

# Fall Fitness

## 2023 West Lincoln

Your Future Naturally

### **TAI CHI \$43 (first timer) or \$27 (returning)**

Tuesdays AND Thursdays at 10:00am - September 19 to November 23

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 \$92**

Mondays at 10:00am-September 18 to December 4 (excluding October 2 & 9)

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 \$92**

Wednesdays at 10:00am - September 20 to November 22

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.

### **HATHA FLOW YOGA \$92**

Tuesdays at 6:30pm - September 19 to November 21

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.

### **VINYASA YOGA \$92**

Tuesdays at 7:45pm - September 19 to November 21

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and blocks.

### **INTRO TO PICKLEBALL & GAME PLAY \$55.20**

Wednesdays 10:00am to 12:00pm - October 11 to November 15

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

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**registration opens Sept 1, 2023 9:00am**

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



### **Recreation Services**

905-957-3346 ext. 4688

recreation@westlincoln.ca

www.westlincoln.ca

### **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 or DEBIT  
177 West Street, Smithville, ON