

Yoga/Stretch/Forever Fit yoga

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!

Monday 8:45-10am

Wednesday 10:30-11:30am

Thursday 12-1pm

Stretch for Health

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

Tuesday 10:30-11:30am

Wednesday 9-10am

Forever Fit Yoga

A chair based yoga class designed for those with limited mobility. Work to improve balance and flexibility so you can move more freely in day to day activities.

Tuesday 12-1pm

Thursday 12-1pm

Yoga Stretch ★

This practice is a combination of flow movements connected to breathe to lengthen your muscles while increasing the range of movements in your joints. Must be comfortable rising up and down off the yoga mat. **this class is in-person and live streamed*

Tuesday 9-10am

Thursday 9-10am

Forever Fit/ Forever Fit Plus

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.

Monday 10:30-11:30am

Wednesday 10:30 –11:30am

Forever Fit Plus

A gentle low impact workout focusing on strength, flexibility and balance. Functional fitness to keep you fit for everyday life.

Monday 12-1pm

Wednesday 12-1pm

Pilates/Roll and Restore

Roll and Restore

Re-hydrate your muscles, release soft tissue and fascial tension, enhance recovery and muscle flexibility using foam rolling and yoga techniques.

Monday 10:30-11:30am

Pilates

A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. This class emphasizes proper postural alignment, core strength and muscle balance.

Monday 9-10am

Wednesday 9-10am

Specialty Programs

Better Hips, Better Knees

Circuit exercise class for those wanting to be better conditioned before or after surgery. Clients will work under the supervision of a physiotherapist and a fitness trainer. Verbal referral from a physiotherapist or doctor is recommended if surgery has been within 3 months from the start of the class.

Dates: TBA

Members \$64/ Non-members \$80

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 250-851-7963, once screened by IHA you may register.

Dates:TBA

Tuesday and Thursday

1:15-2:45pm

Members \$84

Non Members \$100

Qualified Instructors:
Our instructors are certified fitness leaders who receive ongoing continuing education credits.



Building healthy communities