



50+

Early Registration for 50+ (Fall Session) Wednesday, September 7, 2011 (1:00-3:00 p.m.)
Early Registration for 50+ (Winter Session) Wednesday, January 4, 2012 (1:00-3:00 p.m.)

50+ Fitness

Our 50+ fitness program is a comprehensive program consisting of aerobic conditioning, muscular strength and endurance training. Our 50+ Sessional Pass enables you to attend any 50+ class in the schedule, thereby customizing a program suitable to your schedule.

Please note that Advanced 50+ participants can also join the Mid-Tempo classes advertised in the Group Fitness section.

Although exercise options will be given (and encouraged) in all classes, the Basic Aerobics on Tuesday and Thursday morning is for the first time exerciser, or for those who are finding the Monday, Wednesday, Friday aerobics class too strenuous.

All of our instructors (except for Zumba Gold) are certified in the speciality of Older Adult Fitness and are trained to provide options for various health concerns, i.e., osteoporosis, high blood pressure, asthma, etc. It is recommended you make your instructors aware of any health concerns and also obtain approval from your physician before starting an exercise program.

Make an investment in yourself. Your health is your most valuable asset!

Co-ordinator: Nancy Burns-Horler

Fall Session: Monday, September 12 to Friday, January 6, 2012. *There will be no classes on the following dates: October 10, December 26, 2011 and January 2, 2012.*

Due to instructor availability, a reduced program will be in effect from October 11 to October 14, 2011. Additional information available at registration.

Winter Session: Monday, January 9 to Thursday, April 5, 2012. *No classes February 20 or from March 12 to March 16, 2012.*

50+ 3-Session Pass (September 2011-June 2012) \$255.00 (\$20 saving)

50+ Sessional Pass (unlimited classes) Fall Session \$95.00 Winter Session \$90.00

Fitness Class Descriptions

AEROBICS This class will be taught in a multi-level fashion. Exercise options will be given for those who wish to work at a higher (or lower) intensity. The class will consist of approx. 20-25 of aerobics with a segment of muscle toning, core conditioning and stretch.

BASIC AEROBICS Similar to the Aerobics class (above), with an aerobic segment approx. 15-20 minutes in duration. If you want an aerobics class that is more low to moderate in intensity, this class may be suitable for you.

MSE AND BALL MSE stands for Muscle Strength and Endurance. The emphasis here is on improving muscular strength and endurance through the use of weights, body bars, elastics and stability balls. If you want stronger abdominal and back muscles, visit this fun and dynamic class!

INTERVAL TRAINING & YOGA STRETCH This workout has it all! By alternating short intervals of dynamic muscle toning with 4-5 minute intervals of aerobic activity, you will walk away energized and strong. We'll also explore various yoga postures and stretches designed to strengthen the muscles and relax the body, mind and spirit.

SUBLIME STRETCH- Did you know strength and flexibility go hand in hand? This class is dedicated to improving flexibility, releasing stress and tension and developing better posture and body awareness.

50+ Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15-11:05 a.m. Aerobics	10:15-11:15 a.m. Basic Aerobics	10:15-11:15 a.m. Aerobics	10:15-11:05 a.m. Basic Aerobics	10:15 -11:30 a.m. Interval Training
11:15-12:05 p.m. MSE & Stability Ball	1:00-2:00 p.m. Sublime Stretch		11:15-12:05 p.m. MSE & Stability Ball	

We accept payment by cash, cheque, debit,  and .



Make sure to look at the flyer's Adult Course section for other courses being offered such as Meditation, Art and Spanish

Sit and Be Fit!

We are pleased to offer this gentle fitness class designed for the senior participant who wants and needs an alternative to the traditional aerobics exercise class. Through the use of chairs, exercises will be adapted and modified to the sitting position. You will tone and strengthen using light hand weights, weighted balls, elastics and body resistance. The class will also focus on increasing flexibility, improving posture and balance and reducing muscle tension.

Fall Session	September 19 to November 28, 2011 (no class Oct. 10th)			
Winter Session	January 9 to March 26, 2012 (no class Feb. 20th or Mar. 12th)			
Program	Day	Time	Length	Cost
Sit and Be Fit!	Mon.	1:00-2:00 p.m.	10 weeks	\$65

Fall Session	September 21 to November 30, 2011 (no class Oct. 12th)			
Winter Session	January 11 to March 21, 2012 (no class March 14th)			
Program	Day	Time	Length	Cost
Sit and Be Fit!	Wed.	11:00-12:00 noon	10 weeks	\$65
	Wed.	1:00-2:00 p.m.	10 weeks	\$65

Please Note: There is a special rate of \$110.00 if you enroll in two classes per week!

