm		<b>Drop-In</b> 1:15-6pm	<b>Drop-In</b> 10:45am-8pm		
<b>Total Conditioning Circuit *</b> 5:15-6:15pm	<b>Total Conditioning Circuit *</b> 6:15-7:15pm	<b>Total Conditioning Circuit *</b> 5:15-6:15pm	<b>Total Conditioning Circuit *</b> 6:15-7:15pm	* Registered Session. No drop-in available at these times. <b>Classes do not run on Statutory Holidays</b>		
<b>Drop-In</b> 6:30-9pm	<b>Fitness Circuit*</b> 7:30-8:30pm	<b>Drop-In</b> 6:30-9pm	<b>Drop-in</b> 7:30-9pm			



## Senior Fitness Testing

The Seniors Fitness Test is a series of effective test exercises used to assess the functional fitness of older adults including aerobic capacity, strength and flexibility. Test results are used to highlight areas of limitation to aid in program recommendation and exercise prescription to improve and strengthen existing weaknesses including strength, endurance and mobility for life long fitness.

**1 Hour 1/\$65**

## Active Rehabilitation

### Active Rehabilitation

The Active Rehabilitation program will assist you in developing a safe and effective program in a one-on-one environment within the fitness studios.

Designed for those recovering from injury due to sport, work, or motor vehicle accident and those who may have physical limitations due to musculo-skeletal, neurological or respiratory illnesses.

This program will help you improve your quality of life by allowing you to improve your function in everyday tasks and increase mobility. Insurance coverage accepted.

- Minimum 2 sessions \$130 (\$65 per session hour)
- 5 Sessions \$293 • 10 Sessions \$520 Tax not included.

### Water Rehabilitation

The Water Rehabilitation program allows people the freedom of movement needed to be able to train when they would otherwise not be able. Benefits of training in a water environment include anatomically balanced 3-dimensional resistance, reduced impact and cooler temperature.

The individually tailored program builds full body strength, endurance, and health propelling anyone towards an active and independent life. Insurance coverage accepted.

- Minimum 2 sessions \$130 (\$65 per session hour)
- 5 Sessions \$293 • 10 Sessions \$520 Tax not included.

### From your first two Active Rehab sessions you can expect:

#### Session 1:

An assessment appropriate to your injury or condition to determine what type of program you will require.

#### Session 2:

The Rehab Specialist will deliver the program they create based on Session #1's assessment. The trainer will make necessary recommendations for future appointments.

**Call 250-370-7117 for more details**

## Take Heart - with Cayle MacDonald Cardiac Rehabilitation

Henderson Recreation Centre Fitness Studio

### TAKE HEART ASSESSMENT

**1 session for \$65**

### TAKE HEART - 12 WEEK COURSE

**\$385**

For people who have had a cardiac event or those who have heart disease risks. The course includes an individual orientation and exercise prescription followed by 3 months of twice weekly sessions.

Take Heart is a partnership between VIHA, and the Victoria Inter-Municipal Recreation Centres. **For Take Heart information or appointments please call Jenny Rhodes at 250-370-7120.**

### TAKE HEART MAINTENANCE

For participants who have completed the 12-week course.

Participants referred from other programs need to have an assessment prior to joining the maintenance program.

Sep 3-27	Tue, Fri	1:30-3pm	\$75/8	55089
Sep 3-27	Tue, Fri	3-4:30pm	\$75/8	55094
Sep 4-30	Mon, Wed	10-11:30am	\$75/8	55075
Sep 4-30	Mon, Wed	11:30am-1pm	\$75/8	55080
Sep 4-30	Mon, Wed	1:30-3pm	\$75/8	55085
Oct 1-29	Tue, Fri	1:30-3pm	\$84/9	55090
Oct 1-29	Tue, Fri	3-4:30pm	\$84/9	55101
Oct 2-30	Mon, Wed	10-11:30am	\$75/8	55077
Oct 2-Oct 30	Mon, Wed	11:30am-1pm	\$75/8	55081
Oct 2-Oct 30	Mon, Wed	1:30-3pm	\$75/8	55086
Nov 4-27	Mon, Wed	10-11:30am	\$66/7	55078
Nov 4-27	Mon, Wed	11:30am-1pm	\$66/7	55082
Nov 4-27	Mon, Wed	1:30-3pm	\$66/7	55087
Nov 1-29	Tue, Fri	1:30-3pm	\$84/9	55092
Nov 1-29	Tue, Fri	3-4:30pm	\$84/9	55102
Dec 2-18	Mon, Wed	10-11:30am	\$56/6	55079
Dec 2-18	Mon, Wed	11:30am-1pm	\$56/6	55083
Dec 2-18	Mon, Wed	1:30-3pm	\$56/6	55088
Dec 3-20	Tue, Fri	1:30-3pm	\$56/6	55093
Dec 3-20	Tue, Fri	3-4:30pm	\$56/6	55103

## Joint Motion Personal Training

### JOINT MOTION - TOTAL HIP AND KNEE

Are you returning from physiotherapy following a major lower body joint replacement (hip, knee) and would like to increase your fitness and function? Joint Motion - Total Hip and Knee is a personal training program designed to meet your fitness needs to gain function and mobility.

In this program, the trainer will put you through a series of strengthening exercises using gym machines, bands, free weights, steps and agility balls to challenge you in a gently progressive manner. Cardiovascular conditioning on stationary bikes, treadmills and ellipticals will also be incorporated into each session.

A personal 1 hour fitness assessment with the trainer prior to the first session is required to assess your current strength and function. To participate, medical clearance is required. Participants must have completed physiotherapy prior to the course and be at least 12 weeks post-surgery.

**5 sessions**

**\$293**

**Specialized Training Programs**

**Designed Just For You!**

**POPAT / Police Training**

Private Instruction on the POPAT or PARE obstacle course. Run the entire POPAT or PARE course including the push-pull machine and receive a detailed breakdown of your time and technique.

The POPAT Police Training Course will simulate a critical incident of a chase. It requires a demanding cardiovascular system as well as good muscular strength and endurance. This one-on-one training will ensure you are fully prepared to pass the requirements of the test and prepare you for the vigor's of high intensity training.

**Semi-Private options available.**

- Time, Trial, and Course Practice 1 hour \$65
- Located at Henderson Recreation Centre.

**Fitness Assessment**

The Assessment will provide a detailed overview of your current fitness levels. The Assessment will include a set of tests to measure cardiovascular health, upper and lower body strength, upper and lower body mobility and core strength along with some basic height, weight. The information will be compiled and a detailed picture of your overall fitness will be provided complete with recommendations for improvement.

- 1.5 hours/\$98

**Fitness Studio Orientation**

Are you new to the fitness centres or have you been away for a while? Sign up for a fitness studio orientation that will give you an overview of our Fitness Studio rules, etiquette and equipment or provide a refresher for those who have been away.

Review selected strength and cardio equipment set up and technique. Par Q health clearance form required. Call 250-370-7117 to book an orientation.

- 1 hour/\$29 (Annual Pass holders FREE)

**Personal Training**

**Personal Training - one on one**

Personal Training is an excellent way to improve your overall fitness, stay motivated, revamp your existing workout program and get results. A Registered Personal Trainer will work with you one on one to design a specialized workout program specific to your needs and fitness goals. Learn proper form and technique to reduce injury and enhance your workout program.

2 sessions are recommended. Your first session will include an assessment required to design an appropriate exercise program tailored to individual ability.

- Private:
- 1 hour \$65
  - 2 Sessions \$130
  - 5 Sessions \$293
  - 10 Sessions \$520
  - 15 Sessions \$731

**Semi-Private Personal Training**

Do it together! Working with a partner can be fun and an excellent way to keep each other motivated. Programs designed for two people.

- Semi-Private: 1 ½ hour sessions \$110 (Price per couple)
- 2 Sessions \$215
  - 3 Sessions \$305
  - 10 Sessions \$961
- (Prices do not include tax)

**For Personal Trainer bios visit the Fitness page at [recreation.oakbay.ca](http://recreation.oakbay.ca)**

All one-on-one packages require a completed Personal Training Client Package and a PAR-Q Health Clearance Questionnaire. Please pick up at reception or download at [recreation.oakbay.ca](http://recreation.oakbay.ca) (Fitness Page) and return to reception. A trainer will contact you within 72 hours to set up your first appointment. All packages have a one year expiry. 24 hours notice required for cancelled appointment.

2 Sessions \$130 • 5 /\$293 • 10/\$520 • 15/\$731

**Athletic Conditioning**

Are you looking to improve your game and performance? This training package will focus on sport specific exercises and athletic training principles targeted to your needs to increase strength, stamina and endurance. Higher intensity cardiovascular training and strength exercises will be incorporated.

**Beginners Total Body Training**

This training package is ideal for those new to the gym or those looking for a basic and balanced workout program. This program will focus on cardiovascular training along with strength exercises utilizing all major muscle groups to improve overall fitness.

