

### 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

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.

### 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.

### 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](mailto:THildebrand@alzheimerbc.org)

