

### Group Exercise Class Fees

Monday Classes: \$132	Tuesday Classes: \$144
Wednesday Classes: \$180	Thursday Classes: \$192
Friday Classes: \$192	

Monthly Membership Fees to the Wagman Centre are \$30 / month, and include access to all Drop-in Gym times. In addition, monthly members enjoy a 50% discount off class fees.

### HOLIDAY CLOSURES

Monday Sept. 3: Labour Day
Monday Sept. 10: Rosh Hashanah
Tuesday Sept. 11: Rosh Hashanah
Tuesday Sept. 18: AM classes only No PM classes
Wednesday Sept. 19: Yom Kippur
Monday Sept. 24: Sukkot
Tuesday Sept. 25: Sukkot
Monday Oct. 1: Shmini Atzeret Yiskor
Tuesday Oct. 2: Simchat Torah
Monday Oct. 8: Thanksgiving

**Baycrest**

# FALL 2018 FITNESS SCHEDULE

Classes Start September 4  
to December 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Wagman	Wagman	Wagman	Wagman	Wagman	Wagman
930am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop in Gym	
9:30am - 10:30am Cardio Strength Circuit	12:00pm - 1:00pm Movement & More		12pm - 1:00pm Mobility, Balance, & Stretch		
12:15pm - 1:15pm TIME		12:15pm - 1:15pm TIME			
1:15pm - 2:15pm TIME	1:00pm to 2:00pm Chairobics	1:15pm - 2:15pm TIME	1:15 pm - 2:15 pm Therapeutic Yoga		
2:15pm - 3:00pm TIME Active Minds		2:15pm - 3pm TIME Active Minds			
	1:15pm - 2:15pm Therapeutic Yoga				11:00am - 2:00pm Drop in Gym
2:30pm - 4:00pm Drop In Gym	2:30pm - 4:00pm Drop in Gym	2:30pm - 4pm Drop In Gym	2:30pm - 4:00pm Drop In Gym	2:00pm - 4:00pm Drop In Gym	

Active Older Adult

Therapeutic Fitness

### CARDIO STRENGTH CIRCUIT:

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.

### 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.

### 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.

### 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 coordination.

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

TIME is a safe exercise program that was developed for participants who have experienced stroke, brain injury, MS, and other conditions, and who are experiencing balance and mobility challenges.

For Membership Information please contact  
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