

**INDOOR WALKING** Walking is a great way to keep fit & healthy, walking with a friend or a partner is a great way to stay connected. The indoor walking at East Northumberland Secondary School (Kawartha Pine Ridge District School Board) provides a safe and warm environment for walkers. Pre-register and collect your walking package.

**Monday-Thursday 6-8pm**  
**April 1, 2019 – April 25, 2019** Cost \$5  
**Location: ENSS - Brighton**

**AQUA FIT** Tone & Stretch - Therapeutic Pool. This gentle aqua fitness class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance. This class is taught in the Leisure Pool.

**Monday 10:15-11:00am**  
**April 1 – June 24, 2019**  
**11 wk (No class April 22 and May 20)**  
**Cost \$88 Class & Bus \$66 Class only**

**Friday 10:15-11:00am**  
**April 5 – June 28, 2019**  
**12wk (No class April 19)**  
**Cost \$96 Class & Bus \$72 Class only**

**Location: YMCA - Quinte West**  
**Bus Departs: CCN Brighton - 9:30am**  
**Bus Departs: YMCA - Quinte West -11:30am**

**GENTLE YOGA** This class provides a safe, effective, slow-paced gentle-flow yoga class geared towards those new to yoga or preferring a gentler yoga class experience. The primary focus of the class will be on achieving proper postural alignment, functional movement patterns, and learning various yoga breathing techniques. Seniors with movement limitations, or suffering from stiffness due to lack of activity, dealing with chronic disabilities and health conditions, stress or anxiety, or wanting to lose weight, will benefit from this gentle-style yoga class experience. Participants will be offered modifications and introduced to props to support proper alignment and ease in achieving the various postures introduced. A gentle yoga practice is a safe and effective way for seniors to maintain mental and physical health.

**Wednesday 9-10am**  
**April 3 – June 26, 2019**  
**13 wk** Cost \$78  
**Location: CCN'S Activity Room – Brighton**

\*\*All classes are available to every level of fitness. Instructors include all levels in every class therefore each person can be accommodated within the group. All participants have the option to complete each class from beginner to intermediate levels. Everyone welcome!

**CHAIR YOGA** Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Seniors are introduced to modified yoga postures designed to be performed seated and/or with the aid of a chair and props. Chair yoga classes offer those with physical disabilities or mobility issues to find a safe and gentle yoga approach for maintaining and encouraging functional movement, improving overall physical strength and flexibility, as well as improving body awareness. Participants also benefit from breathing techniques that promote meditation, focus, mental clarity, stress reduction and relaxation.

**Monday 11:15am-12:00pm**  
**April 1 – June 24, 2019**  
**11 wk (No class April 22 and May 20)** Cost \$55  
**Location: King Edward Community Cnt. Brighton**

**Wednesday 11:15am-12:00pm**  
**April 3 – June 26, 2019**  
**13 wk** Cost \$65  
**Location: CCN'S Activity Room – Brighton**

**HATHA YOGA** This gentle hatha class includes gentle stretches to increase flexibility, strength and balance. Breath work throughout brings relaxation and rejuvenation to the practices as well as meditation techniques to calm the mind. This is a slow paced class for all levels of student, including seniors and those new to yoga.

**Friday 9:45-10:45am & 11:15am-12:15pm**  
**April 12 – June 28, 2019**  
**11 Wk (No class April 19)** Cost \$66  
**Location: CCN'S Activity Room – Brighton**

**CARDIOFIT** This is a choreographed class that accommodates the three pillars of fitness: cardio, strength and flexibility. Start off with a cardiovascular workout that includes about a 20-30 min choreographed routine or circuits to improve cardiovascular health. Then, move into strength training using either hand weights or resistance bands to increase both bone density and balance. Abdominal exercises will be provided towards the end of the routine and be done while standing as mat work is not included in this program. Finally, a long lengthening stretch will complete the class to restore muscles and joints. If you enjoy music and movement, this is the class for you!

**Thursday 1-2pm**  
**April 4 – June 27, 2019**  
**13wk** Cost \$78  
**Location: YMCA - Brighton**

**PILATES** Fundamental Pilates - Mat work and vertical exercises that help you gain strength, flexibility and balance. Each class is designed to focus on good form and breath pattern. Classes use props such as flexi-bands and flexi-balls to enhance your mat work experience.

**Tuesday 9-10am & 10:15-11:15am**

**April 9 – June 25, 2019**

**12 Wk**

**Cost \$72**

**Location: CCN'S Activity Room – Brighton**

**STRETCH & STRENGTHEN** Join this class to lengthen and strengthen your muscles and increase your range of motion. This class would benefit anyone new to fitness or looking for some rehabilitation fitness. This class can be done using bands and has the option of adding a chair. Using a chair to stretch provides accessibility for those who need to remain seated during their program but also provides stability for deeper stretching. This class will use therabands adding resistance training which will also increase metabolic rates long after the workout is over. Join us and "get fit" while also enhancing balance and function for daily life.

**Monday 8:45-9:45am**

**April 1 – June 24, 2019**

**11 wk (No class April 22 and May 20) Cost \$66**

**Location: King Edward Community Cnt. Brighton**

## **DANCE - FREE MOVEMENT**

This low-impact dance class is focused on inspiring strong & creative movement among seniors of all abilities. Increase muscle endurance, strength and flexibility. No experience necessary, come and boogie with us! Class led by experienced dance instructors.

**Monday 10:00-11:00am**

**April 1 – June 24, 2019**

**11 wk (No class April 22 and May 20) Cost \$66**

**Location: King Edward Community Cnt. Brighton**

**MIND BODY FUSION** This class is a mixture of three mind body fitness practices including Yoga, Pilates and Tai Chi. Yoga postures will be used as the foundation of strength training in this program offering functional strength for everyday life. You don't need to go to the gym and pump iron to be strong, you can build foundational strength in this barefoot program using your body weight. Pilates will be used for leg and abdomen exercises to increase both length and strength in the core. Lower back and postural strength training that leads to increased balance will be a focus of this hour. Tai Chi is incorporated into the relaxation section of the class allowing a flow guided by breath. Use this program as an energizing relaxation that will increase your metabolism and lengthen your body.

**Tuesday 5-6pm**

**April 2 – June 25, 2019**

**13 Wk**

**Cost \$78**

**Location: CCN'S Activity Room – Brighton**

**YOGALATES** If you are not sure whether to sign up for Yoga or Pilates, why not do both? This class will offer the principles of both practices which are so similar yet so different. The focus will be on strengthening the core while using yoga poses and movement to work on balance and isometric strength training. Structured breathing and flow will also work cardiovascular endurance and increase functional strength. The class will also include a long stretch and relaxation that will restore the body and decrease pain.

**Tuesday 6:15-7:15pm**

**April 2 – June 25, 2019**

**13 Wk**

**Cost \$78**

**Location: CCN'S Activity Room – Brighton**



**Registration Necessary – Spaces Limited**

**Monday-Friday 8:30am-4pm**  
**46 Prince Edward St, Unit 13, Brighton**  
**Tel: 613-475-4190**

**e-mail: [g.ellis@commcare.ca](mailto:g.ellis@commcare.ca) [www.commcare.ca](http://www.commcare.ca)**

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