

John Tod Centre Y Fitness Schedule

Effective: May 10th– June 28

WELLNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	8:45-10:00 Yoga for Every-Body Charlie	Nia Trudy Last Class May 28th	Dancefit Gold Leah Class Starts April 17th	Forever Strong Joy Last Class June 13th	
10:15-11:15	Forever Fit Ashley	Stretch for Health Bodil	Yoga Fusion Joy Last Class June 12th	Stretch for Health Terry	
11:30-12:30	Roll and Restore Bodil	Better Hips and Knees June 4th-July 11th		Better Hips and Knees June 4th-July 11th	
				1:00-2:00pm Forever Fit Michelle	
1:30-3:30		Minds in Motion See class details for registration		2:30-3:30 Zumba Gold Laurie First class May 16th	

ACTIVITY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00			10:15-11:15 Balance and Stretch Leah		

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday
PM		Power over Parkinson's See class description for registration info		Power Over Parkinson's See class description for registration info	

To register call Member Services 250-372-7725

Classes for only \$2.25 per class for YMCA BC Members and \$6.50 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 and Stat Holidays 7am-7pm

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Building healthy communities



2024 Spring Fitness Schedule

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!

Dancefit Gold/Zumba Gold

Come dance your hearts out with low impact, joint friendly moves! Fun music, welcome to all levels.

Stretch for Health

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

Better Hips and Knees

A exercise class for people wanting to improve their strength and function either before or after joint replacement surgery. Recommended individuals be at least 6 weeks post-op

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 11points 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.

Balance and Stretch

Work on your balance and get a full body stretch all at the same time. Low intensity all levels welcome.

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

