

WINTER 2022 VPSC In-Person Registered Activities Held at Victoria Park Seniors Centre (150 Albert St., W.)

Registration opens December 14, 2021 at 8:30 am

To register: <https://ca.apm.activecommunities.com/centrewellington/>

Strength Training

An intermediate level class for those wishing to increase strength, balance and flexibility. You must be able to go to the floor and stand up unassisted. All equipment supplied. Classes available Tuesdays, Wednesdays & Fridays. Instructor: Glenda Rose.

Tuesdays, 9:40 am to 10:25 am

January 11 to February 15, 6 classes

\$42 member, \$48 non-member

Tuesdays, 9:40 am to 10:25 am

February 22 to March 29, 6 classes

\$42 member, \$48 non-member

Wednesdays, 8:40 am to 9:25 am

January 5 to February 16, 7 classes

\$49 member, \$56 non-member

Wednesdays, 8:40 am to 9:25 am

February 23 to March 30, 6 classes

\$42 member, \$48 non-member

Fridays, 9:40 am to 10:25 am

January 7 to February 18, 7 classes

\$49 member, \$56 non-member

Fridays, 9:40 am to 10:25 am

February 25 to April 1, 6 classes

\$42 member, \$48 non-member

Strength Training - Beginner Level

A basic level class for those wishing to increase strength, balance and flexibility. Chairs are available for those wishing to use them. All equipment supplied. Instructor: Glenda Rose

Thursdays, 9:40 am to 10:25 am

January 6 to February 17, 7 classes

\$49 member, \$56 non-member

Thursdays, 9:40 am to 10:25 am

February 24 to March 31, 6 classes

\$42 member, \$48 non-member

Low Impact Intervals

An advanced level, moderate to high intensity class for those with good mobility. We will alternate intervals of low impact cardio with strength training. Participants should be able to get up and down from the floor unassisted. Instructor: Glenda Rose.

Tuesdays, 8:40 am to 9:25 am

January 11 to February 15, 6 classes

\$42 member, \$48 non-member

Tuesdays, 8:40 am to 9:25 am

February 22 to March 29, 6 classes

\$42 member, \$48 non-member

All Around Fitness

This beginner to intermediate level class includes cardiovascular fitness, strength and endurance, balance and flexibility. A variety of equipment will be used including stability balls. Participants should be able to go to the floor and stand up unassisted. Instructor: Glenda Rose.

Wednesdays, 9:40 am to 10:25 am
January 5 to February 16, 7 classes
\$49 member, \$56 non-member

Wednesdays, 9:40 am to 10:25 am
February 23 to March 30, 6 classes
\$42 member, \$48 non-member

Power and Strength

An advanced level program designed for the active adult. Participants must be able to get up and down from the floor unassisted. Use of various pieces of equipment to increase your current level of fitness to above average. Instructor: Glenda Rose.

Thursdays, 8:40 am to 9:25 am
January 6 to February 17, 7 classes
\$49 member, \$56 non-member

Thursdays, 8:40 am to 9:25 am
February 24 to March 31, 6 classes
\$42 member, \$48 non-member

Low Impact Cardio and Muscle

An intermediate to advanced level, moderate to high intensity class for those with good mobility. Approximately 20 minutes cardio, 15 minutes of muscle and a stretch at the end. Instructor: Glenda Rose.

Fridays, 8:40 am to 9:25 am
January 7 to February 18, 7 classes
\$49 member, \$56 non-member

Fridays, 8:40 am to 9:25 am
February 25 to April 1, 6 classes
\$42 member, \$48 non-member

Osteo Fit

Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. Instructor: Jane Gage, Reg. Kinesiologist.

Wednesdays, 3:15 pm to 4:00 pm
January 5 to February 16, 7 classes
\$49 member, \$56 non-member

Wednesdays, 3:15 pm to 4:00 pm
February 23 to March 30, 6 classes
\$42 member, \$48 non-member

Tai Chi Level 2

Continue to expand upon your Tai Chi knowledge. This level is suitable for those who have taken Level 1 or previously studied Tai Chi. Instructor: Christina Graf. No class March 15.

Tuesdays, 9:30 am to 10:30 am
January 11 to February 15, 6 classes
\$54 member, \$60 non-member

Tuesdays, 9:30 am to 10:30 am
February 22 to March 29, 5 classes
\$45 member, \$50 non-member

Tai Chi Level 1

This slow-moving, meditative and gentle exercise helps restore and maintain fitness and flexibility. This non-strenuous introductory class is suitable for all ages and fitness levels. Instructor: Christina Graf. No class March 15.

Tuesdays, 10:40 am to 11:40 am
January 11 to February 15, 6 classes
\$54 member, \$60 non-member

Tuesdays, 10:40 am to 11:40 am
February 22 to March 29, 5 classes
\$45 member, \$50 non-member

Moderate Slow Yoga

Moving with intention to stretch, build strength and self-awareness through Hatha Yoga. Moderate means you have yoga experience and slow means our movements are not rushed. We incorporate standing, hands and knees and floor postures. Bring a yoga mat, blocks if you have them and a light blanket. Instructor: Michelle Vandenburg. No class February 21, March 14, March 17.

