

## Virtual Fitness Program Winter/Spring 2021

### MONDAY *No class May 24*

#### **Yoga Chair with Lyse (14 weeks - \$27)**

Working on balance and flexibility this course gives you the opportunity to experience the relaxation of Yoga without having to go down on the floor. It is designed for those people who are unable to get down to the floor and back up with ease. 22/02- 31/05  
10:00 - 11:00

#### **Fit for Life 2 with Sharon (14 weeks - \$27)**

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout! 22/02- 31/05  
11:15 - 12:15

#### **Stretchalates with Lyse (14 weeks - \$27)**

Inspired by Pilates, this slow to medium-paced stretching class will improve your flexibility, balance, and coordination as you work to strengthen all the joints in your body. Some exercises are performed on floor mats. 22/02- 31/05  
13:15 - 14:15

### TUESDAY

#### **Yoga with Lori (15 weeks - \$29)**

As this slow-paced class progresses from relaxation exercises, to warm-up, to endurance, you'll tone your whole body to soothing music. To master yoga you'll learn how to combine the movements with the proper breathing and posture. \*A yoga mat is required. 23/02 - 01/06  
9:45 - 10:45

#### **Tai Chi Chair/1 with Colin (15 weeks - \$29)**

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. Either standing or seated, as you focus on each position, your flexibility, and coordination will improve. 23/02 - 01/06  
11:00 - 12:00

#### **Zumba Gold with Viola (15 weeks - \$29)**

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at an energetic pace. 23/02 - 01/06  
13:15 - 14:15

### WEDNESDAY

#### **Fit for Life 2 Sharon (15 weeks - \$29)**

Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout! 24/02 - 02/06  
9:45 - 10:45

#### **Fit for Life 1 Sharon (15 weeks - \$29)**

Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence. \* There is no floor work in this course. A chair can be used for this exercise 24/02 - 02/06  
11:00 - 12:00

### THURSDAY

#### **Fit for Life 3 with Lori (15 weeks - \$29)**

Kick your workout into higher gear with this medium to fast-paced course. Your strength and stamina will benefit from the combination of cardiovascular and muscular endurance, as will your coordination as the energizing music takes you through the routine. 25/02 - 03/06  
9:45 - 10:45

#### **Zumba Gold 1 with Jackie (15 weeks - \$29)**

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at a slow to medium pace always facing one wall. 25/02 - 03/06  
10:30 - 11:30

#### **Tai Chi 2 with Colin (15 weeks - \$29)**

Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. As you focus on each position, your flexibility, balance and coordination will improve, all of which aid in daily living. 25/02 - 03/06  
11:00- 12:00

#### **Balance & Mobility : Basic level with Lyse (15 weeks - \$29)**

Learning of fundamental gentle skills with several static and dynamic balance movements. This course was designed for members wanting to improve their balance and reaction time, two essential skills in avoiding falls. Especially useful for our icy Montreal winters! \* There is no floor work in this course. 25/02 - 03/06  
13:15 - 14:15