

# Fall

## REGISTERED HEALTH & FITNESS PROGRAMS ADULT & SENIOR GROUP FITNESS

### 3, 2, 1 HIIT

**Ages: 16 & up**

This high intensity and endurance based workout will use the 3-2-1 interval approach. 3 minutes of strength, 2 minutes of cardio, and 1 minute of core for an all over body workout!

**Mondays from 4:00 - 4:45pm**

Session 1: September 28 - October 26 \$36.50/4 weeks (no class Oct 12)

Session 2: November 2 - 30 \$45.50/5 weeks

Location: Rink Dry Floor Instructor: Keely Spengler



### Cycle & Core

**Ages: 16 & up**

Start your day off right with a great combination of cycling and core exercises.

**Wednesdays from 6:15 - 7:00am**

Session 1: September 30 - October 28 \$45.50/5 weeks

Session 2: November 4 - December 2 \$36.50/4 weeks (No Class Nov 11)

Location: Rink Dry Floor Instructor: Roché Rossouw



### Cycling for Seniors

**Ages: 55 & up**

Get a full body workout with this 45 minute energy filled class tailored for seniors. Join Viv as she take you on a low to moderately challenging ride. This class issuitable for seniors who are beginners as well.

**Wednesdays from 10:30 - 11:15am**

Session 1: September 30 - October 28 \$45.50/5 weeks

Session 2: November 4 - December 2 \$36.50/4 weeks (No class Nov 11)

Location: Rink Dry Floor Instructor: Vivian Thickett



### Fit & Functional

**Ages: 16 & up**

This workout includes low impact aerobic, balance practice, agility drills, targeted strength/corework, and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength.

**Wednesdays from 11:45am - 12:45pm**

Session 1: September 28 - October 26 \$54.50/5 weeks

Session 2: November 4 - December 2 \$43.50/4 weeks (No class Nov 11)

Location: Rink Dry Floor Instructor: Donna Koleszar

Register online at [powellriverprc.ca](http://powellriverprc.ca),  
or call us at 604 485-2891 to secure your spot

# REGISTERED FITNESS PROGRAMS

## ADULT & SENIOR GROUP FITNESS

### Drums Alive - Beginner

**Ages: 16 & up**

Feel and experience the pulsating rhythms, dynamic movements and powerful percussion's of this new and unique high-energy rhythmical workout.

**Tuesdays from 2:15 - 3:15pm**

Session 1: September 29 - October 27 \$54.50/5 weeks

Session 2: November 3 - December 1 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Christine Masters



### Drums Alive - Intermediate

**Ages: 16 & up**

Feel and experience the pulsating rhythms, dynamic movements and powerful percussion's of this new and unique high-energy rhythmical workout.

**Tuesdays from 3:30 - 4:30pm**

Session 1: September 29 - October 27 \$54.50/5 weeks

Session 2: November 3 - December 1 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Christine Masters

### Ease Fit

**Ages: 16 & up**

This gentle movement class using Classic/Folk music to inspire you provides a full body workout that will tone your body and improve your balance, energy, range of motion and mobility. Explore the freedom of movement in a relaxed and supportive environment. Chairs available.

**Mondays from 11:45am - 12:45pm**

Session 1: September 28 - October 26 \$43.50/4 weeks (No class Oct 12)

Session 2: November 2 - 30 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Christine Masters

### Introduction to Seniors Fitness

**Ages: 55 & up**

This seniors wellness program will combine safety, mobility, flexibility and balance exercises including mild aerobic routines for seniors. Meet new acquaintances and re-new old friendships.

**Tuesdays & Thursdays from 1:00 - 2:00pm**

Session 1: September 29 - October 29 \$82/5 weeks

Session 2: November 3 - December 3 \$82/5 weeks

Location: Rink Dry Floor Instructor: Vivian Thickett



### Mind, Body, & Weights

**Ages: 16 & up**

This is a low impact, full body class using moderate to heavy hand weights. Incorporating mobility and functional movement on either end of this workout session will balance it out, bringing harmony to our mind and body. Expect to be challenged at your fitness level.

