

John Tod Centre Y Fitness Schedule

Effective: Nov 15-Dec 22nd

WELLNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	8:45-10:00 Yoga for Every-Body Charlie Starts Sept 11th	Nia Trudy Starts Sept 12th		Forever Strong Joy	
10:30-11:30	Forever Fit Ashley	Stretch for Health Bodil	Yoga Fusion Joy	Stretch for Health Terry	
1:30-3:30		Minds in Motion Sept 12, 19, 26 October 3, 10 Nov 14, 21, 28 December 5, 12, 19 See class details for registration		1:00-2:00pm Forever Fit Michelle	

ACTIVITY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00					
10:30-11:30					

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday
PM	Pickle Ball 1-3pm Drop in, registration required Starts Oct 2nd	Power over Parkinson's Sept 5th– Oct 19th Oct 24th– Dec 14th see class description for registration info	Pickle Ball 1-3pm Drop in, registration required Starts Sept 27th	Power Over Parkinson's see class description for registration info	

To register call Member Services 250-372-7725

Classes for only \$2 per class for YMCA BC Members and \$6 per class for non-members*.

*Must register for entire class set.

ALL CLASSES REQUIRE PRE-REGISTRATION NO DROP INS

John Tod Centre Fitness is open during class time only

Downtown Facility Hours
Mon-Fri 5:30am-9:00pm
Sat/Sun 8am-3pm
Closed Statutory Holidays

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Building healthy communities



YMCA BC

Yoga for EveryBODY

Offers the fundamentals of yoga postures, breath and stillness of mind, for all ages, stages and abilities. Every-BODY can do yoga!

Stretch for Health

Gentle full body stretching to improve flexibility, balance, coordination & body awareness. Combines both standing and mat based movement.

Forever Fit

A chair based workout designed for active agers or those with limited mobility. A variety of exercises focusing on strength, balance and flexibility. Great for those looking to add or maintain functional fitness in their routine.

Nia

A sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

Forever Strong

Build strength and improve balance through low impact functional movement. All fitness levels welcome.

Pickle Ball

Drop-in group free play. First to 11 points or 15 min rotation. No coach provided, equipment available if needed. Rules of play will be available if you are new to the sport.

Yoga Fusion

Simple Yoga flow infused with strength, balance and low-impact cardio. Use of light dumbbells, resistance bands and stability ball.

DanceFit Gold

Lower intensity, easy to follow dance moves set to high energy international & Top 40 beats. A fun cardiovascular workout to keep you burning calories & working up a sweat.

Specialty Programs

Power over Parkinson's

A specific group exercise program to maintain or improve flexibility, strength, balance, mobility and encourage independence and safety in individuals with Parkinson's Disease. For intake contact Lindsay at 250-319-8471, once screened by IHA you may register.

Minds in Motion

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a prorated registration fee.

To register or learn more about these in-person Minds in Motion® programs, please contact Tara Hildebrand at THildebrand@alzheimerbc.org

