

Registered Winter Programs 2024

ADULT REGISTERED PROGRAMS

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

Tuesdays AND Thursdays at 10:00am - January 16 to March 28 (excluding March 12 + 14)

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 - January 15 to April 1 (excluding February 19 & March 11)

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 - January 17 to March 27 (excluding March 13)

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 12:30pm - January 16 to March 26 (excluding March 12)

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 from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block

HATHA FLOW YOGA \$95

Tuesdays at 6:30pm - January 16 to March 26 (excluding March 12)

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 - January 16 to March 26 (excluding March 12)

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.

Registered Winter Programs Continued

MAN STRETCH - YOGA FOR MEN \$95

Wednesdays at 7:30pm - January 17 to March 27 (excluding March 13)

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.

NEW!

LEVEL 1 - INTRO TO PICKLEBALL \$57

Wednesdays 9:00am to 10:30pm - January 17 to February 28 (excluding February 14)

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.

LEVEL 2 - PICKLEBALL \$57

Wednesdays 10:30am to 12:00pm - January 17 to February 28 (excluding February 14)

Level 2 is the next step in continuing to learn the game of Pickleball. This six week session is for those who know the basic rules and looking to advance their game play knowledge.

NEW!

YOUTH REGISTERED PROGRAMS

YOGA BASICS - Ages 11- 15 years old \$57

Wednesdays @ 6:00pm - January 17 to March 27 (excluding March 13)

Join Laurie-Anne who has over 2000 hours of experience! She is an expert in taking these ancient practices and adapting them for our modern world. What is yoga anyways? It is a series of poses (asana), breath techniques (pranayama) and meditation to help manage mental health, stress and help to simply feel good! This is a beginners class; however, if you already have some yoga experience, we will grow your knowledge. Wear comfy clothes. If you have a yoga mat, bring it! Yoga mats will be provided if you need one!

NEW!

Registration opens December 13, 2023 10:00am

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**

905-957-3346 ext. 4688

recreation@westlincoln.ca
www.westlincoln.ca