**Boxing Fitness Conditioning**

This fitness program will teach you the basics in boxing skills and technique to increase power, speed and agility for improved overall athletic performance. Optimize cardiovascular systems by working in short, high intensity intervals while gaining coordination and timing that will leave you in peak performance.

**50+ Strength & Balance Training**

This program is ideal for individuals 50 years and over looking to increase their strength, stamina, balance and flexibility. A trainer will focus on upper and lower body exercises based on your individual needs along with exercises to improve balance to aid in fall prevention and improved coordination. Functional movements and exercises will increase range of motion for improved mobility and stamina.

**Pre/Post Natal Fitness**

This training program is ideal for all stages of pregnancy and is adapted to the changing needs of the pre or post natal body. Whether you are interested in maintaining your fitness level throughout your pregnancy or easing your way back into fitness post pregnancy – a trainer will adapt this program to your individual needs. This all over toning program will focus on the arms, legs and back and will strengthen the pelvic floor and core muscles through pregnancy-safe exercises. Renew your energy throughout your pregnancy and retrain your core muscles after childbirth. All trimesters and fitness levels welcome (4+ weeks postpartum and 6 weeks for caesareans).

**Runners Training**

Are you a runner or looking to start? This package is ideal for the experienced runner and the beginner alike. Focusing on form and technique, this program will incorporate cardiovascular training at various training intensities including speed drills, intervals and hills to improve speed and distance. Cross training, core strength and stretching will also be included.

**TRX Suspension Training Strength & Core**

Use the TRX Suspension Trainer to ignite the core and all major muscles of the body to develop longer, leaner, athletic muscle tone and core stability. This dynamic tool offers unique suspended body weight training along with rotational core exercises for a versatile method of fitness training that can be adapted to all levels.

**Weight Loss Program**

Looking to shape up and slim down? This training package is ideal for those wanting to lose weight and make a permanent, healthy lifestyle change. Working with a personal trainer, you will work on cardiovascular conditioning and muscular toning to boost weight loss and definition. Keep a record of your workout progressions, weight and measurements to track your progress. Semi-Private Training options are also available.

**Yoga & Flexibility Training**

Blend the benefits of yoga and personal training with a customized yoga practice designed for your body. This program will merge strength training with essential yoga elements to improve alignment, posture, core strength, balance and flexibility. Lengthening tight muscles and strengthening weak muscles to balance the body while learning proper breathing and relaxation techniques to enhance mind body connection.

## BOOTCAMPS

## TRX BOOTCAMP

15 yrs+

Use the TRX Suspension Trainer in combination with different equipment to push you to the next level. Various strength training techniques and interval training drills will keep you moving and motivated for optimal results.

## Oak Bay Recreation Centre

Karen Bennett

Sep 14-Nov 2	Sat	10:30-11:30am	\$74/8	56036
Nov 9-Dec 14	Sat	10:30-11:30am	\$56/6	56037



## CORE FITNESS

## ★ BODY CORE DYNAMICS-BEGINNER

15 yrs+

Need a new challenge? Join Body Core Dynamics for a high paced, full body toning and strengthening workout using a variety of equipment including: bands, weights, body bars, balls, BOSUs and TRX suspension trainers. Classes will include cardio circuits and body strength exercises with emphasis on core, and all abdominal muscle groups. Core exercises are woven throughout the class to keep the body guessing.

## Oak Bay Recreation Centre

Janet Knight

Sep 9-Oct 28	Mon	1:15-2:15pm	\$85/7	56046
Nov 4-Dec 16	Mon	1:15-2:15pm	\$73/6	56047
Sep 11-Oct 30	Wed	1:15-2:15pm	\$97/8	56048
Nov 6-Dec 18	Wed	1:15-2:15pm	\$85/7	56049

## BODY CORE DYNAMICS-INTERMEDIATE

15 yrs+

Classes will include: skipping, circuits, and body strength exercises with emphasis on core, and all abdominal muscle groups. All exercises are paired with abdominal exercises to keep the core and body guessing.

## Oak Bay Recreation Centre

Janet Knight

Sep 3-26	Tue, Thu	Noon-1pm	\$97/8	56032
Oct 1-31	Tue, Thu	Noon-1pm	\$122/10	56033
Nov 5-28	Tue, Thu	Noon-1pm	\$97/8	56034
Dec 3-19	Tue, Thu	Noon-1pm	\$73/6	56035
Sep 4-25	Mon, Wed	11am-noon	\$85/7	56028
Sep 30-Oct 30	Mon, Wed	11am-noon	\$110/9	56029
Nov 4-27	Mon, Wed	11am-noon	\$85/7	56030
Dec 2-18	Mon, Wed	11am-noon	\$73/6	56031

## CORE CONDITIONING

15 yrs+

Improve core and abdominal strength and stability in this fun informative class. Core stability is important for back and neck health, and plays a significant role in nearly everything you do. Discover new ways to challenge the core through the use of exercise balls, body bars, body weight, gliding disks, and more.

## Henderson Recreation Centre

Alice Leclair

Sep 9-Oct 28	Mon	5:45-6:45pm	\$65/7	55181
Nov 4-Dec 16	Mon	5:45-6:45pm	\$56/6	55182

## TRX AND CORE

15 yrs+

Support a healthy body with this essential TRX workout. With TRX, your body creates the resistance for the exercises to build muscle and improve strength. Focus on strengthening your core abdominal area and lower back using a variety of other equipment including foam rollers, BOSUs, body bars and more.

## Oak Bay Recreation Centre

Nooshin Hatam

Sep 11-Oct 30	Wed	5:30-6:30pm	\$74/8	56042
Nov 6-Dec 18	Wed	5:30-6:30pm	\$65/7	56043
Sep 13-Nov 1	Fri	8:20-9:20am	\$74/8	56044
Nov 8-Dec 20	Fri	8:20-9:20am	\$65/7	56045

## Testimonial for the Fitness Studio at Oak Bay Recreation Centre

I love the Gym facilities at Oak Bay Recreation Centre, the equipment, layout, classes- All Great. But above all the staff makes this place absolutely wonderful. Nooshin, Janet and Ryan - You guys are the best.

Don, April 2019

30<sup>TH</sup> ANNUAL

# ISLAND FITNESS CONFERENCE

A world class conference right here at home!

**OCTOBER 26-27, 2019**

Accredited by: BCRPA; CSEP; NSCA and more!



at Oak Bay Recreation Centre & PISE (Pacific Institute for Sport Excellence) [www.IslandFitnessConference.com](http://www.IslandFitnessConference.com)

## WOMEN ON WEIGHTS

16yrs+

Learn how to incorporate strength training into your routine, and feel comfortable and confident in the fitness studio. This class will show you how to use the strength equipment with correct technique, form, and function to build muscle tone, burn fat, increase metabolism, and protect against osteoporosis. Create a workout program tailored to your needs using a variety of equipment including: machines, free weights, balls, and BOSUs. Increase your strength and stamina, meet new friends, and make a positive lifestyle change. All levels welcome.

### Henderson Recreation Centre

Sep 5-Oct 31	Thu	7:30-8:30pm	\$82/9	54955
Nov 7-Dec 19	Thu	7:30-8:30pm	\$64/7	54956

### Oak Bay Recreation Centre

Sep 8-Oct 27	Sun	4-5pm	\$73/8	54896
Nov 3-Dec 15	Sun	4-5pm	\$64/7	54954

## FITNESS INTRODUCTION SERIES

15 yrs+

This new Introduction Series will give participants a taste four fitness modalities including the use of the TRX, Kettlebell's, Bosu/Balance training and Resistance band work. Each week participants will be introduced to the new modality to go over proper set up, safety as well as shown basic workouts within each area. This course will give all participants the confidence to use these items and the potential to move on to specialty classes. Beginners welcome!

### Oak Bay Recreation Centre

Janet Knight

Sep 9-Oct 2	Mon, Wed	Noon-1pm	\$73/8	54864
Nov 4-Dec 2	Mon, Wed	Noon-1pm	\$73/8	54865

## 8 WEEKS TO A NEW YOU

15 yrs+

Looking to lose weight, get fit and shape up or simply take the first step for a healthier, happier you? Take the 8 Weeks to a New You challenge! This program will help you to achieve your weight loss and fitness goals through small group training and team motivation. Working in small groups, fitness trainers will guide you through two group workouts a week using strength machines, free weights, balls, and BOSUs to increase muscle tone, rev-up your metabolism, and burn fat. Measurements, weekly weigh-ins, along with recipes and a nutrition workshop will be offered to help map your progress and keep you on track. Get motivated, work together, improve your health, and be your best. All levels welcome.

