

# WINTER 2018 ACTIVE OLDER ADULT

# FITNESS SCHEDULE

Classes start January 2  
and finish April 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:00 - 11:00 AM REC SWIM	9:15 - 10:00 AM SPLASH & TONE	9:00 - 11:00 AM REC SWIM	9:15 - 10:00 AM SPLASH & TONE	9:00 - 11:00 AM REC SWIM	10:30 - 11:30 AM GENTLE YOGA
9:30 - 10:30 AM CIRCUIT TRAINING	9:30 - 10:30 AM WALKING GROUP	10:00 AM - 12:00 PM DROP-IN GYM	10:00 AM - 12:00 PM DROP-IN GYM	9:30 - 10:30 AM WALKING GROUP	11:00 - 2:00 PM REC SWIM
10:00 AM - 12:00 PM DROP-IN GYM	10:00 AM - 12:00 PM DROP-IN GYM	12:00 - 1:00 PM REC SWIM	10:15 - 11:00 AM AQUA DYNAMICS	10:00 AM - 12:00 PM DROP-IN GYM	
12:00 - 1:00 PM REC SWIM	10:15 - 11:00 AM AQUA DYNAMICS	1:15 - 2:00 PM AQUA DYNAMICS	11:15 AM - 12:00 PM SILVER SPLASH	11:15 AM - 12:00 PM SILVER SPLASH	
1:15 - 2:00 PM AQUA DYNAMICS	11:15 AM - 12:00 PM SILVER SPLASH	1:15 - 2:15 PM T.I.M.E.	12:00 - 1:00 PM MOBILITY, BALANCE AND STRETCH	12:00 - 1:00 PM REC SWIM	THERAPEUTIC FITNESS
1:15 - 2:15 PM T.I.M.E.	12:00 - 1:00 PM MOVEMENT & MORE	2:30 - 4:30 PM DROP-IN GYM	12:00 - 1:00 PM THERAPEUTIC REC SWIM	2:00 - 4:00 PM DROP-IN GYM	ACTIVE OLDER ADULT GROUP FITNESS
2:15 - 3:00 PM WOMEN'S ONLY SWIM CLASS	12:00 - 1:00 PM THERAPEUTIC REC SWIM		1:15 - 2:00 PM THERAPEUTIC AQUAFIT		ACTIVE OLDER ADULT AQUATICS
2:30 - 4:30 PM DROP-IN GYM	1:15 - 2:00 PM THERAPEUTIC AQUAFIT		1:15 - 2:15 PM THERAPEUTIC YOGA		
6:00 - 7:00 PM SILVER SPLASH	1:15 - 2:15 PM THERAPEUTIC YOGA		2:30 - 3:30 PM SUPERVISED GYM		
	1:00 - 2:00 PM CHAIROBICS		2:15 - 3:00 PM WOMEN'S ONLY SWIM CLASS		
	2:30 - 3:30 PM SUPERVISED GYM				

**Wagman  
Centre**

# FITNESS CLASSES

## CIRCUIT TRAINING

A land based fitness class that uses a variety of equipment to improve your cardio and muscle strength. Led by a qualified fitness instructor to ensure proper form and safety.

## FUNDAMENTAL FITNESS

A complete workout that includes 20 minutes of low impact cardio 20 minutes of muscle conditioning, and 20 minutes of stretching.

## YOGA

Improve your balance and develop muscular strength with simple standing yoga poses, gentle core strength development, and balance exercises.

## WALKING GROUP

Walking is a gentle, low impact exercise that's easy to do, and available to everyone. Walking strengthens your heart, gives you energy, and improves your balance and coordination. FREE

## CHAIROBICS

Chairobics is an enjoyable form of exercise, and is specifically designed for those who move with greater ease in or with the support of a chair. Each class is designed to work the joints and muscles to increase flexibility, strength, balance and circulation.

## DROP-IN GYM

Open gym time for self-directed exercise. You must be able to exercise independently. Wagman Centre staff will be there to answer questions and ensure safety.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 A.M. - 12 P.M.	10 A.M. - 12 P.M.	10 A.M. - 12 P.M.	10 A.M. - 12 P.M.	10 A.M. - 12 P.M.
2:30 - 4:30 P.M.		2:30 - 4:30 P.M.		2:00 - 4:00 P.M.

## T.I.M.E. TOGETHER IN MOVEMENT AND EXERCISE

TIME is a safe exercise program that was developed for participants who are experiencing balance and mobility challenges.

## MOVEMENT AND MORE

This safe, gentle and fun exercise class is designed for people living with Parkinson's disease. The focus is on balance, flexibility, and strength exercises, with an aim to improving their capacity to perform Activities of Daily Living.

## THERAPEUTIC YOGA

A relaxing style of yoga that is intended to be healing and nurturing for the body with a focus on improved breathing techniques and mind / body awareness.

## MOBILITY / BALANCE / STRETCH (MBS)

This safe, gentle and fun exercise program is designed to improve balance and flexibility and help with daily activities. Suitable for beginner to advanced fitness levels.

# AQUATICS

## LEVEL 1: SPLASH & TONE

This is a gentle, low impact class in the pool, perfect for participants with injuries or limitations.

## LEVEL 2: SILVER SPLASH

A great cardiovascular workout done in the water. You control the intensity, making it as hard or as easy as you like.

## LEVEL 3: AQUA DYNAMICS

This class uses water resistance to enhance cardiovascular fitness while strengthening and toning muscles.

## WOMEN'S ONLY SWIM

An aquatic exercise class for women only that is suitable for all levels.

## RECREATION SWIM

Open pool time for self-directed exercise and movement in the water. A lifeguard is on deck to provide supervision.

## THERAPEUTIC AQUAFIT

This aquafit class is for people with more serious mobility challenges, and emphasizes range of motion exercises in a safe, effective and enjoyable environment.

MONDAY	WEDNESDAY	FRIDAY	SUNDAY
9:00 - 11 A.M.	9:00 - 11 A.M.	9:00 - 11 A.M.	11:00 - 2:00 P.M.
12:00 - 1:00 P.M.	12:00 - 1:00 P.M.	12:00 - 1:00 P.M.	

## DROP-IN GYM AND REC SWIM TIMES:

**\$100 for once a week (must register for a specific day & time)**

**\$160 for unlimited**

## GROUP FITNESS / THERAPEUTIC / AQUATICS CLASS FEES\*

MONDAY \$ 150.00    TUESDAY / WEDNESDAY / THURSDAY \$ 160.00    FRIDAY \$ 150.00

## CLOSURE DATES:

**Monday, February 19 - Family Day**

**Friday, March 30 - Good Friday**

\*Membership is required to the Wagman Centre. All prices subject to HST.