

Registered Programs SPRING 2024

ADULT REGISTERED PROGRAMS

TAI CHI \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10:00am - April 16 & 18 to June 18 & 20

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Online registration not available for this class.

GENTLE YOGA \$95

Mondays at 10:00am - April 22 to June 24 + June 21 @ 12:00pm (excluding May 20)

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 \$95

Wednesdays at 10:00am - April 24 to June 26

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.

CHAIR YOGA \$95

Tuesdays at 12:15pm - April 23 to June 25

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 (asanas) either from seated on your chair or from standing with support of your chair (standing is optional). Class is geared to increase mobility, strength and stretching the body and relaxing the mind. Bring one yoga block

CHAIR STRENGTH & STRETCH \$95

Thursdays at 12:15pm - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

Registered SPRING Programs Continued

HATHA FLOW YOGA \$95

Tuesdays at 6:30pm - April 23 to June 25

This is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed.

Bring a mat, a strap and blocks.

FLOW DOWN YOGA \$95

Tuesdays at 7:45pm - April 23 to June 25

Ready to move but also looking for rest and relaxation? Flow Down combines an all level flow class with long restorative holds. You will move through a moderately-paced flow and then come down to your mat for deeper, slow holds that will open your body and relax your mind. It's the perfect way to move your body and treat your soul.

MAN STRETCH - YOGA FOR MEN \$95

Wednesdays at 7:30pm - April 17 to June 19

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 March 25, 2024 11:00am

Older adults 55+ receive a 10% discount
(Tai Chi not included)

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**

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