Mondays, 10:40 am to 11:40 am
January 24 to February 14, 4 classes
\$36 member, \$40 non-member

Mondays, 10:40 am to 11:40 am
February 28 to March 28, 4 classes
\$36 member, \$40 non-member

Thursdays, 10:40 am to 11:40 am
January 27 to February 17, 4 classes
\$36 member, \$40 non-member

Thursdays, 10:40 am to 11:40 am
February 24 to March 31, 5 classes
\$45 member, \$50 non-member

Moderate Hatha Yoga

Hatha Yoga is a purifying and grounding practice that nourishes us on all levels. We will use warm-ups and yoga poses to enhance our flexibility and strength while also building breath awareness. Modifications and variations will be given. Enjoy the pauses in life, this time is for you. Bring a yoga mat, two yoga blocks and a blanket. Yoga experience required. Note: we will incorporate sitting on the floor, hands & knees, standing and lying on the mat in every class. Instructor: Karen Murtagh. No class February 2.

Wednesdays, 9:00 am to 10:00 am
January 12 to February 16, 5 classes
\$45 member, \$50 non-member

Wednesdays, 9:00 am to 10:00 am
February 23 to March 30, 6 classes
\$54 member, \$60 non-member

Standing & Seated Hatha Yoga

Hatha Yoga is a purifying and grounding practice that nourishes us on all levels that can be enjoyed without getting on the floor. Develop your strength and flexibility while doing warm-ups and postures standing with the use of your chair for support and then while sitting on the chair. Bring a thin yoga mat and one yoga block. Karen Murtagh. No class February 2.

Wednesdays, 10:30 am to 11:30 am
January 12 to February 16, 5 classes
\$45 member, \$50 non-member

Wednesdays, 10:30 am to 11:30 am
February 23 to March 30, 6 classes

\$54 member, \$60 non-member

Deepening Dharma

Vipassana Meditation class for students that have completed at least one Meditation for Beginners series with Jill. Chairs available for sitting. Instructor: Jill Davey.

Wednesdays, 9:30 am to 11:00 am

January 12 to February 16, 6 classes

\$66 member, \$72 non-member

Yoga with Jane

Enjoy the many benefits of yoga! Practice a variety of basic postures and breathing techniques to improve awareness, flexibility, strength, and balance. Students are encouraged to respect their level of ability and explore and modify postures with care. Each class ends with a guided meditation to promote deep relaxation. Bring a yoga mat and something to keep cozy during relaxation. Instructor Jane Finoro is a certified yoga instructor, trained in traditional practice. She has taught yoga for many years with the Upper Grand Board of Education where she has enjoyed a regular following of dedicated students.

Fridays, 11:30 am to 12:30 pm

January 7 to February 18, 7 classes

\$63 member, \$70 non-member

Fridays, 11:30 am to 12:30 pm

February 25 to April 1, 6 classes

\$54 member, \$60 non-member

Zumba Gold-Toning

Join us for cardio with a focus on muscle conditioning using maraca-like toning sticks (provided). Wear running shoes. Instructor: Sarah Gray. No classes Feb. 7, 9, 10 or Feb. 21.

Mondays, 9:00 am to 9:45 am

January 10 to February 14, 5 classes

\$40 member, \$45 non-member

Monday, 9:00 am to 9:45 am

February 28 to March 28, 5 classes

\$40 member, \$45 non-member

Wednesdays, 9:00 am to 9:45 am

January 5 to February 16, 6 classes

\$48 member, \$54 non-member

Wednesdays, 9:00 am to 9:45 am

February 23 to March 30, 6 classes

\$48 member, \$54 non-member

Thursdays, 9:00 am to 9:45 am

January 6 to February 17, 6 classes

\$48 member, \$54 non-member

Thursdays, 9:00 am to 9:45 am

February 24 to March 31, 6 classes

\$48 member, \$54 non-member

Zumba Gold

Join us for great music while focusing on balance, range of motion, coordination with moderate intensity. Wear running shoes. Instructor: Sarah Gray. No class Feb. 8.

Tuesdays, 9:00 am to 9:45 am

January 11 to February 15, 5 classes

\$40 member, \$45 non-member

Tuesdays, 9:00 am to 9:45 am
February 22 to March 29, 6 classes
\$48 member, \$54 non-member

Belly Dance

This fun course is designed for beginner to intermediate levels. Explore various styles of dance. We will learn techniques to then focus on combos/choreographies. Come comfortably dressed with ballet type slippers or flats. Participants just need to be able to bend knees and reach arms over head. We dance with props such as veils, wings, canes, zils. Try it to see if you like it with props loaned by the instructor. Once you know you love it, props are available to purchase. Instructor: Lise Stewart. No class February 21.

Mondays, 9:00 am to 10:30 am
January 24 to February 14, 4 classes
\$32 member, \$36 non-member

Mondays, 9:00 am to 10:30 am
February 28 to March 28, 5 classes
\$40 member, \$45 non-member

Drawing Fundamentals: Level 1

Explore the basic techniques of drawing and develop your artistic eye in this intro class. No previous experience is required; however, this would be a great opportunity to renew an interest from earlier days. Bring your sketchbook, pencils, an eraser, and a desire to learn. Instructor: Jane Finoro.

Fridays, 1:00 pm to 3:00 pm
January 21 to March 11, 8 classes
\$112 member, \$128 non-member