

# FITNESS

All fitness classes are held at the West Lincoln Community Centre  
177 West Street, Smithville ON


## TAI CHI

**FREE**

Tuesdays AND Thursdays 10:00am to 11:00am  
from April 19 + 21 to June 21 + 23 (10 weeks)

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.

This program is FREE due to the Township receiving the Senior's Community Grant. 

## HATHA FLOW YOGA

**\$92.00**

Tuesdays at 6:30pm

from April 19 to June 21 (10 weeks)

Hatha Flow Yoga 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 to all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

## VINYASA YOGA

**\$92.00**

Tuesdays at 7:45pm

from April 19 to June 21 (10 weeks)

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 water.

## GENTLE YOGA

**\$92.00**

Thursdays at 10:00am

from April 21 to June 23 (10 weeks)

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, blanket, a strap and water.

## CHAIR YOGA

**\$92.00**

Thursday at 11:15am

from April 21 to June 23 (10 weeks)

Chair Yoga is a form of Hatha Yoga in which students can experience the many benefits of yoga without having to get up or down from the floor. It will include a series of stretching and strengthening yoga postures with the aid of a chair - both from seated and standing. The benefits include improved balance, strength, flexibility, circulation and stress reduction. Bring a mat, a strap and water.

Older Adults 55+ receive a 10% discount on Yoga classes

## REGISTRATION



### CALL TO RESERVE YOUR SPOT

905-957-3346 ext. 4682

You will need to provide your first and last name and which Fitness Class you would like to join.

Bring your payment to the first class.

**West Lincoln Community Centre**

CASH CHEQUE

177 West Street

Smithville, ON L0R2A0

Bring payment to your first class.

**Recreation Services**

905.957.3346 ext. 4682

recreation@westlincoln.ca

www.westlincoln.ca