



UNIVERSITY
of Prince Edward
ISLAND



SENIOR FITNESS PROGRAMS • SEPTEMBER 2017

CHAIR YOGA

Monday's Group: 9:00 am – 9:45 am
 Dates: September 18 – October 30
 Instructor: Angela Marchbank

Tuesday's Group: 9:00 am – 9:45 am
 Dates: September 19 – October 24
 Instructor: Cynthia Dennis

Friday's Group: 9:00 am – 9:45 am
 Dates: September 22 – October 27
 Instructor: Angela Marchbank

Chair yoga is a gentle, unique style of yoga using poses adapted to sitting on a chair or standing using a chair for support. Perfect for those with mobility issues, physical limitations or beginners looking for a low-impact workout. you will leave the class feeling stretched and refreshed!

Six Classes/Session Program Fee:

Sports Centre Members: \$35 + hst • Non-members: \$45 + hst
 Payment required at registration.
 Drop-in's \$10 + hst

PLEASE PRE-REGISTER BEFORE START DATE OF PROGRAM:

Panther Central Desk, Chi-Wan Young Sports Centre, University of Prince Edward Island, (902) 566-0368

Pre-Registration is required for all Specialty Fitness Class Programs.

SILVER STRETCH N' TONE

This class is for seniors/older adults and is a gentle total-body workout appropriate for any fitness level. The class is designed to increase flexibility, balance, joint stability, coordination, muscle strength and cardiovascular endurance. Light hand-held weights and Therabands will be used and a chair is offered for support, stretching and relaxation.

Wednesday's 9:00 am – 9:45 am
 Dates: September 20 – December 6
 Instructor: Brittany Stephens and Angela Marchbank

Fee:

FREE for Sports Centre members and UPEI full-time students.

Non-members: \$6 + hst/class drop in

** Sports Centre day passes not accepted for fitness classes



HAVE FUN. GET FIT. FEEL GREAT!

upei.ca/fitness