Introduction to Tai Chi **NEW**

A short form, specially conceived to introduce students to Tai Chi Chuan. As the physically difficult and demanding movements have been removed, the emphasis in this class will be on developing some of the basic principles such as full and empty, and centering and rooting, which develop stability and balance. A gentle way to be introduced to Tai Chi and to build a foundation for more advanced classes.

Fall Session	September 21 to November 23, 2011			
Winter Session	January 11 to March 21, 2012 (no class Mar. 14th)			
Program	Day	Time	Length	Cost
Intro to Tai Chi	Wed.	10:00-11:00 a.m.	10 weeks	\$80

Tai Chi/Qigong (Hunyuan)

This gentle physical exercise, coordinated with proper breathing, is both energizing and relaxing. The flowing, mindful movements calm and tone the mind while strengthening the body, improving circulation and balance, increasing strength, flexibility and "oiling" the joints. You'll enjoy practicing this Tai Chi form – a fountain of youth that can efficiently improve all aspects of your life. The class includes a short meditation and invigorating self-massage in a fun atmosphere. Please visit <http://harvardmagazine.com/2010/01/researchers-study-tai-chi-benefits>.

Fall Session	September 22 to November 24, 2011			
Winter Session	January 12 to March 15, 2012			
Program	Day	Time	Length	Cost
Qigong/Tai Chi	Thurs.	6:30-7:45 p.m.	10 weeks	\$85



Course fees quoted are member prices. Non CCA members add \$10 per course.



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Zumba Gold **NEW**

Zumba Gold uses Latin dancing and international rhythms to provide a safe, fun and effective workout. Moves are broken down in an easy to follow format – you'll be having so much fun you'll forget you're working out! Zumba Gold strives to improve balance, strength, flexibility and aerobic ability. No dance experience required!

Fall Session	September 14 to December 14, 2011		
Winter Session	January 11 to March 28, 2012 <i>(no class March 14th)</i>		
Program	Day	Time	Cost
Zumba Gold	Wed.	9:00-10:00 a.m.	\$70



Gentle Yoga 50+ (Hatha Style)

Increase flexibility and strength through a combination of centering and breath work, warm-up stretching, gentle hatha postures, and guided relaxation. Emphasis is on body and mind awareness, safe alignment and cultivating compassionate self-acceptance. Specially geared for the older adult!

Fall Session	September 23 to November 25, 2011 (10 weeks)			
Winter Session	January 20 to March 9, 2012 (8 weeks)			
Program	Day	Time	Length	Cost
Gentle 50+ Yoga	Fri.	10:00-11:15 a.m.	10 weeks	\$80
			8 weeks	\$65

Margaret Morris Method

MMM teaches correct breathing, walking, posture, balance and mobility, promoting joy in creative movement, which in turn brings about a sense of great "well-being". The exercises taught are incorporated into sequences set to music, from classical to jazz. The great benefits of MMM are recognized by physiotherapists who are now incorporating the exercises into their practices. For more detailed information on MMM, please go to www.margaretmorrismethod.ca

Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 20, 2012 <i>(no class March 13th)</i>			
Program	Day	Time	Length	Cost
Beginner/Intermediate	Tues.	1:00-2:30 p.m.	10 weeks	\$85



Qigong (Hunyuan) (Qi=Chi=Energy, Gong = Practice)

Pronounced Chi Kung, this is a graceful form of exercise and meditation which energizes, relaxes and rejuvenates your entire being. It is easy to learn, suitable for all ages and fitness levels and is performed standing or sitting. Each class includes a warm-up, short meditation, proper breathing, flowing movements, invigorating self-massage and energy cleansing exercise. Benefits include, improved circulation, balance, increased strength, flexibility, oiling the joints and relaxation. Please visit www.qigonginstitute.org for more information.

Fall Session	September 21 to November 23, 2011			
Winter Session	January 11 to March 14, 2012			
Program	Day	Time	Length	Cost
Qigong (Level 1)	Wed.	6:30-7:45 p.m.	10 weeks	\$85
Qigong (Level 2)	Wed.	7:45-9:00 p.m.	10 weeks	\$85



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