**Wednesdays from 4:00 - 4:45pm**

Session 1: September 30 - October 28 \$45.50/5 weeks

Session 2: November 4 - December 2 \$36.50/4 weeks (No class Nov 11)

Location: Rink Dry Floor Instructor: Keely Spengler



### Moderate Moves

**Ages: 16 & up**

This class provides an overall workout. Although the cardio section is moderate, the optional power moves make it suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body, focusing on controlled quality moves.

**Mondays from 10:30 - 11:30am**

Session 1: September 28 - October 26 \$43.50/4 weeks (No Class Oct 12)

Session 2: November 2 - 30 \$54.50/5 weeks

**Fridays from 10:30 - 11:30am**

Session 1: October 2 - 30 \$54.50/5 weeks

Session 2: November 6 - December 4 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Christine Masters

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# REGISTERED FITNESS PROGRAMS

## ADULT & SENIOR GROUP FITNESS

### Strong & Mobile

**Ages: 19 & up**

This is a basic entry-level class. Perfect for people with osteoporosis, arthritis, muscle loss or recovering from injuries. This class combines strength work with mobility/flexibility work and balance to improve posture and functional movement.

**Wednesdays from 2:15 - 3:15pm**

Session 1: September 30 - October 28 \$54.50/5 weeks

Session 2: November 4 - December 2 \$43.50/4 weeks

(No class Nov 11)

Location: Rink Dry Floor Instructor: Margot Glaspey

### Stretch Appeal

**Ages: 16 & up**

This stretch class will move through core-challenging movements incorporating breath and balance to elongate and strengthen, no cardio, with gentle background music.

**Tuesdays from 11:45am - 12:45pm**

Session 1: October 1 - 29 \$54.50/5 weeks

Session 2: November 5 - December 3 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Donna Koleszar

# REGISTERED FITNESS PROGRAMS

## YOGA

### Restorative Hatha Yoga

**Ages: 16 & up**

This gentle yoga practice incorporates the use of yoga props and chairs to modify the poses to allow participants to ease into each pose.

**Tuesdays from 10:15 - 11:15am**

Session 1: September 29 - October 27 \$54.50/5 weeks

Session 2: November 3 - December 1 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Kelly Edwards



### Yoga for Men

**Ages: 16 & up**

Strong, energetic, and challenging, Yoga for Men combines the best core-strengthening, muscle-toning, cardio-working, stress-reducing, clarity-enhancing yoga postures with functional fitness exercises for an amazing workout. This program is great for hockey players, soccer players and golfers. It will help loosen up those tight hips and lower backs.

**Thursdays from 7:30 - 8:30pm**

Session 1: October 1 - October 29 \$54.50/5 weeks

Session 2: November 5 - December 3 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Kelly Edwards

### Somatics Yoga

**Ages: 16 & up**

Somatics Yoga is a unique brain to muscle re-education that combine traditional yoga postures, somatic movements, breath exercise and healing visualizations. Through customized movements and meditation, muscles are reprogrammed to dissolve stress, tension and chronic pain, significantly increase flexibility and improve strength and posture.

**Tuesdays from 6:45 - 7:45pm**

Session 1: September 29 - October 27 \$54.50/5 weeks

Session 2: November 3 - December 1 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Keely Spengler



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# REGISTERED FITNESS PROGRAMS

## YOGA

### Tuesday Evening Yoga

**Ages: 16 & up**

Build a strong personal relationship and your yoga practice. All levels welcome.

**Tuesdays from 5:30 - 6:30pm**

Session 1: September 29 - October 27 \$54.50/5 weeks

Session 2: November 3 - December 1 \$54.50/5 weeks

Location: Elm Room Instructor: Keely Spengler



### Thursday Evening Yoga

**Ages: 16 & up**

Build a strong personal relationship and your yoga practice. All levels welcome.

**Thursdays from 6:00 - 7:00pm**

Session 1: October 1 - 29 \$54.50/5 weeks

Session 2: November 5 - December 3 \$54.50/5 weeks

Location: Rink Dry Floor Instructor: Kelly Edwards

### Yoga with Weights

**Ages: 16 & up**

Exploring mobility and strength, building balance and stability.

A great class if you're looking to change up our regular routine. All levels welcome.

