



### 1:45pm - 2:30pm Thursdays - January 16 - March 27 Instructor **Michelle Holdforth**

Utilizes 90% of body muscles (vs 50% with regular walking) \* Low impact yet encourages upper body and core strength \*Burns more calories than regular, with minimal extra effort \*Reduces physical stress on the lower body, ie knees, hips, feet \* Improves balance and confidence walking with pole support \*Decreases symptoms related to Type 2 Diabetes, HBP, stress \*Recommended by doctors and physiotherapists

#### Please contact the BCC to Pre-Register (705) 657-8833

Funded in part by the Government of Canada's New Horizons for Seniors Program



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FREE

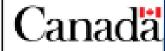


FREE

# Fitness Classes Fit & Fabulous

9:30am - 10:30am Thursdays - January 16 - March 27 Fitness Specialist - **Karen Franken** Combining balance, coordination and flexibility with a variety of exercises to enhance your health and wellness. Please contact the BCC to Pre-Register (705) 657-8833

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## Fitness Classes Fully Seated Chair yoga

2:00pm - 2:30pm Monday - January 13 - March 31 Instructor - Michelle Holdforth - no experience necessary - focusing on breathwork, mindful movement - gentle stretching and muscle strengthening - improves mobility, reduces stress - props recommended yoga strap and blocks, blanket (extras available)

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# Fitness Classes Intro to Yoga

2:00pm - 2:30pm Wednesday - January 15 - March 26 Instructor - **Michelle Doyle** This new class is your opportunity to discover Yoga. It is for people who: -have never tried yoga before -have tried yoga and have found it too difficult or advanced -previously practiced yoga but now need a refresher -are dealing with some physical limitations

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# Line Dancing

10:00am - 11:00am Saturday - January 18 - March 22 Instructor - Lynda O'Meara Get Moving with Gentle Line Dancing Perfect for Senior Beginners! - no experience necessary

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FRFF





**Fitness Classes** Walking Soccer (Forever Football) 11:00am - noon Saturday - January 18 - March 22 Instructor - Andy Hing Fancy a kickabout? You just need to be able to walk and kick a ball. Start with a 15 minute warm-up with skills instruction. Then it's game on for 45 minutes of fun. No experience necessary

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FRFF



**Fitness Classes Beanbag Baseball** 2pm - 3:30pm Tuesday - January 7 - March 25 Instructor - Volunteer Two teams, three beanbags and it's game on. This activity is geared to all fitness abilities. Toss the beanbag and move to base that you scored in. **No experience neccessary** No need to run! Keeps you moving and challenges your coordination.

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