### Oak Bay Recreation Centre

Nooshin Hatam

Sep 9-Oct 30	Mon, Wed	6:30-7:30pm	\$243/16	54884
Sep 10-Oct 22	Tue, Thu	9-10am	\$211/13	54886
Nov 4-Dec 23	Mon, Wed	6:30-7:30pm	\$227/14	54885
Nov 5-Dec 19	Tue, Thu	9-10am	\$227/14	54887

## POPAT & POLICE OBSTACLE COURSE TRAINING

16yrs+

Are you training to be a police officer? Not sure how to train or what to expect from the physical testing? These high intensity, weekly training sessions will help you become comfortable with your testing requirements, and provide the training you will need to be physically prepared. Recommendations and instruction on each component of the obstacle course is offered, and time trials are run regularly. And YES, we have the PUSH-PULL machine!

### Henderson Recreation Centre

Nino Samson

Sep 9-Oct 28	Mon	7:15-8:45pm	\$139/8	54969
Nov 18-Dec 23	Mon	7:15-8:45pm	\$104/6	54970

Private Instruction on the POPAT or PARE obstacle course: page 25

## TAEKWONDO FOR ADULTS

13 yrs+

Olympic style Taekwondo is one of the most popular martial arts in the world and you can find out why in our dynamic, challenging and fun adults Taekwondo program. Beginning at white belt, you train with a wide range of belt levels, learning the basics and technique of our curriculum based system, this includes: kicking, punching, blocking, hand strikes, self defence and patterns. With 25 years of teaching experience, we have developed classes that are a blend of traditional and sport Taekwondo training and stability and conditioning drills, are suitable for all levels and students have the opportunity to advance in belt levels several times per year.

### Uplands School, 3461 Henderson Road

Mijo Sport

Sep 9-Oct 30	Mon, Wed	6:30-7:30pm	\$160/15	56052
Nov 4-Dec 18	Mon, Wed	6:30-7:30pm	\$140/13	56053

### Free Demonstration Class

Sep 4	Wed	6:30-7pm	\$0/1	60305
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## PILOXING

15 yrs+

27

A non-stop cardio fusion of standing Pilates, boxing and dance that will push you past your limits to develop a sleek and powerful you.

### Neighbourhood Learning Centre

Kumi Smith

Sep 9-Oct 28	Mon	7:15-8:15pm	\$85/7	55156
Nov 4-Dec 16	Mon	7:15-8:15pm	\$73/6	55157

## KETTLEBELLS

15 yrs+

Kettlebells are cast iron weighted balls fitted with a handle that encourages movements not easily replicated with other pieces of equipment. The all in one movement provides a strength and cardio workout. Learn the foundations of Kettlebell Training through proper techniques to improve strength, increase your energy level, and reshape your body.

### Oak Bay Recreation Centre

Rita Irwin

Sep 14-Oct 5	Sat	9-10am	\$49/4	55929
Nov 2-23	Sat	9-10am	\$49/4	55931

## TRX ORIENTATION

15 yrs+

TRX Suspension Training is a new category of exercise that leverages one's own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. No matter if you are a high level athlete or a beginner suspension training can help improve your fitness. Learn the fundamentals, proper technique, and basic exercises of this new training system.

### Oak Bay Recreation Centre

Karen Bennett

Oct 5	Sat	11:45-12:45pm	\$15/1	55935
Nov 2	Sat	11:45-12:45pm	\$15/1	55936

## WOMEN'S KICKBOXING

This non-competitive, exercise focused kickboxing class is welcoming all skill levels to come and have fun learning how to kickbox while simultaneously achieving a challenging full-body workout. This hour-long class is packed with a cardio warmup, bag work, and a quick strength component. The bag work is done in partners, so feel free to bring a friend and learn this skill together! No previous experience is required and beginners are more than welcome.

### Monterey Recreation Centre

Hazel Rueger

Sep 16-Oct 28	Mon	5:30-6:30pm	\$69/6	56876
Nov 4-Dec 16	Mon	5:30-6:30pm	\$69/6	56877

Look for the  symbol next to courses that coincide with Playtime Childminding Service at OBRC - Mon-Fri 8:45-11:15am.

## PRE/POST NATAL FITNESS

### 8 WEEKS TO A NEW YOU

Looking to get back into fitness with your baby or on your own? This fun and interactive fitness class will have you back in shape in no time! Alternate between indoor cycling drills and strength circuits utilizing a variety of equipment, while watching over and interacting with your baby. Finish the class with core strengthening and stretching for a full body workout.

### Henderson Recreation Centre

Leah Turcot

Sep 13-Oct 25	Fri	11:15-12:15pm	\$65/7	54971
Nov 1-Dec 13	Fri	11:15-12:15pm	\$65/7	54972

## ZUMBINI COURSE CANCELLED

Created by Zumba and Babyfirst, Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social fine/gross motor skills and emotional; development for children ages 0-4, all while creating the ultimate bonding experience for families.

### Henderson Recreation Centre

Kumi Smith

Sep 19	Thu	10-10:45am	Free Class	55074
Sep 24-Nov 26	Thu	10-10:45am	\$90/10	55072

 This symbol denotes courses which are suitable for beginners.

## PILATES LEVEL 1

## ★ PILATES LEVEL 1

15 yrs+

Whether you are new to Pilates or not, Pilates Level 1 will teach you the basic principles and incorporate modern exercise science for highly effective ways to stretch, generate strength, and streamline your body. You will develop power, flexibility, endurance, and superior posture without building bulk or stressing joints, while keeping within your safe range of motion. You will learn how to move in a gentle, efficient way to support your skeletal system, remain injury and pain free, and increase your muscle tone. Most students begin to crave Pilates within their bodies soon after they begin. Give Pilates a try today. No experience necessary.

## Windsor Pavilion

## Kathi Ells

Sep 10-26	Tue, Thu	10:05-11:05am	\$73/6	55374
Oct 1-31	Tue, Thu	10:05-11:05am	\$122/10	55375
Nov 5-28	Tue, Thu	10:05-11:05am	\$97/8	55376
Dec 3-19	Tue, Thu	10:05-11:05am	\$73/6	55377

## Neighbourhood Learning Centre

## Kathi Taylor

Sep 10-Oct 29	Tue	6:50-7:50pm	\$97/8	55378
Nov 5-Dec 17	Tue	6:50-7:50pm	\$85/7	55379

## PILATES LEVEL 2

## PILATES LEVEL 2

15 yrs+

Pilates Level 2 also incorporates modern exercise science for a highly effective way to stretch, generate power, and streamline your body. This class will challenge you to push yourself to your individual level of intensity, while maintaining focus and control. You will develop strength, flexibility, endurance, and superior posture without building bulk or stressing your joints. Feel the benefits of Pilates quickly and start to crave it within your body. Give Pilates a try today. Prerequisites: Pilates level 1.

## Windsor Pavilion

## Kathi Ells

Sep 10-26	Tue, Thu	9-10am	\$73/6	55364
Oct 1-31	Tue, Thu	9-10am	\$122/10	55365
Nov 5-28	Tue, Thu	9-10am	\$97/8	55366
Dec 3-19	Tue, Thu	9-10am	\$73/6	55367

## Neighbourhood Learning Centre

## Kathi Ells

Sep 10-26	Tue, Thu	5:45-6:45pm	\$73/6	55368
Oct 1-31	Tue, Thu	5:45-6:45pm	\$122/10	55369
Nov 5-28	Tue, Thu	5:45-6:45pm	\$97/8	55370
Dec 3-19	Tue, Thu	5:45-6:45pm	\$73/6	55371

## 50+ PILATES

## ★ 50+ PILATES

50 yrs+

Learn how to move your body to enhance core strength and stabilization while building better balance and physical confidence. Modifications will be offered as needed.

## Windsor Pavilion

## Regina Flueck

Sep 9-Oct 28	Mon	10:40-11:40am	\$85/7	55382
Sep 11-Oct 30	Wed	10:40-11:40am	\$97/8	55385
Nov 4-Dec 16	Mon	10:40-11:40am	\$73/6	55384
Nov 6-Dec 18	Wed	10:40-11:40am	\$85/7	55386

## SPECIALIZED PILATES

## SOMATIC STRETCH

15 yrs+

30-minute class to lengthen and release tight muscles. This class is great before or after a workout. You will learn simple exercises that can be done at home. Improve flexibility and mobility as well as your posture overall. For all ages and fitness levels.

## Windsor Pavilion

## Regina Flueck

Sep 9-Oct 28	Mon	10:05-10:35am	\$43/7	55387
Sep 11-Oct 30	Wed	10:05-10:35am	\$49/8	55389
Nov 4-Dec 16	Mon	10:05-10:35am	\$37/6	55388
Nov 6-Dec 18	Wed	10:05-10:35am	\$43/7	55390

## PILATES AND TRX

15 yrs+

The innovative fusion of TRX and Pilates; Pilates exercise is great for building kinesthetic awareness and teaching basic movement patterns. By combining Pilates and the TRX Suspension Trainer, a dynamic workout is created that mimics the demands of life and sport. You will love the diversity, creativity, and the results.

