

OSTEOMOTION

Osteomotion 1 - If you have been diagnosed with osteopenia or osteoporosis this is the class for you! This gentle **beginning** class improves coordination, balance, strength and reduces the chance of falling - all with safety and fun in mind!

Monday & Wednesday
12:30-1:30pm
Sports Centre Aquarium
37091 Nov 23-Dec 16
37092 Jan 4-Feb 3
37093 Feb 8-Mar 17
\$53.00 for 10 classes

Osteomotion 2 - After you have completed Osteomotion 1, you may register for this class. This **intermediate level** class will help you build strength and progress in your fitness goals.

Monday & Wednesday
1:45-2:45pm
Sports Centre Aquarium
37099 Nov 23-Dec 16
37103 Jan 4-Feb 3
37104 Feb 8-Mar 17
\$53.00 for 10 classes

Osteomotion for Life - You will improve posture, alignment, strength, balance, coordination and agility in this class! Previous experience with exercise and resistance equipment is required, or completion of Osteomotion 2. Have fun and learn to work out safely.

Tuesday & Thursday
1:30-2:30pm
Sports Centre Aquarium
37111 Nov 24-Dec 17
37112 Jan 5-Feb 4
37113 Feb 9-Mar 18
\$53.00 for 10 classes

Please note: A physician's consent form must be completed and returned prior to registering for these courses. No classes Dec 21 to Jan 3.

Our facilities are fragrance free.

AQUAMOTION

Improve your quality of life! You'll find water therapy an excellent way to start feeling better. Choose the level that best suits your needs -if you require assistance please contact the Program Leader, 250-334-9622 ext. 225.

Please note: Aquamotion Participation Form must be completed & returned prior to registering for these programs. *Physician Consent may be required.

Aquamotion 1 - shallow water only for beginners working on balance, co-ordination and range of motion.

Tuesday & Thursday
10:30-11:30am
Aquatic Centre Leisure Pool
37057 Nov 24-Dec 17
37058 Jan 5-Feb 4
37059 Feb 9-Mar 18
\$64.00 for 10 classes

Aquamotion 2 - shallow water with an introduction to deep water, for those wanting to increase their muscle strength and endurance.

Tuesday & Thursday
9-10 am
Sports Centre Pool
37068 Nov 24-Dec 17
37070 Jan 5-Feb 4
37072 Feb 9-Mar 18

Aquamotion 3 - shallow & deep water, for those looking to improve their cardio respiratory fitness, balance and posture.

Tuesday & Thursday
10:30-11:30am
Sports Centre Pool
37082 Nov 24-Dec 17
37083 Jan 5-Feb 4
37084 Feb 9-Mar 18
\$64.00 for 10 classes

Tuesday & Thursday
10-11 am
Aquatic Centre Leisure Pool
37069 Nov 24-Dec 17
37071 Jan 5-Feb 4
37073 Feb 9-Mar 18
\$64.00 for 10 classes

No classes Dec 21 to Jan 3.

Registration is ongoing for these classes - register early to avoid disappointment!



Boomer Friendly Boot Camp (ages 55+)

Join our new program to increase physical activity among 'younger' older adults. You will participate in a variety of games, teamwork and individual activities in a social, supportive environment. Physical activity is one of the most important things you can do to maintain your physical and mental health and quality of life!

Monday & Wednesday
10:30-11:30am
Sports Centre Wellness Centre
37604 Nov 23-Dec 16
37605 Jan 4-Feb 3
37606 Feb 8-Mar 17
 \$64.00 for 10 classes

Please bring a plastic or metal water bottle.

Appropriate wellness centre attire must be worn - track pants or shorts, tshirt and closed toe athletic footwear.

(No jeans, sandals, glass containers or fluid other than water.)

NEW!

F.A.M.E. (Fitness And Mobility Exercise program)

Introducing you to our newest fitness program! This is a class for people who have experienced a stroke or other neurological condition. Optimize your physical ability and minimize the risk of falls and heart disease. You will improve your balance, strength, bone density, heart health and depression.

Tuesday & Friday
11 am-12 pm
Sports Centre Wellness Centre

37451 Nov 24-Feb 12
37455 Feb 16-Apr 23
 \$118.80 for 20 classes

Please note: A physicians consent from must be completed & returned prior to registering for this program.

No classes Dec 21-Jan 3.

Our facilities are fragrance free.

Pre-registration is required for these courses.

Registration is ongoing, but classes may be cancelled if minimum registration requirements are not met.

Please register early to avoid disappointment!

Youth on Weights (ages 12-15)

Do you want to become familiar with the weight room and exercise equipment? Each 1 hour class will include cardiovascular, muscular strength, muscular endurance and flexibility training in a circuit style class. All fitness levels welcome - no experience required!

Upon completion of this course, 14-15 year olds will be issued a card permitting use of the wellness centre during unsupervised times.

Monday & Wednesday
3:45-4:45pm

37444 Nov 23-Dec 16
37445 Jan 4-Feb 3
37446 Feb 8-Mar 17
 \$64.00 for 10 classes

Wellness centre weekends!

Come check out our new wellness centre weekend schedule! New 15 minute information clinics will run every half hour from 9 am to 1 pm and include sessions on how to target muscle groups, proper techniques and how to get the most out of your workouts. There will also be gym orientations for newcomers every Saturday and Sunday at 9 am and 12 pm. Come see how our friendly staff can assist you!

Sports Centre wellness centre



AQUATIC HIP & KNEE REPLACEMENT

Have you had a joint replacement? Time to get mobile again! Join our warm water aquatic class for a smoother, easier recovery. Increase your range of motion, balance, coordination, strength and flexibility while improving your overall health and wellness.

Hip & Knee 1 - With physician's or physio's approval, you may start this program 6 weeks after surgery! Spend time improving balance and mobility while ensuring proper joint alignment and posture.

Tuesday & Thursday
12-1 pm
Sports Centre Pool

37120 Nov 24-Dec 17
37121 Jan 5-Feb 4
37124 Feb 9-Mar 18
\$64.00 for 10 classes

Hip & Knee 2 - Increase your range of motion, strength and endurance. There is more emphasis on movement and an increase in cardiovascular exercise.

Monday & Wednesday
10:30-11:30am
Sports Centre Pool

37130 Nov 23-Dec 16
37131 Jan 4-Feb 3
37132 Feb 8-Mar 17
\$64.00 for 10 classes

Hip & Knee 3 - Are you feeling great and ready to move on? This advanced deep water class works on a larger range of motion, core stability and leg strength. This class is not recommended until 3-4 months post surgery, and you must have completed levels one and two. (Flotation belts are supplied.)

Tuesday & Thursday
12-1 pm
Sports Centre Pool

37138 Nov 24-Dec 17
37139 Jan 5-Feb 4
37142 Feb 9-Mar 18
\$64.00 for 10 classes

Please note: A physician's consent form must be completed and returned prior to registering for these courses.
Pre-registration is required for these courses - drop-ins are not permitted.



Dry Land Joint Replacement

Are you ready to move into the weight room? Upon completion of the aquatic classes, register for our circuit class in the wellness centre! Assist your every day activities by increasing muscle strength, balance, flexibility and core stabilization.

Monday & Wednesday
9-10 am
Sports Centre Wellness Centre

37612 Nov 23-Dec 16
37613 Jan 4-Feb 3
37614 Feb 8-Mar 17
\$64.00 for 10 classes

NEW!

Our facilities are fragrance free.