

**Mom & Baby Yoga**

This is a specially designed post-natal yoga class for you and your new baby! Learn some gentle movements to use with your baby in a comfortable, informal atmosphere.

**Tuesdays****9-10 am****36219** Jan 12-Apr 6**Pre-Natal Yoga**

This gentle yoga class for pregnant women concentrates on breathing exercises, relaxation, and simple yoga postures. Powerful meditations enable you to stretch and strengthen in preparation for childbirth; relax and meditate, and improve your physical stamina.

**Mondays****6:30-8 pm****36216** Jan 11-Mar 29

**Pre-registration is required. Classes will be cancelled if minimum registration requirements are not met. Please register early to avoid disappointment!**

**Gentle Yoga for Well Being**

This class focusses on gentle movements and breathing. Learn to modify postures to suit your individual needs and enjoy guided relaxation at the end of class. This class is suitable for those who prefer a very gentle practice, are new to yoga or want to strengthen bones and keep joints mobile.

**Tuesdays****10:15-11:45 am****36209** Jan 12-Apr 6**Thursdays****10:15-11:45 am****36210** Jan 14-Apr 8**Mondays****4:45-6:15 pm****36211** Jan 11-Mar 29**Yoga for Kids****(9-12 year olds)**

There are benefits to practicing yoga regardless of age. Stretch and tone your muscles, learn how to relax and breathe in this class. Yoga can help you increase energy, improve focus and can be a healthy outlet for emotional overload. Be sure to check out this new program!

**Thursdays****3:30-4:30 pm****36233** Jan 14-Apr 8**Hatha Yoga – Level 1**

You will experience the basic, ancient teachings of classical yoga: breathwork, postures and meditation. Exercise every part of your body, stretching and toning the muscles and joints. All body systems benefit, and breathing revitalizes your body and helps control your mind.

**Wednesdays****4:45-6:15 pm****36201** Jan 13-Apr 7**Hatha Yoga – Level 2**

This class is for people who already have some experience with yoga. It builds on your knowledge and includes “body rolling” using various sizes of rubber balls to open joints, stretch muscles and provide a deep-tissue massage.

**Wednesdays****6:30-8 pm****36204** Jan 13-Apr 7

**Our facilities are  
fragrance free.**

**Restorative Yoga**

Relaxation is one of the most important aspects of yoga. Your body holds tension - by breathing and softening into longer, supported postures (Asanas) you facilitate your bodies' ability relax. This is an ideal class to help recover from injury or illness.

**Thursdays****12-1 pm****36229** Jan 14-Apr 8**Power Yoga (Ashtanga)**

A fun and invigorating co-ed class that will strengthen and tone your muscles while increasing flexibility and releasing tension. Learn principles of movement and breathing techniques to enhance your regular activities.

**Level 1****Tuesdays****6-7:15 pm****36222** Jan 12-Apr 6

**Level 2** – Prerequisite minimum 2 sessions of level 1 or a strong familiarity with Ashtanga or Flow style classes.

**Tuesdays****7:30-9 pm****36225** Jan 12-Apr 6

Cost \$94.44 (1 hr) or \$106.80 (1.5 hr) for 12 classes.  
Classes suitable for ages 16+ unless otherwise specified.  
All classes held at the Aquatic Centre - Wave Room. Fee includes use of the hot tub, sauna, steam room, fitness studio or pool after class!