

EXERCISE PROGRAMS

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
October 1, 2018 - 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
September 10 - December 10, 2018
13 wk (No class October 8)
Cost \$91 Class & Bus \$65 Class only

Friday 10:15-11:00am
September 14 - December 14, 2018 14wk
Cost \$98 Class & Bus \$70 Class only

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

YOGA Gentle Hatha Yoga classes include 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
September 14 - December 14, 2018
14 Wk Cost \$70
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
September 13 - December 13, 2018
14wk Cost \$70
Location: YMCA - Brighton

CHAIR YOGA This class is ideal for anyone who is not able to get down to the mat on the floor for some of the movements due to physical restrictions. Chair yoga still allows the participant to enjoy all the benefits of yoga by stretching and strengthening the body as you move through various poses, utilizing breath to leave you feeling relaxed and re-energized. The chair can also be used as a stabilizer for some standing poses to help build strength in the legs and helps to improve balance to prevent falls.

Wednesday 11:15am-12:00pm
September 12 - December 12, 2018
14wk Cost \$56
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 www.commcare.ca

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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
September 11 - December 11, 2018
12 Wk (No class September 18, 25) Cost \$60

Wednesday 9-10am
September 12 - December 12, 2018
14 Wk Cost \$70
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 sitting 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 9-10am
September 17 - December 17, 2018
13 Wk (No class October 8th) Cost Donation only
Location: King Edward Community Cnt. Brighton

DANCE - FREE MOVEMENT
The low impact dance class is focused on inspiring strong & creative movement among seniors of all abilities. (see page 3 for more details)

Monday 10:30-11:30am
September 17 - December 17, 2018
13 Wk (No class October 8th) Cost FREE
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
September 11 - December 11, 2018
14 Wk Cost \$70
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 principals 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
September 11 - December 11, 2018
14 Wk Cost \$70
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!