

# Spring Fitness

## 2023

West Lincoln  
Your Future Naturally

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

Tuesdays AND Thursdays at 10:00am - April 18 to June 22

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 WITH MELINDA \$92**

Mondays at 10:00am-April 24 to June 26 (excl. May 22, class will be Tuesday May 23 at 12:15pm)

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 water.

### **GENTLE YOGA WITH KRISTIN \$92**

Thursdays at 10:00am - April 20 to June 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 water.

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

Tuesdays at 6:30pm - April 18 to June 20

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 water.

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

Tuesdays at 7:45pm - April 18 to June 20

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.

### **YOGA FIT (with weights) \$92**

Wednesdays at 10:00am - April 26 to June 28

Yoga Fit with weights is suitable for all levels and is designed for full body strengthening. This class will help you build core strength which will help you with other poses. Using light weights, this class combines yoga moves and poses designed to build strength and stability while toning muscles. Suitable for all levels. Bring two 2lb weights.

### **FIT & FUN FOR BOOMERS \$92**

Tuesdays at 10:00am - April 18 to June 20

Improve your balance and mobility while having fun! This out-of-the-box fitness class includes games and exercises with a partner. Benefits include fall prevention, core stability, social engagement.

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*registration opens April 3, 2023*

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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!**

West Lincoln Community Centre with CASH, CHEQUE or DEBIT  
177 West Street, Smithville, ON



**Recreation  
Services**

905-957-3346 ext. 4688

[recreation@westlincoln.ca](mailto:recreation@westlincoln.ca)

[www.westlincoln.ca](http://www.westlincoln.ca)