

NEW - SPECIALTY FITNESS CLASS PROGRAMS – FALL 2019

Gentle Yoga

Saturday's Group: 11:00 am – 11:45 am
Instructor: Colleen

A morning class that will start your day and set the tone to help you build strength, increase flexibility and find focus. An 'all levels' class with a focus on alignment, beginners will safely learn the basics while more experienced yogis can take postures to a deeper level.

Hatha Yoga

Monday's Group: 4:30 pm – 5:15 pm
Instructor: Derek

Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Suitable for all levels.

Hatha Yoga

Tuesday's Group: 4:30 pm – 5:15 pm
Instructor: Colleen

Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Suitable for all levels.

Hatha Yoga

Thursday's Group: 4:30 pm – 5:15 pm
Instructor: Cynthia

Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Suitable for all levels.

Introduction to Pilates

Tuesday's Group: 12:10 pm – 12:55 pm
Instructor: Stephanie N/Karina

This class is a fast-paced introductory level class for those new to STOTT Pilates. Classes focus on establishing the five (5) STOTT principles while learning all the essential Matwork exercises (Level 1 & 2) at an increased intensity.

Pilates on the Bosu

Thursday's Group: 11:30 am – 12:15 pm
Instructor: Stephanie N

Using the BOSU for intensity, the Pilates on the BOSU class will incorporate the Essential and pre-Intermediate Pilates Matwork. The BOSU is considered the ultimate piece of fitness equipment as it challenges your balance, agility and core strength simultaneously.

Yoga for Stress Release

Wednesday's Group: 4:30 pm – 5:15 pm
Instructor: Ouma

In this Hatha class, we work to release the stress and tension that tends to build up over the week by taking extra time to work through postures. This slower pace helps to open the joints and refresh the muscles. We also work with the breath to help slow down a busy mind. Doing this helps us foster a calm and relaxed state to help carry us through the week to come. All levels welcome

PLEASE PRE-REGISTER BEFORE START DATE OF PROGRAM AT:

Panther Central desk, Chi-Wan Young Sports Centre

NOTE: Registration is with specific program and date.

No swapping of classes not registered in.

Twelve Classes/Session Program Fee

Sports Centre Members: \$80 + hst • Non-members: \$91 + hst

Payment required at the time of registration.

Drop-in's \$10 + hst

Each program - 12 classes to begin week of September 16, 2019

Classes cancelled (i.e. due to holiday, weather, etc.) will be made up but may run into December

HAVE FUN. GET FIT. FEEL GREAT!

upe.ca/ar/fitnessclasses