## Oak Bay Recreation Centre

## Spencer Irwin

Sep 4-25	Mon, Wed	8:20-9:20am	\$85/7	56038
Sep 30-Oct 30	Mon, Wed	8:20-9:20am	\$110/9	56039
Nov 4-27	Mon, Wed	8:20-9:20am	\$85/7	56040
Dec 2-18	Mon, Wed	8:20-9:20am	\$73/6	56041

Thanks to Pat for sharing her journey of recovering from severe injuries; a fractured tibial plateau, total ACL rupture, partial meniscus tear and 2 blood clots.

I needed to rehabilitate and went to physiotherapy but needed more. I thought that getting into the pool would help me and called up Nellie as I had worked with her previously and knew she taught at the Recreation Centre. Nellie took me under her care and had me walking in the pool and doing a few mild stretches and using the hot tub 3 times a week.



Viera, Pat, and Nellie

I thought I should get a year membership so that I could come as often as I could. Getting a membership was the best thing I have done for myself! I started to come to the aqua-fit classes and then transferred to the M-W-F. Things just got better from there and despite not being able to bend my leg properly I started to do lengths before the aqua-fit classes. I was finding my breathing was less laboured and I had more stamina.

I was still going to physiotherapy and my physio said maybe I should try going to the gym and walking on the treadmill. So I gathered my confidence and went upstairs and was greeted by Viera. She took me under her wing and I started with a few arm weights, the arm exerciser and treadmill. I started to come 5 days a week to get in better shape for surgery which I finally had September 2018.

My day doesn't seem complete if I don't come to the Recreation Centre. I have a wonderful routine M-F and have met some incredible role models and made some lovely friends. My resting heart rate is 60 and my blood pressure is normal. I still have weight to lose and I'm hoping that will follow with a bit more dedication.

I have changed my life for the better and I am truly grateful that this gym is available and is staffed with dedicated people who support me in my fitness journey.

Thank you so much for being here for me,  
Patricia

## ★ BARRE FITNESS

15 yrs+

A no impact class working with a ballet barre and light weights is a blend of dance fitness, Yoga and Pilates. The full body workout is designed to enhance posture, balance and fluid movement while toning and strengthening. Develop a strong core and lean muscle using graceful movements as you work on body alignment, core strength and dynamic stability all leading to a strong and confident you.

No experience necessary. Modifications will be given.

Windsor Pavilion		Regina Flueck		
Sep 9-Oct 28	Mon	9-10am	\$85/7	55163
Sep 11-Oct 30	Wed	9-10am	\$97/8	55205
Nov 4-Dec 16	Mon	9-10am	\$73/6	55164
Nov 6-Dec 18	Wed	9-10am	\$85/7	55206

Windsor Pavilion		Phyllis Musseau		
Sep 9-Oct 28	Mon	7-8pm	\$85/7	55165
Nov 4-Dec 16	Mon	7-8pm	\$73/6	55166

Windsor Pavilion		Regina Flueck & Janine Babey		
Sep 11-Oct 30	Wed	7-8pm	\$97/8	55207
Nov 6-Dec 18	Wed	7-8pm	\$85/7	55209

Neighbourhood Learning Centre		Phyllis Musseau		
Sep 13-Oct 25	Fri	9-10am	\$85/7	55210
Nov 1-Dec 13	Fri	9-10am	\$85/7	55211

★ This symbol denotes courses which are suitable for beginners.



## ZUMBA

13 yrs+

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Fanatics achieve long term benefits while experiencing an absolute blast of exhilarating, caloric-burning, body energizing, and awe-inspiring movements meant to engage and captivate you for life! Refer to [www.Zumba.com](http://www.Zumba.com) for further information and demos.

Neighbourhood Learning Centre		Kumi Smith		
Sep 9-Oct 28	Mon	6:15-7:15pm	\$85/7	55144
Nov 4-Dec 16	Mon	6:15-7:15pm	\$73/6	55145
<del>Sep 10-Oct 20</del>	<del>Tue</del>	<del>11:30am-12:30pm</del>	<del>\$97/8</del>	<del>55146</del>
Nov 5-Dec 17	Tue	11:30am-12:30pm	\$85/7	55147
Sep 14-Nov 2	Sat	11am-noon	\$97/8	55148
Nov 9-Dec 14	Sat	11am-noon	\$73/6	55149

## ★ ZUMBA GOLD 50+

50 yrs+

Zumba Gold is an exhilarating dance fitness class that uses the exciting Latin dance rhythms as its structure and inspiration. It teaches basic steps and routines specifically designed for the older active adult. The Zumba Gold program creates a party-like atmosphere that facilitates agility, balance, co-ordination, body awareness, good posture and core strength while having fun.

Monterey Recreation Centre		Sandra Perez De Lamplugh		
Sep 5-Oct 31	Thu	10-11am	\$113/9 (M)	54723
Nov 7-Dec 19	Thu	10-11am	\$76/6 (M)	54724
Sep 10-Oct 29	Tue	12:30-1:15pm	\$66/7 (M)	58850
Nov 5-Dec 17	Tue	12:30-1:15pm	\$66/7 (M)	58852

## ★ ZUMBA & ZUMBA TONING

19 yrs+

This program combines fun and functional fitness. Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight dumbbells while the Zumba component provides a fun and exhilarating experience. This program is for beginners and those looking to continue on their Zumba journey.

Monterey Recreation Centre		Noriko Prezeau		
Sep 12-Oct 31	Thu	7-8pm	\$98/8	55297
Nov 14-Dec 19	Thu	7-8pm	\$61/5	55298

(M) Monterey Recreation Centre Members receive a 15% discount on weekday daytime courses held at Monterey Recreation Centre. Membership is open to anyone over 50 years of age. See page 53 for details on becoming a member.

See page 45 for DANCE courses at Monterey Recreation Centre

## PLAYTIME - Drop-in CHILDMINDING at Oak Bay Recreation Centre

Make time for yourself and take advantage of the programs that Oak Bay Recreation Centre and the Neighbourhood Learning Centre have to offer while your child has fun too!

Playtime is an excellent childminding service offering quality care in a safe, friendly and fun environment.

Monday-Friday • 8:45-11:15am • Starts September 3

\$4.75 an hour • Pre purchase Playtime Econo 10/\$38

Look for the  symbol next to courses that coincide with Playtime Childminding Service.

Playtime is available for children 6 months to 6 years and is limited to 8 children at one time.

Parents/ Guardians must be on the premises while their child is in childminding.

Playtime is NOT available on Statutory Holidays. Drop-in or register ahead of time. Call 250-595-7946.

Reserved time must be cancelled by 6pm the night before in order to receive a credit or refund.



Playtime is FREE  
September 3-6  
Reserve a spot!

## STRETCH, STRENGTH &amp; CONDITION

## ★ FIT FOR 50+ BEGINNER

A group fitness course with a touch of personal attention that addresses the importance of correct posture and abdominal strength. Improve your flexibility, strength, balance and coordination all while alleviating your body of aches and pains with effective Pilates and Yoga exercises.

Henderson Recreation Centre		Karen Bennett		
Sep 10-Oct 29	Tue	9:30-10:30am	\$74/8	55175
Nov 5-Dec 17	Tue	9:30-10:30am	\$65/7	55176
Sep 10-Oct 29	Tue	10:45-11:45am	\$74/8	55179
Nov 5-Dec 17	Tue	10:45-11:45am	\$65/7	55180

## ★ FIT FOR 50+ INTERMEDIATE

This course is for participants who have completed the Fit for 50+ Beginner course and are looking to further develop their overall fitness.

Henderson Recreation Centre		Karen Bennett		
Sep 10-Oct 29	Tue	8:20-9:20am	\$74/8	55173
Nov 5-Dec 17	Tue	8:20-9:20am	\$65/7	55174
Sep 12-Oct 31	Thu	8:20-9:20am	\$74/8	55177
Nov 7-Dec 19	Thu	8:20-9:20am	\$65/7	55178

## ★ OSTEOFIT

50 yrs+

Osteofit is a specially designed exercise and education program for those with osteoporosis and low bone mass, and those at risk of falling. The course includes strength, balance, posture, and stretching exercises that are essential for creating an effective Fall Prevention strategy. Bands and light weights are examples of some of the equipment used to improve strength. Classes have an educational component and are designed for adults who can participate without the use of an aid/walker.

Monterey Recreation Centre		Karen Bennett		
Sep 4-Oct 30	Mon, Wed	1:15-2:15pm	\$162/16 (M)	55065
Sep 4-Oct 30	Mon, Wed	2:30-3:30pm	\$162/16 (M)	55067
Nov 4-Dec 18	Mon, Wed	1:15-2:15pm	\$131/13 (M)	55128
Nov 4-Dec 18	Mon, Wed	2:30-3:30pm	\$131/13 (M)	55066

## ★ AGE STRONGER

50 yrs+

Let's build some muscle! Time to flex your fitness routine? Strength training in a group environment is an encouraging and fun way to add a strength component to your exercise routine. Hand weights, resistance bands and your own body weight will be used to develop muscular strength and endurance. A gentle aerobic warm-up and terrific stretch will complete your exercise experience. Participants need to be able to get up and down from the floor.

