

Spring Health & Wellness and Fitness Classes At a Glance

Always check availability with the front desk. Schedule subject to change.

*Classes with an asterik are aerobics classes. Registration, advance sign up & drop-in options may be required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
Ball & Body Blast* 8:00am-9:00am Alesya (Gym)			My Fit Friends* 9:00am-10:00am Lynne (Gym)		
Zumba* 9:00am-10:00am Alesya (Gym)	My Fit Friends* 9:00am-10:00am Lynne (Gym)	Zumba* 9:00am-10:00am Alesya (Gym)		Zumba Sculpt* 9:00am-10:00am Alesya (Gym)	Circuit Training* 9:00am-10:00am Mike (Fitness Centre)
Morning Start Yoga 9:15am-10:15am Peter (Oak Rm)	Iyengar Yoga - Level 1 9:30am-11:00am Roberta (JHC North Rm)		Iyengar Yoga - Mixed Levels 9:30am-11:00am Roberta (JHC North Rm)		Feldenkrais 9:15am-10:15am Mary Lou (Oak Rm)
Dance & Stretch* 10:15am-11:15am Gayl (Gym)	Refit* 10:15am-11:30am Maggi (Gym)	Stretch & Flex* 10:00am-11:00am Alesya (Gym)	Refit* 10:15am-11:30am Maggi (Gym)	Ballet Barre* 10:00am-11:00am Alesya (Gym)	Yoga for Healthy Body & Mind 11:00am-12:00pm Chew-Nvet Lee (Oak Rm)
Gentle Pilates 10:30am-11:30am Denise (Oak Rm)		Pilates Barre 10:00am-11:00am Roberta (JHC North Room)	Dance & Stretch* 11:45am-12:45pm Gayl (Gym)		
		Yin is In 10:15am-11:15am Denise (Oak Rm)	Feldenkrais 1:30pm-2:30pm Mary Lou (Oak Rm)		
Evening Classes					
	Iyengar Yoga Mixed Level 6:00pm-7:30pm Luci (JHC North Rm)	Stability, Mobility & Strength 4:30pm-5:30pm Maggi (Dining Rm)	Meditation - Guided 4:30pm-5:30pm Louis (Oak Rm)		
	Pilates 5:30pm-6:30pm Karen (Oak Rm)		Iyengar Yoga - Mixed Levels 5:30pm-7:00pm Roberta (JHC North Rm)		
Beginner Yoga - Vijnana 6:30pm-8:00pm Ginnie (Dining Rm)	LeBlond Technique 6:30pm-8:30pm Janice (Dining Rm)	Feldenkrais 7:15pm-8:15pm Mary Lou (Oak Rm)			
Gentle/Rehab	Primary focus is improving balance, flexibility and general strengthening while maintaining and/or improving fitness levels.				
Light	Little to no impact if there is a cardio vascular component. Body weight, bands, tubing or light weights may be used for general strengthening.				
Moderate	Alternating periods of higher and lower levels of intensity. Various equipment may be used for conditioning.				