

Registered FALL Programs 2024

ADULT REGISTERED PROGRAMS

GENTLE YOGA - with Melinda \$76

Mondays at 10:00am - September 16 to November 25 (excluding Sept. 30 & Oct. 14) (8 weeks)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

GENTLE YOGA - with Melinda \$95

Wednesdays at 10:00am - September 18 to November 20 (10 weeks)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

NERVOUS SYSTEM RESET - MOVEMENT & EDUCATION CLASS - with Brad \$95

Mondays at 6:30pm - September 16 to December 2 (excluding Sept. 30 & Oct. 14) (10 weeks)

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course you'll have life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

GENTLE SOMATIC & MOVEMENT YOGA - with Brad \$95

Mondays at 7:45pm - September 16 to December 2 (excluding Sept. 30 & Oct. 14) (10 weeks)

Instead of "stretching" muscles, Gentle Somatic Yoga uses a technique called pandiculation to reprogram muscles to their optimal resting length. This gentle, progressive movement helps the participants with unwinding from pain, stiffness and postural imbalances. As Brad describes it, "From this place of new found freedom we return to our natural state of peace and well being."

CHAIR YOGA - with Melinda \$95

Tuesdays at 9:30am - September 17 to November 19 (10 weeks)

Chair yoga is one of the most accessible forms of yoga. It's a great way to start if you're a beginner, have limited mobility or an injury. You will move through a series of yoga postures from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block

ALL LEVELS FLOW YOGA - with Melinda \$95

Tuesdays at 7:30pm - September 17 to November 19 (10 weeks)

An all levels yoga class incorporates meditation, movement and pranayama (breathwork) all designed to unify and bring balance to the mind and body. These classes will offer a broad range of postures including seated, standing and balance poses. Whether a beginner or experience yogi, the teacher will offer modifications and variations in a supportive environment to make them accessible to everyone.

Registered FALL Programs Continued

BEGINNER BOUNCE CLASS - with Stacey \$95

Tuesdays at 8:00pm - September 17 to November 19 (10 weeks)

Learn the art of bouncing with our Beginner Bounce classes as you master the basic steps and get a true sense of control while wearing boots. It is a 45 minute cardio workout that will have you sweating while having fun! Please register by shoe size.



LEVEL 1 - INTRO TO PICKLEBALL \$47.50

Wednesdays 9:00am to 11:00am - September 25 to October 23 (5 weeks)

Learn the basics of playing pickleball in a fun and supportive environment. This five week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game play.

AWAKEN THE WARRIOR WITH VINYASA - with Brad \$95

Wednesday at 6:30pm - September 18 to November 20 (10 weeks)

This 10 week Vinyasa Flow class will incorporate movement, breathing techniques and themes that will awaken participants to their own sense of personal power and purpose. This healing and informative Vinyasa class will leave students feeling regulated and more empowered than ever to show up in their own lives in an authentic way.

MAN STRETCH - YOGA FOR MEN - with Brad \$95

Wednesdays at 7:45pm - September 18 to November 20 (10 weeks)

Men, join Brad (Breathe with Brad) for a 10 week feel better in your body session with gentle yoga specially designed for you. Move your body in a relaxed light hearted environment; making gains in range of motion, balance and strength. Classic rock music will play as a backdrop to your practice.

Registration opens September 4, 2024 10:00am

Older adults 55+ receive a 10% discount

Register ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

Register IN PERSON! (Mon-Fri 9:00am-4:00pm)

West Lincoln Community Centre with CASH, CHEQUE, DEBIT or CREDIT
177 West Street, Smithville, ON



**Recreation
Services**

905-957-3346 ext. 4688
recreation@westlincoln.ca
www.westlincoln.ca