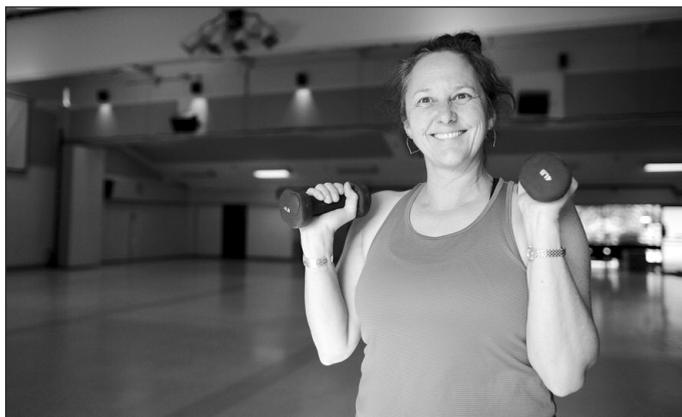
Monterey Recreation Centre		Karen Bennett		
Sep 5-Oct 31	Thu	12:15-1pm	\$63/9 (M)	55061
Nov 7-Dec 19	Thu	12:15-1pm	\$49/7 (M)	55064
Sep 3-Oct 29	Tue	12:30-1:15pm	\$56/8 (M)	55059
Nov 5-Dec 17	Tue	12:30-1:15pm	\$49/7 (M)	55063

## ★ ZUMBA GOLD 50+

Zumba Gold is an exhilarating dance fitness class that uses the exciting Latin dance rhythms as its structure and inspiration. It teaches basic steps and routines specifically designed for the older active adult. The Zumba Gold program creates a party-like atmosphere that facilitates agility, balance, co-ordination, body awareness, good posture and core strength while having fun.

Monterey Recreation Centre		Sandra Perez De Lamplugh		
Sep 5-Oct 31	Thu	10-11am	\$113/9 (M)	54723
Nov 7-Dec 19	Thu	10-11am	\$76/6 (M)	54724
Sep 10-Oct 29	Tue	12:30-1:15pm	\$66/7 (M)	58850
Nov 5-Dec 17	Tue	12:30-1:15pm	\$66/7 (M)	58852

★ This symbol denotes courses which are suitable for beginners.



## PREVENTATIVE FITNESS

## ★ FALL PREVENTION BALANCE CLASS - LEVEL 1 50 yrs+

This class will focus on balance specific exercises to improve coordination, stability, strength and endurance to aid in fall prevention and improved mobility. Light weights, tubing and balance equipment will be used to simulate functional movements and daily tasks. Designed for seniors looking to improve their balance, mobility and confidence.

An intake assessment or medical clearance may be required prior to registration. Please call 250-370-7117 to register for the class.

Oak Bay Recreation Centre		Graham Lamb		
Sep 5-Oct 31	Thu	10-10:45am	\$96/9	54870
Nov 7-Dec 26	Thu	10-10:45am	\$85/8	54871

## ★ FALL PREVENTION BALANCE CLASS - LEVEL 2 50 yrs+

This class will focus on balance specific exercises to improve coordination, stability, strength and endurance to aid in fall prevention and improved mobility. Light weights, tubing and balance equipment will be used to simulate functional movements and daily tasks. Designed for seniors looking to improve their balance, mobility and confidence.

Medical clearance is required prior to the first day of the course. Participants may register for Level 2 if they have already participated in Fall Prevention Balance Class Level 1, or as recommended by Intake Assessment.

Oak Bay Recreation Centre		Janet Knight		
Sep 3-Oct 29	Tue	11-11:45am	\$96/9	54866
Sep 5-Oct 31	Thu	11-11:45am	\$96/9	54868
Nov 5-Dec 17	Tue	11-11:45am	\$75/7	54867
Nov 7-Dec 19	Thu	11-11:45am	\$75/7	54869

## ★ JOINT WELLNESS

50 yrs+

This fun, gentle and safe class will help to improve: mobility, flexibility, balance, and strength. The exercises will lubricate your joints, increase circulation, strengthen your postural muscles and keep ankle joints flexible. The best part is, you can partake standing or sitting. There is nothing more rewarding than taking care of your body! This class is designed for adults who are able to participate without the use of an aid or walker.

Monterey Recreation Centre		Viera Janco		
Sep 4-Oct 30	Wed & Fri	Noon-1pm	\$162/16 (M)	55135
Nov 1-Dec 20	Wed & Fri	Noon-1pm	\$151/15 (M)	55136

(M) Monterey Members enjoy 15% off daytime weekday courses. See page 53 for information on becoming a member (for adults 50 years and over) of Monterey Recreation Centre.

For more 50 yrs+ courses:

Tai Chi and Qi Gong, dance, health and wellness, and more courses see the Monterey Adult section on pages 45-47.

**50+ PILATES**

Learn how to move your body to enhance core strength and stabilization while building better balance and physical confidence. Modifications will be offered as needed.

Windsor Pavilion		Regina Flueck		
Sep 9-Oct 28	Mon	10:40-11:40am	\$85/7	55382
Sep 5 11-Oct 30	Wed	10:40-11:40am	\$97/8	55385
Nov 4-Dec 16	Mon	10:40-11:40am	\$73/6	55384
Nov 6-Dec 18	Wed	10:40-11:40am	\$85/7	55386

**SENIORS ADAPTED STRENGTH TRAINING** 50 yrs+

An exercise class focusing on functional movement training designed to increase one's range of motion, balance, stability and capacity for exercise for increased physical independence. An instructor will lead small groups of participants through various strength training exercises adapted to participant's needs and abilities. Light weights and tubing will also be used to improve flexibility and physical mobility. This course is designed for seniors that have completed rehabilitation for an injury, surgery, or chronic condition and those that require assistance in the gym. Registrants must be able to get on and off the equipment unassisted. \*A registration package and medical clearance (PARmed-X) is required before registration.

Oak Bay Recreation Centre		Janet Knight, Viera Janco		
Sep 3-26	Tue, Thu	1-2pm	\$85/8	54876
Oct 1-31	Tue, Thu	1-2pm	\$106/10	54877
Nov 5-28	Tue, Thu	1-2pm	\$85/8	54878
Dec 3-19	Tue, Thu	1-2pm	\$64/6	54879
Sep 3-26	Tue, Thu	2-3pm	\$85/8	54880
Oct 1-31	Tue, Thu	2-3pm	\$106/10	54881
Nov 5-28	Tue, Thu	2-3pm	\$85/8	54882
Dec 3-19	Tue, Thu	2-3pm	\$64/6	54883

**MONTEREY RECREATION CENTRE  
FITNESS DROP-IN FOR THOSE OVER 50+ YEARS**

A Monterey membership is required to participate in drop-in fitness programs at Monterey.

	Monday	Wednesday	Friday
<b>Moderate</b>	9-9:45am	9-9:45am	9-9:45am
<b>Mild</b>	10-10:45am	10-10:45am	10-10:45am
<b>Sit &amp; Fit</b>	11-11:45am	11-11:45am	11-11:45am
<b>Strength</b>			9-9:45am
<b>Cardio &amp; Stretch</b>		9-9:45am	

**Mild, Moderate** - Work out to motivational music with qualified and enthusiastic instructors. Classes include a warm-up, cardiovascular, strength and cool down components. The strength portion for Mild classes is done using chairs for assistance.

**Sit & Fit** - Join in a safe and invigorating workout from standing or a chair, your choice. After sitting or standing warm up and short aerobic portion, you will sit and work on strength, flexibility, mobility and balance using a variety of equipment.

**Strength with Alexis Moores** - Improve your upper body, lower body, core strength and balance using bands, weights and body weight. Build strength and work on your endurance in a safe and challenging class.

**Cardio & Stretch with Karen Bennett** - Keep your heart healthy by exercising to music. Stretching movements will help relieve stiff areas of your spine and other joints. Leave feeling relaxed and rejuvenated.

NO CLASSES ON STATUTORY HOLIDAYS

For 50 years and better, Monterey membership is required

Single \$5.25      5 pack \$23.75      10 pack \$39.50

**YOGA 50+**

**STRENGTH AND YOGA 50+**

50 yrs+

Join Christine Balinski for this fun class. A great full body workout, starting with a warm-up and then using weights and yoga to develop strength. The class includes a full stretch and cool down at the end with yoga. Bring suitable shoes for warm-up. Exercise mats will be provided but you may bring your own.

Monterey Recreation Centre		Christine Balinski		
Sep 5-Oct 24	Thu	8:45-10am	\$92/7 (M)	55519
Oct 31-Dec 19	Thu	8:45-10am	\$105/8 (M)	55521
Sep 9-Oct 28	Mon	11-12:15pm	\$79/6 (M)	55526
Nov 4-Dec 16	Mon	11-12:15pm	\$79/6 (M)	55530

**HATHA YOGA - BEGINNERS 50+**

50 yrs+

Hatha Yoga is a gentle and effective way to relieve stress, as well as improve flexibility, balance, circulation, concentration and eliminate tension. Please wear loose, comfortable clothing. Exercise mats will be provided but you may bring your own. Participants need to be able to get up and down from the floor.

