

MIND & BODY

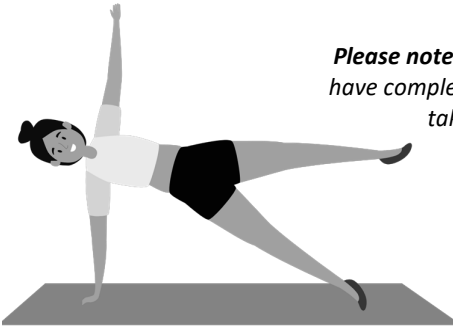
PILATES (BEGINNER)

MONDAYS | 6:00pm–7:00pm | JANICE (Multi 4)

Sept 9 – Dec 16 (ex. Oct 14) **\$120** +HST

Jan 6 – March 24 (ex. Feb 17) **\$110** +HST

This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.



Please note that participants must have completed Beg. Pilates before taking Inter./Adv. Pilates.

PILATES (INTERMEDIATE/ADVANCED)

MONDAYS | 7:15pm – 8:15pm | JANICE (Gym)

Sept 9 – Dec 16 (ex. Oct 14) **\$120** +HST

Jan 6 – March 24 (ex. Feb 17) **\$110** +HST

Pilates (Intermediate/Advanced): This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.



MEDITATION & MINDFULNESS

TO BUILD RESILIENCE IN CHALLENGING TIMES

MONDAYS | 7:00pm – 8:30pm | MARLENE (Multi 3)

Sept 9 – Nov 4 (ex. Oct 14) **\$105** +HST

Learn to build your mental and emotional resilience through the basic practices of mindfulness and meditation.

These practices can help you to de-stress, develop increased self-awareness, tap into your inner strength, gain a greater sense of overall well-being and live a more balanced and harmonious life.

SCHEDULE AT A GLANCE: YOGA, PILATES, MEDITATION, TAI CHI AND QIGONG

** PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Hatha Yoga (All Levels) 10:15am – 11:30am KATE (Hall A)		Gentle Yoga 10:15am – 11:15am SHEBAH (Hall A)	Absolute Beg. Yoga 5:45pm – 6:45pm FRANCINE (Multi 4)	Tai Chi (All Levels) 9:00am – 10:15am EDUARDO (Hall B)
Pilates (Beginner) 6:00pm – 7:00pm JANICE (Multi 4)		Yoga & Meditation 6:00pm – 7:15pm MARIANN (Hall B)	Qigong 5:45pm – 7:00pm NONA (Hall B)	
Pilates (Inter/Adv) 7:15pm – 8:15pm JANICE (Gym)			Tai Chi and Qigong 7:00pm – 8:15pm NONA (Hall B)	
Meditation & Mindfulness 7:00pm – 8:30pm MARLENE (Multi 3)	Yoga Flow 7:15pm – 8:30pm KATE (Gym)		Yoga Flow and Restore 7:15pm – 8:15pm SARA (Gym)	