

Active 55+ Fall 2018 and Winter 2019 Schedule:

Use it! Lose it! Tone it Up! RDAPC

Increase your core strength, tone muscles, get your heart pumping and feel great about your body. By using a variety of techniques we will build stamina, strength and help you burn those calories. Everyone works at their own pace and strength level in a supportive and non-competitive environment.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, a set of light weights, and mat

Instructor: Hilary Balaban

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays	9:00 – 9:50 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
Thursdays	9:00 – 9:50 a.m.	10 classes	Sept. 27 – Nov. 29	\$65
Tuesdays	9:00 – 9:50 a.m.	10 Classes	Jan. 8 – Mar. 20	\$65
<i>(No class March 13)</i>				
Thursdays	9:00 – 9:50 a.m.	10 classes	Jan. 10 – Mar. 22	\$65
<i>(No class March 15)</i>				

Total Body Fit (Introductory Seated Class) RDAPC

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Total Body Fitness. You get a little bit of everything- all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Hilary Balaban

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30

Tuesdays	10:00 – 10:50 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
Tuesdays	10:00 – 10:50 a.m.	10 Classes	Jan. 8 – Mar. 20	\$65
<i>(No class March 13)</i>				

Chair Yoga RDAPC

Chair Yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing and water bottle

Instructor: Hilary Balaban

Location: Royal Distributing Athletic Performance Centre, 7384 Wellington Rd. 30



Thursdays	10:00 – 10:50 a.m.	10 classes	Sept. 27 – Nov. 29	\$65
Thursdays (No class March 15)	10:00 – 10:50 a.m.	10 classes	Jan. 10 – Mar. 22	\$65

Gentle Yoga

Whether you're new to yoga or have been practicing for years ~ this class is for you! This class will bring attention to your breath and provide you with the basics of yoga postures and movement while reducing stress, and promoting overall well-being.

Required: Comfortable clothing, a yoga mat and water bottle.
Instructor: Rebecca Boyington
Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Tuesdays	9:00 – 10:00 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
Thursdays	9:00 – 10:00 a.m.	10 classes	Sept. 27 – Nov. 29	\$65
Tuesdays	9:00 – 10:00 a.m.	10 Classes	Jan. 8 – Mar. 12	\$65
Thursdays	9:00 – 10:00 a.m.	10 classes	Jan. 10 – Mar. 14	\$65

Yoga – Moving Forward

This progressive class will help you move past the introductory elements and build on your strength, flexibility and balance. You will learn new poses, movements and postures and understand how important your breath becomes during your practice. Modifications for different abilities will be offered.

Required: Comfortable clothing, a yoga mat and water bottle.
Instructor: Rebecca Boyington
Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Tuesdays	10:10 - 11:10 a.m.	10 Classes	Sept. 25 – Nov. 27	\$65
Thursdays	10:10 – 11:10 a.m.	10 Classes	Sept. 27 – Nov. 29	\$65
Tuesdays	10:10 - 11:10 a.m.	10 Classes	Jan. 8 – Mar. 12	\$65
Thursdays	10:10 – 11:10 a.m.	10 Classes	Jan. 10 – Mar. 14	\$65

Chair Yoga

Chair yoga is one of the gentlest forms of yoga - a unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on a chair or the chair is used for support during standing and balance poses. Come join us for a safe, gentle and effective class to stretch and strengthen your body.

Required: Comfortable clothing, a yoga mat and water bottle.
Instructor: Rebecca Boyington
Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood



Mondays 10:00 – 11:00 a.m. 10 Classes Sept. 24 – Dec. 3 \$65
 (No class October 8th)

Mondays 10:00 – 11:00 a.m. 10 Classes Jan. 7 – Mar. 18 \$65
 (No class February 18)

Use it! Lose it! Tone it Up! ROCKMOSA

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Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, a set of light weights, and mat

Instructor: Hilary Balaban

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays 9:00 – 9:50 a.m. 10 Classes Sept. 26 – Nov. 28 \$65

Wednesdays 9:00 – 9:50 a.m. 10 Classes Jan. 9 – Mar. 21 \$65

Total Body Fit (Introductory Seated Class) ROCKMOSA

Looking for a place to begin your fitness program? Come join our INTRODUCTORY CLASS of Total Body Fitness. You get a little bit of everything- all with great music to keep you moving. This class gives you a variety of exercises to teach the basics of weight training, balance, flexibility and cardiovascular fitness. Work at your own pace with feel good exercises to enhance your health and well-being.

Required: Good-fitting indoor running shoes, comfortable clothing, water bottle, and a set of light weights.

Instructor: Hilary Balaban

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Wednesdays 10:00 – 10:50 a.m. 10 Classes Sept. 26 – Nov. 28 \$65

Wednesdays 10:00 – 10:50 a.m. 10 Classes Jan. 9 – Mar. 21 \$65

BoneFit

The instructor will guide you through the necessary components to manage Osteoporosis such as strength, posture, core stability, balance and weight bearing exercises. Improving these can reduce fall risks. This class is designed for people who have an Osteoporosis diagnosis or who may be susceptible due to family history.

Required: Hand weights, gym shoes, comfortable clothing, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays 8:30 – 9:20 a.m. 10 Classes Sept. 28 – Nov. 30 \$65

Fridays 8:30 – 9:20 a.m. 10 Classes Jan. 11 – Mar. 15 \$65



Bands and Bells

This combo class of resistance bands and dumbbells offers a cardiovascular warm up, followed by a balance component, strength training and a stretching cool down. Participants can choose which resistance equipment they prefer; bands are provided and those preferring weights please bring your own.

Required: Gym shoes, comfortable clothing, light dumbbells, water bottle

Instructor: Margaret Iutzi

Location: Rockmosa Community Centre, 110 Rockmosa Dr. Rockwood

Fridays 9:30 – 10:20 a.m. 10 Classes Sept. 28 – Nov. 30 \$65

Fridays 9:30 – 10:20 a.m. 10 Classes Jan. 11 – Mar. 15 \$65

Multiple Class Discount: When you sign up for a second class you receive a \$10 discount for the second class, additionally, if you sign up for 3 classes you will receive a \$20 discount on your third class.

Partner Discount: When 2 residents that live in the same household sign up for the same class, the second registration is only \$55