Monterey Recreation Centre		Christine Balinski		
Sep 6-Oct 18	Fri	9-10:15am	\$92/7 (M)	55494
Nov 1-Dec 20	Fri	9-10:15am	\$105/8 (M)	55506
Sep 6-Oct 18	Fri	10:30-11:45am	\$92/7 (M)	55502
Nov 1-Dec 20	Fri	10:30-11:45am	\$105/8 (M)	55511
Sep 9-Oct 28	Mon	9:30-10:45am	\$92/7 (M)	55515
Nov 4-Dec 16	Mon	9:30-10:45am	\$79/6 (M)	55518

**YIN YANG YOGA**

50 yrs+

Yin Yang yoga is a practice that balances the dynamic Yang (Sun) with the slower paced Yin (Moon) yoga. This class will start with a more active and dynamic practice to energize and strengthen the body. The Yin style will open the body to more flexibility and quiet the mind to close the practice. Practicing the balancing act of life throughout yoga practice improves energy and strength while promoting relaxation and wellbeing. You will leave this class feeling refreshed and energized.

**Monterey Recreation Centre**      **Veronika Prielozna**

Sep 12-Oct 31	Thu	11-noon	\$91/8 (M)	55036
Nov 7-Dec 19	Thu	11-noon	\$80/7 (M)	55037



OnLine Registration [recreation.oakbay.ca](http://recreation.oakbay.ca)

Registration information on page 80

**Sign-up online for Cycle Drop-in**

Steps to register online - up to 12 hours in advance:

- Step 1: Ensure your Oak Bay online account and login is set up.  
 Step 2: Login with user ID & password at: [oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com)  
 Step 3: Click the **Schedule** Button near the top left of the screen.  
 Step 4: Click **Indoor Cycling** under the Fitness and Wellness menu.  
 Step 5: Select date and Cycle Drop-in and click REGISTER.  
 Please note all sessions are available for viewing online however registration will only open 12 hours prior to the start of each Cycle Drop in class.  
 Step 6: On the next screen, click **REGISTER** a 2nd time.  
 Step 7: Select the person to register in the session and select **NEXT**  
 Step 8: **Select your method of payment.** • Oak Bay Passholders are recognized and will automatically be given the 'no fee' option.  
 • If you select Econo, Regional Pass, Courtesy, Buddy Pass etc. you will need to hand in your ticket or show your pass when you check in at Reception. • If you select Cycle Drop-in you will need to pay at time of registration with a credit card.  
 Step 9: **All registrants** must check in at Reception to get your cycle tag. You may check in up to 15 minutes prior to the start of the class.

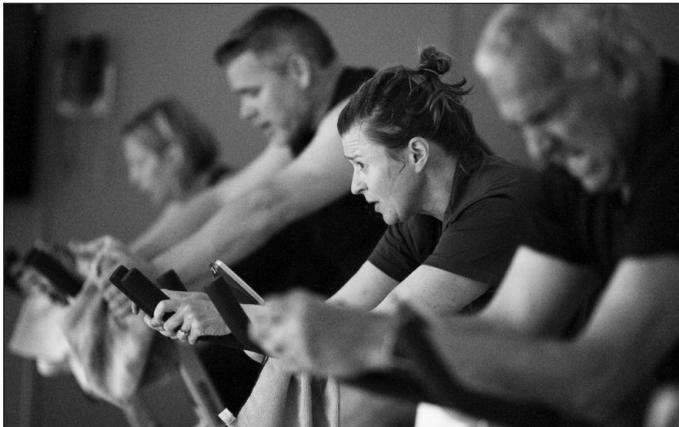
Indoor Cycling Classes are an excellent way to improve fitness and maximize fitness potential through exciting drills and intervals set to motivational music. **Burn calories, build endurance and have fun!**  
**Classes suitable for beginners to advanced.**

**★ CYCLE INTRO**

15 yrs+

Are you new to cycle or would you like to know more about bike set up, cycle terminology, technique and drills? This class is for you! Our new Cycle Intro workshops will start out with beginner drills while taking you through a detailed explanation about how to set up your bike so it fits your body, how best to ride with proper posture, body alignment and core engagement and will introduce you to a variety of fun and exciting drills.

Henderson Recreation Centre		Karen Bennett		
Sep 15	Sun	8:15-9:15am	\$11/1	55019
Oct 20	Sun	8:15-9:15am	\$11/1	55020
Nov 17	Sun	8:15-9:15am	\$11/1	55021

**CYCLE YOGA**

15 yrs+

Experience indoor cycling and yoga together for a harmonious workout. Start with a 30-minute energizing ride with hills and sprints. Followed by 30 minutes of mindful yoga to strengthen, stretch, and relax.

Henderson Recreation Centre		Ashley Dowle		
Sep 11-Oct 30	Wed	5:45-6:45pm	\$74/8	55183
Nov 6-Dec 18	Wed	5:45-6:45pm	\$65/7	55185
Henderson Recreation Centre		Kathi Taylor		
Sep 12-Oct 31	Thu	7-8pm	\$74/8	55188
Nov 7-Dec 19	Thu	7-8pm	\$65/7	55189

**Drop-in Indoor Cycling at Henderson**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cycle Drop-in</b> 6:15-7am	<b>Cycle Drop-in</b> 6:15-7am	<b>Cycle Drop-in</b> 6:15-7am		<b>Cycle Drop-in</b> 6:15-7am
<b>Cycle Drop-in</b> 7:15-8pm	<b>Cycle Drop-in</b> 5:45-6:30pm	<b>Cycle Drop-in</b> 7:15-8pm	<b>Cycle Drop-in</b> 5:45-6:30pm	

**CYCLE-DROP IN**

This 45 minute indoor cycling class will combine basic cycling movements and cardio drills by varying speed and resistance levels on the Keiser M3 indoor cycle. Instructors will use coaching to stimulate sprinting, hill climbs, intervals and races for a non-impact individually paced class. Burn calories and build strength in this efficient class. All bikes allow for both regular and clip in shoes. All levels welcome. Sign up online for indoor cycling up to 12 hours in advance at [oakbayrec.perfectmind.com](http://oakbayrec.perfectmind.com).

**CORE CYCLE**

15 yrs+

This combination class will lead you through an energizing indoor cycling cardio workout, followed by a concentrated core circuit to strengthen the abdominal muscles and lower back. Work on cardiovascular endurance and finish with a series of core stabilizing exercises for a well rounded, energizing workout.

Henderson Recreation Centre		Karen Bennett		
Sep 10-Oct 29	Tue	6:45-7:45pm	\$74/8	55009
Nov 5-Dec 17	Tue	6:45-7:45pm	\$65/7	55010
Henderson Recreation Centre		Nooshin Hatam		
Sep 13-Oct 25	Fri	10-11am	\$65/7	55011
Nov 1-Dec 20	Fri	10-11am	\$74/8	55012

**CYCLE CIRCUIT**

15 yrs+

The perfect mix of indoor cycling and strength conditioning in one efficient class. This class will take you through indoor cycling intervals, followed by stations of strength training using weights, bars, bands, and balls to improve muscular endurance and core conditioning. Keep your body guessing and your mind motivated with this all-in-one class. All levels welcome.

Henderson Recreation Centre		Leah Turcot		
Sep 7-Oct 26	Sat	8:15-9:15am	\$74/8	55017
Nov 2-Dec 21	Sat	8:15-9:15am	\$74/8	55018

**REVOLUTION CYCLE**

15 yrs+

Are you ready for a great workout? This high intensity interval workout will utilize sprints, hill climbs and steady tempos to burn calories and build muscle. Suited to all levels while utilizing visualizations and guided coaching to motivate the class. Finishing with a balanced stretch and cool down will ensure you leave feeling energized for the day.

Henderson Recreation Centre		Rita Irwin		
Sep 4-25	Mon, Wed	8:45-9:45am	\$65/7	55013
Sep 30-Oct 30	Mon, Wed	8:45-9:45am	\$81/10	55014
Nov 4-27	Mon, Wed	8:45-9:45am	\$65/7	55015
Dec 4-18	Mon, Wed	8:45-9:45am	\$47/5	55016

**★ MOM & BABE CYCLE CIRCUIT**

Looking to get back into fitness with your baby or on your own? This fun and interactive fitness class will have you back in shape in no time! Alternate between indoor cycling drills and strength circuits utilizing a variety of equipment, while watching over and interacting with your baby. Finish the class with core strengthening and stretching for a full body workout.

Henderson Recreation Centre		Leah Turcot		
Sep 13-Oct 25	Fri	11:15-12:15pm	\$65/7	54971
Nov 1-Dec 13	Fri	11:15-12:15pm	\$65/7	54972

## FITNESS CIRCUIT

15 yrs+

This efficient circuit class covers all fitness components for a dynamic and challenging full body workout. Stations combine strength and cardiovascular training using Cybex strength machines, body weight, free weights, and cardio intervals for a more intense workout.

