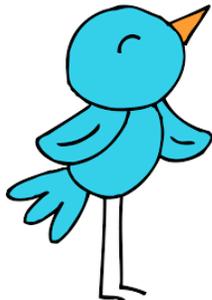


Spring into Health

Spring Registration

TUESDAY, APRIL 16, 2019 AT 10AM

REGISTER ONLINE OR IN-PERSON



Party with a Purpose

Save the Date! Our annual Party with a Purpose Fundraising Dinner will be held on Wednesday, May 8 at Breezy Bend Country Club. Tickets go on sale Monday, April 1. Tickets cost \$32.00 and include a \$15.00 charitable tax receipt.



5006 Roblin Blvd, Winnipeg MB, R3R 0G7 Phone: 204-897-5263
Hours: Mon-Thurs 9:00am- 4:00pm, Fri- 9:30am- 12:00pm
Email: info@charleswoodsniorscentre.org
Website: www.charleswoodsniorscentre.org

Barre Fitness

8 weeks (Jill)

8 weeks (Kirstin)

w/ Jill: **Wednesdays at 11am, Apr.24-June 12**

w/ Kirstin: **Mondays at 2:20pm, Apr.22-June 17**

Tuesdays at 9:30am Apr.23-June 11

This exciting workout is geared to encourage your body to produce lean and toned muscles. Jill's program blends Pilates with dance, cardio and strength training specifically challenging arms, legs and core to strengthen and lengthen the body. Kirstin's program is similar. It blends classic ballet strengthening exercises with fitness. Both are powered by energizing, heart pumping music that makes you want to move. This class uses choreographed movement patterns with the support of a ballet barre to take you through a flow of high-powered sequences that will keep you moving and smiling!

Cost: Jill (8 weeks) \$50 members, \$70 for non-members.

Cost: Kirstin (8 weeks) \$50 for members/ \$70 for non-members.

Restorative Yoga w/ Kirstin (8 weeks)

Thursdays 12:15pm, Apr.25-June 13

Restorative Yoga is a series of non-weight bearing poses designed to make you feel great during, and after class. The sequence is slow -- each pose is held between one and two minutes. Students who like this class say it compliments their active lifestyle.

Instructor: Kirstin

Cost: \$50/ members, \$70/ Non Members

Barre-dio w/ Kirstin (8 weeks)

Thursdays, 11:15am, Apr.25-June 13

A 60 minute barre class, with a kick! Kirstin's Barre-dio is a workout that focuses on the strength, deep core activation, and stability work of a traditional barre class with choreography that will get your heart rate up. If you've been wanting to take your barre training to the next level, or, if you want to improve your cardiovascular health, come sweat with us!

Instructor: Kirstin.

Cost: \$50 members/ \$70 non-members.



Tai Chi w/Jill (8 weeks)

Wednesdays, 12:20pm, Apr.24-June 12

Wednesdays, 1:15pm, Apr.24-June 12

This class will help you unwind, improve your balance and gently stimulate your body and soul. This unique program, created by Jill, is based on different forms of Tai Chi and Quigong movement patterns. This class is appropriate and beneficial for all levels.

Instructor: Jill

Cost: \$50 for members/ \$70 for non-members.

Pilates w/ Jill (8 weeks)

Tuesdays, 1:15pm, Apr.23-June 11

This program molded to suit ages 50 and up. The exercises are taught on the mat and focus on lengthening and strengthening all your muscles with the main focus on increasing lung capacity, core strength and flexibility to encourage healthier, injury free bodies, Jill will be using *Bender Balls*. *Please Note: Check with your doctor if you have osteoporosis.* This is a continual on-going program, with additional new exercises each term.

Instructor: Jill

Cost: \$50 for members/ \$70 for non-members

Sit and Fit Pilates w/ Jill (8 weeks)

Tuesdays, 10:45am Apr.23-June 11

Thursdays, 9:45am, Apr.25-June 13

This chair class is definitely a good solid core workout. STOTT PILATES breathing and core strengthening principles are the foundation for this solid program. All your muscles will become stronger and longer! *Fun equipment is used in this class such as Bender Balls, golf balls, and Therabands.* This class is appropriate and challenging for individuals regardless of their fitness level.

Instructor: Jill.

Cost: \$50 members \$70 non members.

Yin-Yang Yoga w/ Kirstin (8 weeks)

Wednesdays at 2:30pm, Apr.24-June 12

A nice combination of regular and restorative yoga. Improve strength of motion while reducing stress and pain with heat building poses that will get your heart rate up! Includes Hatha yoga movements. **Cost:** \$50/members, \$70 non-members.

Cardio Strength Infusion w/ Andrew

(8 weeks) **Tuesdays, 2:30pm, Apr.23-June 11**

Cardio-Strength Infusion is for anyone who is looking for a good work out. Class includes muscular exercises and aerobic movement.

A group workout that will make you sweat!

Cost: \$50 members/ \$70 non-members.

Instructor: Andrew

Functional Fitness w/ Andrew (8 weeks)

Thursday's, 2:30pm, Apr.25-June 13

Instructor: Andrew.

