

Fall Programs 2022



Program	Time	Day	Location(s)	Dates	Total Fee
Fun + Fit 10 classes	10:30am - 11:30am	Monday	Anten Mills	Sep 26 - Nov 28	\$70
Gentle Yoga 10 classes	11:45am - 12:45pm	Monday	Anten Mills	Sep 26 - Nov 28	\$70
Sweat, Sculpt & Stretch 10 classes	6:30pm - 7:30pm	Monday	Midhurst	Oct 3 - Dec 5	\$100
Tai Chi 9 classes	10:30am - 11:30am	Tuesday	Elmvale CH	Sep 27 - Nov 29	\$63
Learn to Skate 10 classes	10:45am - 11:30am	Tuesday	Elmvale Arena	Sep 27 - Nov 29	\$100
VIIT 9 classes	6:00pm - 7:00pm	Tuesday	Elmvale CH	Sep 27 - Nov 29	\$63
Yoga Flow 10 classes	9:30am - 10:30am	Wednesday	Midhurst	Oct 5 - Dec 7	\$100
Fun + Fit 10 classes	12:00pm - 1:00pm	Wednesday	Elmvale CH	Oct 5 - Dec 7	\$70
Exploring Yoga 10 classes	1:30pm - 2:30pm	Wednesday	Elmvale CH	Oct 5 - Dec 7	\$70
Bootcamp 10 classes	6:30pm - 7:30pm	Wednesday	Anten Mills	Sep 28 - Nov 30	\$70
Yoga 10 classes	7:45pm - 8:45pm	Wednesday	Anten Mills	Sep 28 - Nov 30	\$70
Learn to Skate 10 classes	2:15pm - 3:00pm	Thursday	Elmvale Arena	Sep 29 - Dec 1	\$100
Sculpted Fusion 10 classes	9:30am - 10:30am	Friday	Midhurst	Oct 7 - Dec 9	\$100

Bootcamp

A combination of strength and cardio exercises designed for a lifetime of mindful movement. Suitable for all fitness levels. Participants will need hand weights, a mat and water bottle. Limited weights or equipment may be provided.

Gentle Yoga

These traditional yoga classes include basic posture, breathing, flexibility, strength, balance and relaxation which form the basis of yoga. You will burn calories, tone and relax your mind and body! A chair is offered for seated or standing support. Please bring a yoga mat and water.

Sweat, Sculpt & Stretch

This program will improve your cardiovascular endurance, your strength and your flexibility! You'll get your heart rate pumping in the first part of class with some fun upbeat music. The next 20 minutes includes body weight strength training exercises that will tone and sculpt your body, then finish off the class with some feel good yoga stretching.

VIIT

A safer alternative to other high intensity exercises, VIIT (variable intensity interval training), alternates three intensity levels of activity: high, moderate, and low. The class incorporates cardio, strengthening and mobility by altering intensity levels, which increases your endurance, metabolism and strength. Reap the benefits of a HIIT workout, whilst decreasing your chance of injury and improving your stability and mobility. Great for beginners or those worried about injury.

Exploring Yoga

It's the perfect opportunity to try different yoga styles to find your "groove". This class will help you explore five separate yoga styles: Gentle/Beginner Yoga, Flow Yoga (Vinyasa Style), Yoga Nidre, Restorative Yoga, and Chakra Yoga. Yoga is for everybody and every body - modifications are offered. Please bring yoga mat, water bottle and any yoga props you would like.

Learn to Skate

This program is designed to meet the needs of children with little to no skating experience. Basic fundamental skills such as balancing, falling down and standing, walking on ice and gliding will be emphasized in this program. Games, music, toys, positive feedback with colourful teaching aids are the focus of the program. When skaters meet the requirements and feel ready for more ice time and instruction coaches will recommend next steps.

Tai Chi

An ancient Chinese martial art, Tai Chi, was designed for self-defence and to promote inner peace. Slow, rhythmic, and meditative body movements enhance relaxation, inner calm, and peace and helps increase flexibility, strengthen muscles and improve balance.

Based on the Yang style, you will learn 24 moves and then begin to learn how to incorporate different principles such as rotation, grounding, energy flow. With its flow of moves or postures, Tai Chi enhances health in the body and the mind.

Yoga

A class designed to protect your joints and allow you to move freely through a combination of Hatha, Flow and Yoga Shred. Suitable for all levels. Participants will need a mat and water bottle. Blocks, straps and blankets are optional but helpful. Yoga Shred is a slightly more intense form of yoga done in intervals but still suitable for all levels.

Fun + Fit

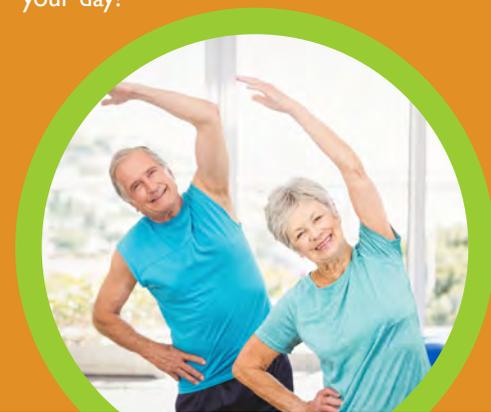
Have fun and get fit as we move to the music through a variety of non-impact cardiovascular moves, combined with strengthening, stretching and balance exercises. These classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance in a fun and friendly way. A chair is offered for seated or standing support, and for stretching and relaxation exercises. Please bring water, hand weights and a yoga/exercise mat.

Sculpted Fusion

In this 45 minute class you will sculpt your entire body using lighter weights with higher repetitions. Cardio bursts are added to increase your heart rate and challenge your endurance, and can be intensified based on preference. This is a great class if you're new to strength training as proper alignment cues are taught and modifications are given if looking for a lower impact options. Please bring a yoga mat and a light set of dumbbells (5lbs recommended).

Yoga Flow

Start your day with an invigorating flow class that will energize your body and uplift your spirit! During this class you will flow through sun salutations, balancing and strengthening poses and feel good stretches. You'll gain both strength and flexibility while connecting to your breath and body. Class will finish with a guided savasana that will leave you feeling rested and ready to take on your day!



Questions? Contact the Recreation,
Parks and Facilities Department
705-728-4784 ext 2078

For more information, visit
springwater.ca/Recreation