Shape up and have fun!

### Henderson Recreation Centre

Rita Irwin

Sep 3-Oct 29	Tue	7:30-8:30pm	\$82/9	54957
Nov 5-Dec 17	Tue	7:30-8:30pm	\$64/7	54958

## FULL LIFE WORKOUT

15 yrs+

Learn how to use weights safely and have fun at the same time by working through set stations of cardio, strength, balance and core exercises at your own pace. You will increase your own strength, balance, agility, and flexibility in this class.

### Henderson Recreation Centre

Leah Turcot

Sep 3-26	Tue, Thu	Noon-1pm	\$73/8	54973
Oct 1-31	Tue, Thu	Noon-1pm	\$90/10	54974
Nov 5-28	Tue, Thu	Noon-1pm	\$73/8	54975
Dec 3-19	Tue, Thu	Noon-1pm	\$54/6	54976

## TOTAL CONDITIONING CIRCUIT

15 yrs+

These classes combine exercise stations of cardiovascular equipment, exercise balls, BOSUs, TRX, and free weight stations to create a fun and balanced workout. Stations incorporate a variety of training methods to add variety and progression to your workouts that will challenge and motivate with no choreography required.

### Henderson Recreation Centre

Rita Irwin

Sep 3-26	Tue, Thu	6:15-7:15pm	\$73/8	54963
Oct 1-31	Tue, Thu	6:15-7:15pm	\$90/10	54964
Nov 5-28	Tue, Thu	6:15-7:15pm	\$73/8	54967
Dec 3-19	Tue, Thu	6:15-7:15pm	\$54/6	54968

### Henderson Recreation Centre

Leah Turcot

Sep 4-Oct 2	Mon, Wed	5:15-6:15pm	\$82/9	54959
Oct 7-30	Mon, Wed	5:15-6:15pm	\$64/7	54960
Nov 4-27	Mon, Wed	5:15-6:15pm	\$64/7	54961
Dec 2-23	Mon, Wed	5:15-6:15pm	\$64/7	54962

### Drop-in Total Conditioning Circuit classes:

Henderson Recreation Centre

M/W/F 8:15-9:15am • Tue 10:45-11:45am  
Fri 9:30-10:30am

★ This symbol denotes courses which are suitable for beginners.

## Choose Recreation Oak Bay for your next catered event



### Banquets, Cocktail Parties, Licensed Bar at Oak Bay Recreation Centre, 1975 Bee Street

Planning a team social, luncheon, reunion, staff function, meeting, dinner banquet, or cocktail party?

Book your event to suit your needs!

The Sports View Deli, Bar and Grill Restaurant can accommodate 60-120 guests.

The Lounge is a private meeting room great for small group luncheons or meetings.

**Booking Information: 250-595-7946 • 250-370-7112**

Come enjoy your favourite beverage and the great pub fare!

See your team on the 8' x 12' HD TV and don't miss the Live Music Nights.

See page 5 for concert listings

Opens for Fall on September 9

Monday-Friday from 7:30am-10pm

Saturday/Sunday 8am-9pm



Closed on Statutory Holidays.



## FITNESS YOGA

## FLOW YOGA

15 yrs+

This creative and fun flow yoga focuses on proper alignment in each posture. We flow mindfully and slowly through yoga poses for a safe and strong practice. Expect a balanced ratio of work and rest with a long warm up and cool down. You'll leave the class feeling grounded and calm.

## Windsor Pavilion

Sep 3-Oct 29	Tue	5:30-7pm	\$126/9	55223
Nov 5-Dec 10	Tue	5:30-7pm	\$69/5	55226

## Bloom Yoga

## GENTLE YOGA-LATES

19 yrs+

Ease tension, strengthen your core, and rehydrate connective tissue (fascia) in this gentle fusion of Yoga, Pilates, and the Tensegrity Repair Series. We will stabilize the hips and lower back as well as re-train pelvic floor muscles. The Tensegrity Repair Series is designed to hydrate and loosen connective tissues (fascia) to ease old holding patterns and facilitate ease of movement. Tensegrity (tension + integrity) describes the interconnection of ligaments, tendons, muscles and organs as it relates to tension and compression of the body.

## Monterey Recreation Centre

Sep 6-Oct 18	Fri	10:30-11:45am	\$82/7 (M)	54686
Sep 9-Oct 28	Mon	10:30-11:45am	\$82/7 (M)	54684
Nov 1-Dec 20	Fri	10:30-11:45am	\$94/8 (M)	54687
Nov 4-Dec 23	Mon	10:30-11:45am	\$82/7 (M)	54685

## Noelle Lucas

## YOGA FOR RUNNERS

15 yrs+

Support your training with a yoga practice designed for runners. Yoga postures and techniques are adapted with an eye towards running, utilizing stretching and strengthening exercises to open the body, increase endurance, and facilitate faster recovery. Classes include yoga breathing techniques to focus the mind, and increase cardiovascular endurance and control.

## Neighbourhood Learning Centre

Sep 16-Oct 28	Mon	7-8:15pm	\$70/6	55158
Nov 4-Dec 16	Mon	7-8:15pm	\$70/6	55159

## Pete Rose

## YOGA FOR PERSONAL POWER

15 yrs+

This class provides a continuous flow of mindful postures with emphasis on strength, stability, flexibility, and resiliency. Preventing and managing existing injuries by staying kind to ourselves and practicing Ahimsa - creating a space of reverence and self-compassion in each posture. Empowering breath work will support clarity of intentions, focus for goals and dreams, and freedom to enjoy movement!

## Neighbourhood Learning Centre

Sep 11-Oct 30	Wed	7-8:30pm	\$112/8	55152
Nov 6-Dec 18	Wed	7-8:30pm	\$98/7	55153

## Corinne Diachuk

## IYENGAR YOGA LEVEL 1

15 yrs+

Create a dynamic balance between flexibility, strength, and endurance using postures and breath awareness based on the teachings of B.K.S. Iyengar, the author of 'Light on Yoga.' Emphasis will be placed on balanced sequences, precision of movement, and correct body alignment. The practice of yoga promotes health, vitality, concentration, and relaxation through the integration of body, mind, and spirit.

## Windsor Pavilion

Sep 12-Oct 31	Thu	5:30-7pm	\$112/8	55372
Nov 7-Dec 19	Thu	5:30-7pm	\$98/7	55373

## Jayne Jonas

## KUNDALINI YOGA

19 yrs+

Kundalini Yoga uses movement, sound current, breath and meditation to stimulate the nervous, glandular and immune systems, improving strength and flexibility, while centering the mind and elevating the spirit. Benefits include relief from stress and insomnia, enhanced creativity, balancing of the heart and mind, and development of will power. Practicing kundalini yoga can raise your "Kundalini energy" and awaken your true creative potential.

## Monterey Recreation Centre

Sep 15-Oct 27	Sun	1:15-2:45pm	\$91/7	55616
Nov 3-Dec 15	Sun	1:15-2:45pm	\$91/7	55618

## Sherri Bird

## TRX AND YOGA NEW!

15 yrs+

Enhance your yoga practice by adding a TRX. Build balance, strength and flexibility while using this suspension system to do traditional yoga poses.

## Oak Bay Recreation Centre

Sep 15-Oct 20	Sun	10-11am	\$56/6	55918
Nov 3-Dec 1	Sun	10-11am	\$47/5	55924

## Phyllis Musseau

After practicing Yoga for 20 years **Phyllis Musseau** started her instructor training courses with Yoga in 2013 followed by Barre in 2015 and Pilates in 2016. Phyllis encourages participants and herself to accept themselves as they are while still working on physical and emotional growth. Her classes offer a supportive, safe and fun environment for everyone to participate and enjoy.

## YOGA 50+

## STRENGTH AND YOGA 50+

50 yrs+

Join Christine Balinski for this fun class. A great full body workout, starting with a warm-up and then using weights and yoga to develop strength. The class includes a full stretch and cool down at the end with yoga. Exercise mats will be provided but you may bring your own.

## Monterey Recreation Centre

Sep 5-Oct 24	Thu	8:45-10am	\$105/8 (M)	55519
Oct 31-Dec 19	Thu	8:45-10am	\$105/8 (M)	55521
Sep 9-Oct 28	Mon	11am-12:15pm	\$92/7 (M)	55526
Nov 4-Dec 16	Mon	11am-12:15pm	\$79/6 (M)	55530

## Christine Balinski

## HATHA YOGA - BEGINNERS 50+

50 yrs+

Hatha Yoga is a gentle and effective way to relieve stress, as well as improve flexibility, balance, circulation, concentration and eliminate tension. Please wear loose, comfortable clothing. Exercise mats will be provided but you may bring your own. Participants need to be able to get up and down from the floor.

