

John Tod Centre Y Fitness Schedule

Effective: July 4th-Sept 1st

WELLNESS STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Yoga for EveryBODY Joy No Class July 11th August 22th	Restorative Yoga Tracy	Dancefit Gold Leah	Yoga Fusion Joy No Class July 14 August 25	
10:30-11:30	Forever Fit Ashley	Stretch for Health Terry	Forever Fit Joy No Class July 13 August 24	Stretch for Health Terry	
1:30-3:30		Minds in Motion See class description for registration info			

ACTIVITY ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00					
10:30-11:30	Roll & Restore Joy/Bodil No Class July 11th				

GYMNASIUM

	Monday	Tuesday	Wednesday	Thursday	Friday
PM					

To register call Member Services 250-372-7725

Classes for only \$2 per class for YMCA –YWCA Members and \$5 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-8:30pm
Sat 8am-3pm
Sundays 10:00am-2:00pm
Closed Statutory Holidays

2022 Summer 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!

Restorative 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.

Yoga Fusion

Yoga infused with Strength, balance and low -impact cardio.

Roll and Restore

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

Dancefti 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 250-851-7963, 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 call the First Link® Dementia Helpline at 1-800-936-6033, Monday to Friday, 9 a.m. to 8 p.m.