**Saturdays from 8:45 - 9:45am**

Session 1: October 3 - 31

\$43.50/4 weeks

Session 2: November 7 - December 5

\$54.50/5 weeks

Location: Rink Dry Floor Instructor: Keely Spengler

# REGISTERED FITNESS PROGRAMS

## SPECIALTY

### Steady Feet

**Ages: 19 & up**

This falls prevention and balance program helps frail seniors feel stronger and more confident about walking. The main focus is to improve functional mobility, increase lower body strength, reduce falls risk and improve balance. Instruction by certified staff creates positive outcomes and social interaction.

**Mondays & Wednesdays from 1:00 - 2:00pm**

Session 1: September 28 - October 28

\$98/5 weeks

Session 2: November 2 - December 2

\$98/5 weeks

Location: Rink Dry Floor Instructor: Margot Glaspey



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# Fall

## REGISTERED DROP IN FITNESS SCHEDULE

STARTING SEPTEMBER 28

*Classes take place on the Rink Dry Floor*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MIND BODY CYCLE</b> 9:15 - 10:15 am</p> <p><i>An uplifting cycling and full body movement class to connect your mind and muscles through music and breath.</i></p> <p>With Roché</p>	<p><b>MORNING CYCLE</b> 9:15 - 10:00am</p> <p><i>Get a full body workout with this 45 minute high energy cardio spin class. All levels welcome!</i></p> <p>With Nicole</p>	<p><b>SENSIBLE STRENGTH</b> 9:15 - 10:15am</p> <p><i>Bringing together all of your favourite workouts, this one of a kind session comprises strength training, core and small bursts of cardio.</i></p> <p>With Kimberley</p>	<p><b>MORNING CYCLE</b> 9:15 - 10:00am</p> <p><i>Get a full body workout with this 45 minute high energy cardio spin class. All levels welcome!</i></p> <p>With Nicole</p>	<p><b>TONE &amp; STRETCH</b> 9:15 - 10:15 am</p> <p><i>Suitable for any level of fitness, the classes are low-impact with a real focus on proper engagement of your abdominals to build core strength while toning and stretching your muscles through various exercises that will improve flexibility and strength.</i></p> <p>With Jean</p>
<p><b>TABATA</b> 5:30 - 6:15pm</p> <p><i>Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that only last four minutes. Push yourself as hard as you can for 20 seconds and rest for 10 seconds.</i></p> <p>With Darlana</p>	<p><b>WHAT IS A REGISTERED DROP IN FITNESS CLASS?</b> Registered drop in classes allow you to sign up for individual classes, instead of entire sessions. You can register for multiple individual classes at once or just one class at a time, however you <b>MUST</b> pre-register. If you have a membership, and would like to register for classes at no cost, please call the Recreation Complex. If you don't have a membership you can register online, in person, or over the phone and regular drop-in will rates apply.</p>			<p><b>EVENING CYCLE</b> 5:00 - 5:45pm</p> <p><i>Get a full body workout with this 45 minute high energy cardio spin class. All levels welcome!</i></p> <p>With Darlana</p>

## ADMISSION FEES

	YOUTH 13 - 18 YRS	ADULT 19 - 59 YRS	SENIOR/STUDENT 60 - 84 YRS/ 18 - 25 YRS	SUPER SENIOR 85 YRS +	FAMILY 2 PARENTS/GUARDIANS & DEPENDANT CHILDREN
<b>REGISTERED Drop-in Rate</b>	\$4.80	\$6.30	\$5.30	\$4.80	\$13.05
<b>10 - Visits</b>	\$43.00	\$56.40	\$47.70	\$43.00	\$117.40
<b>30 - Visits</b>	\$119.40	\$156.60	\$132.60	\$119.40	\$326.40
<b>1 Month</b>	\$52.55	\$68.85	\$58.35	\$52.55	\$43.55
<b>3 Months</b>	\$124.10	\$162.75	\$137.90	\$124.10	\$339.30
<b>6 Months</b>	\$219.60	\$287.95	\$244.00	\$219.60	\$600.25
<b>12 Months</b>	\$415.35	\$544.55	\$461.50	\$415.35	\$1,135.25

Please note that all participants **MUST** be pre-registered as drop-ins are not allowed.

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