

# Active Options

## 2010 Winter Schedule of Classes and Fees

**For full details on each class - see next page.**

### Monday

CardiacRehab Program 1:00-2:15 p.m

### Tuesday

Noon Hour Yoga & Pilates ( All Levels) 12:10 – 12:50  
Building Bones (All Levels) 11:00–12:00  
Restorative Yoga ( Level 1) 4:30 - 5:30 p.m.

### Wednesday

Sunrise Yoga & Pilates ( Level 2) 6:45 – 7:45 a.m.

### Thursday

Building Bones ( All Levels) 9:45-10:45 a.m.  
Yoga ( Level 1) 11:00–12:00  
CardiacRehab Program 1:00 - 2:15 p.m.  
Yoga & Pilates (All Levels) 4:30-5:30 p.m.

### Friday

Yoga & Pilates ( Level 2) 10:30 - noon

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### Fee Schedule

**7 Week Session:** \$56.00 for one class per week  
\$105.00 for two classes per week  
10-Class Card: \$90.00 ( valid for one year)  
Drop-in Rate per Class: \$10.00

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- All classes take place at the New Liskeard PF Centre in the front lounge You can attend any of the above classes to make-up for a missed class any time **during that 7 week session.**

Note : Monday Noon Class ( \$49.00 per session),

- To register or for more information, Call Lorrie at 647-3048 or e-mail to [activeoptions@ntl.sympatico.ca](mailto:activeoptions@ntl.sympatico.ca) or visit [www.activeoptions.net](http://www.activeoptions.net).

**First Session of 2010 – January 11 – February 26**

# Class Details

## **Tuesday Noon Hour Yoga and Pilates (12:10-12:50) – All Levels**

Re-focus, re-align and re-balance half way through your work day. This class will be particularly beneficial to those people who sit at a desk/computer for part or all of their day. The yoga and pilates exercises are specifically designed to stretch and release tight and tired neck, shoulder, upper back, low back and hip muscles that become short and tight through sitting for long periods of time.

## **Monday & Thursday, 1:00-2:15 p.m. CardioRehab Program**

This program is specifically designed for graduates of the Temiskaming Hospital's 8-Week CardiacRehab Program.

## **Tuesday 4:30-5:30 Restorative Yoga ( Level 1)**

Unwinding, releasing, and restoring...all accomplished in one hour. We use breathing techniques combined with movement to enhance the release of tight and sore muscles. Strengthening and Lengthening is also a major component of this class, focusing on abdominal and back strength to support your spine.

## **Wednesday 6:45 – 7:45 a.m. Sunrise Yoga & Pilates ( Level 2)**

An invigorating start to the day! This class is will follow a flow-type format combining yoga, pilates and Integrated Movement Therapy. We prepare the body for a day of movement by focusing on exercises that awaken the spine and breathing exercises that clear the mind and set the tone for the day ahead.

## **Tuesday and Thursday Building Bones ( All Levels)**

Combining low impact aerobics, strength training and a touch of yoga and pilates, this class has it all. The focus of the class is on bone building for the prevention of osteoporosis. The movements are kept low impact and are done at a moderate speed to allow for proper technique and integration of the breath. Balance and posture exercises are done using body weight and resistance bands, free weights and balls.

## **Thursday 11:00 a.m. Yoga ( Level 1)**

This class is a beginner class for those people who are new to yoga or want a slow, gentle class with beginner level yoga postures to increase flexibility and strength and to promote relaxation.

## **Thursday 4:30-5:30 p.m. Yoga and Pilates ( All Levels)**

A wonderful end to your afternoon. The exercises are designed to lengthen and release tight sore muscles, to strengthen weak muscles and to give you an overall alignment sequence to improve posture and balance. It is perfect compliment to other activities that you might be doing such as walking, biking, spinning, swimming, strength training, etc. You will learn how to integrate the breath in to movement and the importance of allowing the body to rest. Adaptations for all exercises are provided so that all levels feel comfortable participating in this class.

### **Friday 10:30-noon Yoga & Pilates ( Level 2)**

An excellent way to unwind from the week and prepare for the weekend. It is 1.5 hours of stretching, releasing, breathing and focussing. This program incorporates flow sequences and breathing techniques and allows you the extra time to experiment with some more challenging postures. We use balls, bands, straps and the wall to deepen and support these postures. We end with an invigorating breathing practice and short meditation.