Functional fitness moves focus on balance, core strength, endurance and multi-joint flexibility. Class begins with a quick 2 min. about your body's muscles. Followed by 20 mins of cardio, 20 mins of functional strength training, 10 mins. of balance training and 10 mins. of stretching. Focuses on activities of daily living. Great for all levels.

Instructor: Andrew

Cost: \$50 for members/ \$70 for non-members

Brain and Body Blast w/ Jill (7 weeks)

Mondays, 10:15am, Apr.22-June 10

Do you want a class that sharpens the brain and strengthens your bones and muscles at the same time? All the important components of a well-rounded fitness class are covered in this motivating workout. The class involves a ball routine for light cardio, strength and balance training, stretching, and the added challenge of "brain and body puzzles".

Instructor: Jill

Cost: \$44 for members/ \$64 for non-members

Gentle Yoga w/ Jill (7 weeks)

Mondays 11:20am, Apr.22-June 10

Mondays, 1:00pm, Apr.22-June 10

This invigorating yoga based class rejuvenates your brain, challenges your balance, tones and strengthens all your muscles and bones. The moves are taught in varying levels behind a chair so you can be safely guided from pose to pose.

Must be able to stand with chair support for 40mins. **Instructor:** Jill

Cost: \$44 for members/ \$64 for non-members



Total Body Fitness with Eleanor (7 weeks)

Wednesdays, 9:30am, May 1 -June 12

This class will start with a warm up, and cardio exercises, followed by muscle conditioning and balance exercises and will conclude with a cool down and relaxation. This class is good for a beginner and will still satisfy the moderately fit. **Instructor:** Eleanor

Cost: \$44/ members, \$64/ Non Members

Circuit/ Weight Training w/ Raul (7 weeks)

Fridays, 10:30am, Apr.26-June 7

This is an exercise program that will focus on improving your strength, endurance, balance and coordination. Each participant will move from station to station to focus on different exercises. You have a choice of logging your progress or just have fun doing the exercises.

Cost: \$44 members/ \$64 non-members.

Instructor: Raul.

Yin Yang Fridays at 11:45am (7 weeks) Apr.26-June 7

A nice combination of regular and restorative yoga. Improve strength of motion while reducing stress and pain with heat building poses that will get your heart rate up. Includes Hatha yoga movements.

Cost: \$44.00/members, \$64.00/non-members

Instructor: Kirstin

IMPORTANT NOTICE

What to bring:

- Comfortable clothing
- Indoor runners
- Yoga mat
- Bath towel to cover your mat
- Hand towel (if using a chair to put feet on)
- 6 ft. Rep Bands are available for \$5
- Water bottle

*Mats, bands, water available if you forget yours

*We will no longer be supplying Lysol wipes, please bring your own or use a towel

***No classes Monday, May 20**

Pickleball @ Westdale CC (10 weeks) Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport has been growing in popularity among seniors as it is easier to play than tennis. The speed of the Pickleball is slower than that of a tennis ball and the court is a third of the size.

Mondays, 9:30am-11:00am Apr.15-June 24

***No pickleball Victoria Day May 20**

Wednesdays, 9:30am-11:00am Apr.17-June 19

***No Pickleball April 10**

Fridays, 9:30am-11:00am Apr.12-June 21

***No Pickleball Good Friday, April 19**

***Pickleball registration is Monday, April 1.** Register online or in-person.

Cost: \$32.50/10 week session for pickleball once a week

Please be aware, the spots in fitness programs (including pickleball) are non-transferable. This means that only one person is allowed to occupy a registered spot (two people cannot share). Please be honest and help to support the Centre.

Zumba (8 weeks) Instructor: Jenna Mondays, 9:15am. Apr.22-June 17. No class on May 20. Zumba is a great opportunity to exercise and have fun while doing it. New instructor. This class will be perfectly paced, easy to follow and music will be from the 70-90's era. Come have fun Monday mornings with Jenna!
Cost: \$50.00/members, \$70.00/non-members.

Meditation w/ Deb (4 weeks) Tuesdays, May 14-June 4 9:15am (upstairs)

In this class Deb will lead you through a variety of meditations and guided visualizations.

Meditation helps to reduce stress, slows aging, benefits cardiovascular and immune health and encourages a healthy lifestyle. This class is appropriate for all. Spring into health with this great class!

Instructor: Deb **Cost:** \$25 for members/ \$45 for non-members.

Hall Walking will commence Monday-Friday inside at Charleswood United Church. Time: 9:15am-10:15am. \$2.50/year. No hall walking: May 1,2,3,10,14,15,16,20,23,24,30,31. June dates: TBD.

A promotional graphic for 'SUMMER FITNESS' featuring a pink background with a yellow towel, a blue water bottle, and yellow dumbbells. The text reads: 'SUMMER FITNESS', 'Tuesdays & Thursdays', '3 sessions', and 'Please see summer newsletter for more details'.

SUMMER FITNESS

Tuesdays & Thursdays

3 sessions

**Please see summer newsletter
for more details**