Health & Fitness

REGISTERED HEALTH & 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. In the beginner series you will learn all the basics!

Tuesdays from 2:15 - 3:15pm

Session 1: January 12 - February 9 $54.50/5 weeks
Session 2: February 16 - March 9 $34.50/4 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: January 12 - February 9 $54.50/5 weeks
Session 2: February 16 - March 9 $34.50/4 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: January 11 - February 8 $54.50/5 weeks
Session 2: February 22 - March 8 $33/3 weeks
Location: Rink Dry Floor Instructor: Christine Masters

Register online at powellriverprc.ca,
or call us at 604 485-2891 to secure your spot

Powell River Parks, Recreation & Culture

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Introduction to Seniors Fitness

Ages: 55 & up

This workout includes low impact aerobic, balance practice, agility drills, targeted strength/core work, 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 leaving you feeling energized and strong.

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

Session 1: January 11 - February 10 $82.00
Session 2: February 17 - March 10 $57.50
(no class February 15)
Location: Rink Dry Floor
Instructors: Vivian Thickett (Mondays) Margot Glaspey (Wednesdays)

Fit and Functional

Ages: 16 & up

This workout includes low impact aerobic, balance practice, agility drills, targeted strength/core work, 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 leaving you feeling energized and strong.

Wednesdays from 10:30 - 11:30am

Session 1: January 13 - February 10 $54.50/5 weeks
Session 2: February 17 - March 10 $43.50/4 weeks
Location: Rink Dry Floor Instructor: Donna Koleszar

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. Choose either Monday or Wednesday Sessions!

Mondays from 4:15 - 5:00pm

Session 1: January 11 - February 8 $45.50/5 weeks
Session 2: February 22 - March 8 $27.50/3 weeks

Wednesdays from 4:15 - 5:00pm

Session 1: January 13 - February 10 $45.50/5 weeks
Session 2: February 17 - March 10 $36.50/4 weeks
Location: Rink Dry Floor Instructor: Keely Spengler

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Tai Chi

Ages: 16 & up

Description: Tai Chi is a type of martial art very well known for its health benefits. It is performed as a concentrated, slow, rhythmic, and centered, and coordinated body movements designed to enhance relaxation, inner calm, and peace. Tai Chi 'meditation in motion,' can help maintain strength, flexibility, and balance, muscle control and boost up your immunity.

Wednesdays from 7:00 - 8:00pm

Session 1: January 20 - March 10 $70.50/8 weeks

Location: Dwight Hall Instructor: Will Van Delft

REGISTERED HEALTH & 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. Please bring a mat and water bottle to class. Please arrive 5 minutes early to set-up your mat so the program can start on time.

Tuesdays from 10:15 - 11:15am

Session 1: January 12 - February 9 $54.50/5 weeks

Session 2: February 16 - March 9 $43.50/4 weeks

Location: Rink Dry Floor or Warm Room 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: January 12 - February 9 $54.50/5 weeks

Session 2: February 16 - March 9 $43.50/4 weeks

Location: Dwight Hall Instructor: Keely Spengler

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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: January 12 - February 9 $54.50/5 weeks
Session 2: February 16 - March 9 $43.50/4 weeks
Location: Dwight Hall Instructor: Keely Spengler

Thursday Evening Yoga

Ages: 16 & up

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

Thursdays from 5:30 - 6:30pm

Session 1: January 14 - February 11 $54.50/5 weeks
Session 2: February 18 - March 11 $43.50/4 weeks
Location: Dwight Hall 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 8:00 - 9:00am

Session 1: January 16 - February 13 $54.50/5 weeks
Session 2: February 20 - March 13 $43.50/4 weeks
Location: Rink Dry Floor or Warm Room Instructor: Keely Spengler

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 6:45 - 7:45pm

Session 1: January 14 - February 11 $54.50/5 weeks
Session 2: February 18 - March 11 $43.50/4 weeks
Location: Dwight Hall Instructor: Kelly Edwards

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