

WINTER 2021 SPECIALTY CLASSES

Session 1 · Jan 4 – Feb 12, 2021

SERVICE	DAY/DURATION	TIME	START	COST
SUP-Fit	Thursday 6 Weeks	12:10pm	Jan 7 th	Members \$30 + HST Non-Members \$72 + HST
Strong Mom	Tuesday 6 Weeks	11:15am	Jan 5 th	Members \$30 + HST Non-Members \$72 + HST
Brain Body Balance	Wednesday 6 Weeks	11:00am	Jan 6 th	Members \$30 + HST Non-Members \$72 + HST
Chair Yoga	Monday 6 Weeks	1:30pm	Jan 4 th	Members \$30 + HST Non-Members \$72 + HST

Deadline for registration is December 20th, 2020. All classes must have a minimum number of participants registered in order to run.

SUP-Fit: This challenging core specific class will take place on top of our stand up paddleboards in the competition pool. Focusing on core strength and balance, this class will combine upper body, lower body, and even a bit of cardio into one intense class for any level. Only available here at the Canada Games Aquatic Centre!

Max 6 Participants

Strong Moms Swim & Sweat (Aqua & Land): This program is designed to bring fitness and balance to new mothers as they bond with their babies. This program, lead by our Pre & Post Natal Certified instructor Stephanie Galbraith, enables new moms to have an opportunity to build an emotional connection with baby and meet other new moms. This class is for moms and babies, age 3 months and up. Exercises are adapted to meet individual needs and all fitness levels. The first 3 weeks of the session will be in the pool and the last 3 weeks of the session will be held in the functional studio to provide a balance of both aquatic and land-based fitness routines.

Max 6 Participants

Brain Body Balance: This is a gentle movement-based session that focuses on mental fitness, incorporating exercises that encourage cognitive abilities, physical soundness, range of motion, and balance. This program is designed for seniors to create a community that is safe, fun, and social.

Max 7 Participants

Chair Yoga: “Chair yoga” is a gentle form of yoga that is practiced while seated, standing, and lying down while using the chair as support when required. This style is excellent for those with limited mobility as well as older adults. In this class you instructor, Stephanie Savage, will teach the fundamentals of yoga through chair flows that are sure to get your heartrate up and put a smile on your face!

Max 7 Participants