## Monterey Recreation Centre

Sep 6-Oct 18	Fri	9-10:15am	\$92/7 (M)	55494
Nov 1-Dec 20	Fri	9-10:15am	\$105/8 (M)	55506
Sep 6-Oct 18	Fri	10:30-11:45am	\$92/7 (M)	55502
Nov 1-Dec 20	Fri	10:30-11:45am	\$105/8 (M)	55511
Sep 9-Oct 28	Mon	9:30-10:45am	\$92/7 (M)	55515
Nov 4-Dec 16	Mon	9:30-10:45am	\$79/6 (M)	55518

## Christine Balinski

## YIN YANG YOGA

50 yrs+

Yin Yang yoga is a practice that balances the dynamic Yang (Sun) with the slower paced Yin (Moon) yoga. This class will start with a more active and dynamic practice to energize and strengthen the body. The Yin style will open the body to more flexibility and quiet the mind to close the practice. Practicing the balancing act of life throughout yoga practice improves energy and strength while promoting relaxation and wellbeing. You will leave this class feeling refreshed and energized.

## Monterey Recreation Centre

Sep 12-Oct 31	Thu	11am-noon	\$91/8 (M)	55036
Nov 7-Dec 19	Thu	11am-noon	\$80/7 (M)	55037

## Veronika Prielozna

**(M) Monterey Recreation Centre Members receive a 15% discount on weekday daytime courses held at Monterey Recreation Centre. Membership is open to anyone over 50 years of age. See page 53 for details on becoming a member.**

## THERAPEUTIC AND RELAXATION YOGA

### GENTLE HATHA YOGA

15 yrs+

Gentle Hatha Yoga is restorative. It is an invitation to mindfulness through breath work and yoga postures (asanas). Together we practice warming up the major joints, balance, strength and flexibility to help ease tension and return to present moment awareness. It is designed for all body types and all levels of fitness.

<b>Henderson Recreation Centre</b>		<b>Linda (Tommi) Boulter</b>		
Sep 9-Oct 28	Mon	12:15-1:30pm	\$81/7	55107
Nov 4-Dec 16	Mon	12:15-1:30pm	\$70/6	55108

<b>Neighbourhood Learning Centre</b>		<b>Linda (Tommi) Boulter</b>		
Sep 13-Nov 1	Fri	12:15-1:30pm	\$93/8	55124
Nov 8-Dec 20	Fri	12:15-1:30pm	\$81/7	55125

### HATHA STRETCH

19 yrs+

Hatha Stretch provides an opportunity to stretch, unwind, and release tension, providing a good counterpoint to both busy lives and cardio workouts. This gentle yoga is done for the joy of stretching and stillness of mind. Hatha Stretch focuses on helping you feel aligned and balanced. Suitable for all levels of experience.

<b>Monterey Recreation Centre</b>		<b>Veronika Prielozna</b>		
Sep 9-Oct 28	Mon	6-7:30pm	\$98/7	57377
Nov 4-Dec 16	Mon	6-7:30pm	\$84/6	57378

### GENTLE HATHA YOGA - INTERMEDIATE

19 yrs+

This class will focus on improving flexibility and will help to strengthen all systems of the body. Emphasis will be on chakras, meridians alignment and proper posture.

<b>Windsor Pavilion</b>		<b>Meah Wojno</b>		
Sep 3-24	Tue	9:30-11am	\$56/4	55043
Oct 1-29	Tue	9:30-11am	\$70/5	55047
Nov 5-26	Tue	9:30-11am	\$56/4	55048
Dec 3-17	Tue	9:30-11am	\$42/3	55049

### YOGA FOR BACK CARE

15 yrs+

Yoga for Back Care is suitable for people with chronic back issues, including low back pain and sciatica. The focus will be on building strength and flexibility to support a healthy back. Breath awareness will be used to support pain management.

<b>Neighbourhood Learning Centre</b>		<b>Corinne Diachuk</b>		
Sep 11-Oct 30	Wed	11:30am-1pm	\$112/8	55160
Nov 6-Dec 18	Wed	11:30am-1pm	\$98/7	55161

### YOGA NIDRA AND RELAXATION YOGA

15 yrs+

Yoga Nidra, called the "meditative heart of yoga" is an ancient technique to learn the art of self-relaxation to balance the body and mind and help foster compassion. Whatever your life circumstances are, Yoga Nidra is a powerful way to experience transformational change. Anyone can practice Yoga Nidra as it is a very easy method of attaining deep relaxation, peace, and healing. The practitioner is guided into a deep wakeful stillness through breathing exercises followed by gentle yoga movements to waken and stretch the body. Class ends with a short 10-minute mindfulness exercise based in the art of meditation. Dress warmly and bring a blanket for this life changing experience. New students welcomed and encouraged.

<b>Neighbourhood Learning Centre</b>		<b>Jacqueline Quinless</b>		
Sep 12-Oct 31	Thu	7:45-9pm	\$93/8	55154
Nov 7-Dec 19	Thu	7:45-9pm	\$81/7	55155

### YIN YOGA

19 yrs+

Yin Yoga is a powerful practice targeting the tendons, ligaments and fascia in the body. Class includes breathing exercise (pranayam), gentle warm-up, yin postures that are held for long periods of time to encourage the slow and safe opening of connective tissues, a deep relaxation and closing meditation. Set to peaceful music, you will enjoy a supportive, light-hearted environment that will leave you feeling open, centered and restored.

<b>Monterey Recreation Centre</b>		<b>Andrea Ting-Letts</b>		
Sep 12-Oct 31	Thu	7-8:30pm	\$104/8	55343
Nov 7-Dec 19	Thu	7-8:30pm	\$91/7	55344

## BEDTIME YOGA

15 yrs+

35

Unwind and prepare your body for sleep in this quiet yoga class. We'll use bolsters and blocks to support our bodies in restorative yoga poses. Expect long holds and only 5-8 gentle, supported poses. Do dress in warm layers, wear cozy socks, bring a blanket and eye pillow if you wish.

<b>Windsor Pavilion</b>		<b>Linda (Tommi) Boulter</b>		
Sep 12-Oct 31	Thu	7:30-8:30pm	\$74/8	55380
Nov 7-Dec 19	Thu	7:30-8:30pm	\$65/7	55381



OnLine Registration [recreation.oakbay.ca](http://recreation.oakbay.ca)

### YOGA4STRENGTH GENTLE

15 yrs+

This slower paced fusion class is perfect for someone who is new to strength training or yoga. Join Melissa Krieger for Yoga4Strength, a fusion class that combines strength exercises, yoga, core, and balance work. The beginning of the class is a slow yoga warm-up, followed by safe full body strength routine using various equipment, and finishing with a gentle yoga practice. If you have more experience with strength training you may prefer the moderate level.



<b>Windsor Pavilion</b>		<b>Bloom Yoga</b>		
Sep 4-Oct 30	Wed	9:15-10:45am	\$126/9	55213
Nov 6-Dec 11	Wed	9:15-10:45am	\$84/6	55214

### YOGA4STRENGTH MODERATE

15 yrs+

It's tough fitting strength training, yoga, and core conditioning into your busy week! Why not fit them all into one fun class? Join Melissa for Yoga4Strength, a fusion class that combines strength exercises, yoga, core, and balance work. The beginning of the class is a slow yoga warm-up, then moving into a quicker full-body strength routine using various equipment, and finishing with a gentle yoga practice.

<b>Windsor Pavilion</b>		<b>Bloom Yoga</b>		
Sep 3-Oct 29	Tue	7:15-8:45pm	\$126/9	55217
Sep 5-Oct 31	Thu	5:30-7pm	\$126/9	55221
Sep 9-Oct 28	Mon	5:30-7pm	\$98/7	55215
Nov 4-Dec 9	Mon	5:30-7pm	\$69/5	55216
Nov 5-Dec 10	Tue	7:15-8:45pm	\$69/5	55218
Nov 14-Dec 12	Thu	5:30-7pm	\$69/5	55222

<b>Windsor Pavilion</b>		<b>Bloom Yoga</b>		
Sep 5-Oct 31	Thu	9:15-10:45am	\$126/9	55219
Nov 14-Dec 12	Thu	9:15-10:45am	\$69/5	55220

### YOGA4STRENGTH VIGOROUS

15 yrs+

If you are a new student to Melissa's class, it is highly recommended that you begin in a Gentle or Moderate class. Yoga4Strength Vigorous is a fast paced class that is NOT suitable for beginners.

<b>Windsor Pavilion</b>		<b>Bloom Yoga</b>		
Sep 9-Oct 28	Mon	7:15-8:45pm	\$98/7	55228
Nov 4-Dec 9	Mon	7:15-8:45pm	\$69/5	55361
<b>Neighbourhood Learning Centre</b>		<b>Bloom Yoga</b>		
Sep 3-Oct 29	Tue	9:15-10:45am	\$126/9	55362
Nov 5-Dec 10	Tue	9:15-10:45am	\$69/5	55363