

REGISTERED LOW-INTENSITY FITNESS CLASSES

Yoga for 55+

For anyone who is looking for a safe, effective way to enhance their physical health and overall wellness. Great for building body awareness, coordination, improved balance, joint stability and strong mind body connection. No yoga experience necessary.

Please bring a yoga mat and blanket.

Mon | 9:30-10:30am | Mar 8 - 29 | \$25.20

Wed | 9:30-10:30am | Mar 10 - 31 | \$25.20

**Community Centre
4810 Womacks Rd**

D'Fine Fusion

Imagine getting a full body workout without using weights? You can, it's called D'Fine Fusion! The combination of Core Fitness, Pilates, Yoga and Barre allows you to gain strength, define muscles, and extend endurance, gain flexibility and balance.

This is a bare foot class.

Please bring your own yoga mat.

Mon | 6:30-7:15pm | Mar 8 - 29 | \$18.90

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Deep Yoga

Masterful and intentional, Deep is a restorative movement sequence that utilizes Spiral Structure Technique to connect mind to muscle and catalyze vibrational change on a cellular level.

This class is gentle, slow-paced and open to all levels.

Please bring your own yoga mat.

Tue | 6:30-7:30pm | Mar 9 - 30 | \$25.20

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Gentle Flow Yoga

This is a wonderful yoga class for beginners or those experienced yogis looking to slow down. The class is a full body, top to bottom experience that will connect your breath to your mind and body. Gift yourself time to move your body, slow down the mind and reconnect with your breath. Forget all the chaos swirling around you for an hour.

Please bring your own yoga mat.

Wed | 5:00-6:00pm | Mar 10 - 31 | \$25.20

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Yin Yoga

Yin Yoga is a gentle, quiet, relaxing but powerful class that targets the connective tissues of the body that are not normally targeted as much in more active styles of yoga practice. Each posture during Yin Yoga class is held for long periods of time to encourage the slow and safe opening of connective tissues.

Please bring your own yoga mat.

Wed | 6:30-7:30pm | Mar 10 - 31 | \$25.20

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**All registration must be done online.
Contact Guest Services to make an account.**