

FEBRUARY SCHEDULE *check on line SCHEDULE for updates

CLASS DESCRIPTIONS

B: beginner appropriate **G:** gentle **M:** moderate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00—7:00am HIIT Amy Mitchell				7:30—8:30am HIIT Amy Mitchell	
9:00 - 10:15am Yoga Pilates FLOW Cathy Hanan	New! 9:00 –10:30am TRADITIONAL Hatha Yoga Maree Metcalf	9:00 - 10:15am Hatha Flow Kelly Urquhart	9:00 - 10:15am Yoga Pilates FLOW Cathy Hanan	9:00 –10:30am HATHA YOGA All levels Janet Budden	8:45 – 10:00am Yin Yoga & Somatics Monica Crane	9:00 - 10:30am HATHA YOGA All levels Janet Budden
10:30 - 12:00pm SOMATICS: EVOLUTION Monica Crane	New! 11:00—12:15pm STRENGTH & STABILITY Michele Archibald	10:30 - 12:00pm SOMATICS: EVOLUTION Monica Crane	11:00am—12:15pm 'Restore the Core' SOMATICS Arlene Curry	11:00am—12:15pm APPLIED SOMATICS Kathryn Hodgson	10:15 –11:15am ZUMBA Sandra Lamplugh	11:00—12:15pm 'Restore the Core' SOMATICS Arlene Curry
	CRANIO SACRAL APPOINTMENTS AVAILABLE	CRANIO SACRAL APPOINTMENTS AVAILABLE CLINICAL SOMATICS APPTS Feb 6 & Mar 6				
	4:30—5:30pm ZUMBA LEVEL 1+ Sandra Lamplugh	New! 5:00—5:45pm POUND fitness Chelsea Stanley				
6:00—7:15pm CORE FLOW Kelly Urquhart	6:00— 7:15pm YOGA 101 Maria Brownlow	6:00—7:15pm HATHA SLOW Flow Michele Archibald	5:30—6:30pm CORE FLOW Maria Brownlow	5:30 –6:45pm YIN & YANG YOGA Michele Archibald		
7:30 – 8:45pm YIN YOGA for MINDFULNESS Lynsay Pacey	7:30—8:45pm DEEP HEALING RESTORATIVE YOGA Linda Shore		7:00—8:15pm CANDLELIGHT YIN YOGA Maree Metcalf			

HATHA YOGA: 'Hatha' means balanced between effort & ease. Stretch, strengthen, breathe & relax: these mindful practices explore safe alignment, postures, breathing, relaxation & meditation techniques: options offered for all levels. (B/G/M/)

FLOW Hatha/Core/Pilates : These even-paced more challenging classes helps to make the body strong and flexible. No straining: no striving. Just a powerful and calm "all-body" practice which flows with the breath designed for overall wellbeing. Modifications offered practice at your own pace (M/V)

DEEP HEALING RESTORATIVE YOGA: This somatic, restorative yoga class is conducive to relaxing and repairing physical & mental tensions through gentle movements through a comfortable range of motion and resting in postures supported by props (B/ALL)

YIN YOGA : a deep slow stretch of the fascia & deep connective Tissues in seated & supine postures, held gently for longer periods of time to increase flexibility & release tension. (B/G) All levels

YIN & YANG YOGA This class is designed to make sure you get the most out of your time on the mat, a balance between pushing your edge and sweet surrender. Through a moderate vinyasa flow we will build heat, which helps to detoxify muscles and organs, as well as prepare your body to move into longer, yin holds. Guided by inner awareness you will discover optimal alignment for each pose, creating a safe foundation for you to build strength and develop flexibility.

SOMATICS: safe, gentle slow powerful movements to unlock postural patterns & areas of muscular tension through neuro-muscular re-education. Involves gentle engagement of muscles followed by slow deliberate release & then used in integrating movements for better co-ordination, function & strength (G/B/ALL)

STRENGTH & STABILITY - We will work on the core muscles of the body, gaining strength and improving your stability. Moving through a variety of Yoga, Pilates and weight training exercises and using various props, this class is sure to challenge you! Be prepared to sweat and leave feeling invigorated and stronger! (All levels/V)

HIIT High Intensity Interval Training is effective in improving endurance, strength and power while keeping metabolism on fire for 24-48 hours post workout. Alternating periods of intense effort with periods of moderate-to-low effort, you can maximize fat burning and muscle building potential through significantly shorter workouts. This class will use body weight exercise as well as equipment to challenge your muscles: all levels welcome. New? you start slow! (V)

POUND! Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. All fitness levels (All levels/V)

ZUMBA: Fuses Latin rhythms & easy-to-follow moves for an exciting hour of joyful calorie-burning, body-energizing Movements: a great cardiac aerobic workout! Wear runners (ALL)

ZUMBA level 1+ lower impact, slower pace: great for beginners & 50+ & those getting back into aerobic exercise. Work at your own level : lots of options offered for those who want it! (wear runners)

ALL CLASSES ARE DROP IN UNLESS OTHERWISE INDICATED