



Specialty Classes - FALL Schedule 2017

LifeFIT on Riverside Drive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am to 10:00am			<i>NEW!</i> Women on Weights \$				
9:30am to 10:30am				<i>NEW!</i> Warm Yoga \$			
10:15am to 11:15am			Gentle Yoga \$				
10:30am to 11:30am	Yin Yoga \$	Gentle Pilates \$					
11:30am to 12:30pm		Yoga for Curlers \$		Yoga for Curlers \$			
4:15pm to 5:15pm	Warm Yoga \$						
5:30pm to 6:30pm		Vinyasa Yoga Flow \$					
7:00pm to 8:00pm	Core Pilates \$	Off Season Cycling \$ 7:00 - 8:30pm		<i>NEW!</i> Youth Learn to Train Program \$			

Location



LifeFIT Studio



DOJO



West Gym

Specialty - Fitness Programs

NEW! Women on Weights

Wednesday mornings 9:00 - 10:00am

Learn the importance of resistance training and staying fit and healthy. This women's only program teaches proper technique and safety while training using machines, free weights and bodyweight.

FALL Session

Wed Sep 20 - Dec 06 9:00 - 10:00am 10091

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Off Season Cycling

Tuesday evenings 7:00 - 8:30pm

Join Gilles Monvoisin, competitive cyclist, for this progressive 20 week program. Take your cycling to the next level by learning to improve your anaerobic capacity, pedaling technique, breathing efficiency and core strength through a periodized training program with an effective exercise ball routine to complement your training.

FALL/WINTER Session

(no classes Dec 26, Jan 2 and March 13)

Tues Nov 07 - Apr 10 7:00 - 9:00pm 10092

Fees: LifeFIT member \$ 220.00
RA member \$ 270.00
Non-member \$ 295.00

NEW this year!

Youth Learn to Train Program -14 to 17 years old

Thursday evenings 7:00 - 8:00pm

Learn the principles of training and try our a variety of different training modalities. This youth program will also teach proper technique and safety while training using machines, free weights and bodyweight.

FALL Session

Thurs Sep 21 - Dec 14 7:00 - 8:00pm 10090

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Yoga - Wellness Programs

Gentle Yoga

Wednesday mornings 10:15 - 11:15am

with Christine Déry

Gentle Yoga is a slower paced Yoga workout ideal for those wishing to develop awareness, flexibility & strength. This class uses gentle postures to rejuvenate the mind and body. Please bring your own mat.

FALL Session

Wed Sep 20 - Dec 06 10:15 - 11:15am 10084

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Vinyasa Yoga Flow

Tuesday evenings 5:30 - 6:30pm

with Kim Boudreau

Join Kim for this fabulous blend of strength and stretch, mind and body. She will guide you through a series of Yoga postures, with a focus on body awareness, to improve your balance, strength and flexibility while re-energizing from within. Please bring your own mat.

FALL Session

Tues Sep 19 - Dec 05 5:30 - 6:30pm 10089

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Yin Yoga

Monday mornings 10:30 - 11:30am

with Sylvie Paquette

Yin Yoga targets the deep tissues of the body (ligaments, joints, bones and the deep fascia) by stressing them differently through a variety of poses. All poses are done on the floor and include the hips, lower body and spine and are usually held 3-5 minutes in calmness and stillness. It is now well known that healthy and strong connective tissues are key to continued vitality and mobility. Please bring your own mat.

FALL Session (no class Mon, Oct 9)

Mon Sep 18 - Dec 11 10:30 - 11:30am 10087

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Yoga for Curlers - Everyone welcome!

Tuesday & Thursday mornings

with Linda Cartwright

This course will focus on building strength, balance and functional flexibility while improving posture and mental focus. You do not need to be flexible or have good balance to practice yoga. This class will offer gentle options for beginners. A great way to improve your curling game. This class is also ideal for the active senior. Please bring your own mat.

FALL Sessions (no class on Nov 21 & 23)

Tues Sep 19 - Dec 12 11:30 - 12:30pm 10068

Thurs Sep 21 - Dec 14 11:30 - 12:30pm 10069

Fees: LifeFIT member \$ 70.00
RA Curling member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

NEW this year!

Warm Yoga

Curious about hot yoga but something still holding you back? Why not start with warm yoga? This class moves at a slower pace allowing you to focus on correct alignment, breathing techniques and learning the sequence. This is a great introduction to a yoga practice that increases flexibility, boosts strength and stability in all the major joints and helps to detox the body. Please bring your own mat.

Monday evenings 4:15 - 5:15pm

with Brenda Hamm

FALL Session (no class Mon, Oct 9)

Mon Sep 18 - Dec 11 4:15 - 5:15pm 10085

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Thursday mornings 9:30 - 10:30am

with Nancy Luitwieler

FALL Session

Thurs Sep 21 - Dec 07 9:30 - 10:30am 10086

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Pilates Wellness Programs

Core Pilates

Monday evenings 7:00 - 8:00pm

with Brittany Schofield

This class will combine Pilates fundamentals, with an emphasis on core work, to tone, sculpt and lengthen your muscles. Core Pilates will allow everyone to develop proper alignment and increase flexibility. If you want to transform your body to one of lean muscle, flexibility, balance and strength this is the class for you. Beginners are welcome.

FALL Session (no class Mon, Oct 9)

Mon Sep 18 - Dec 11 7:00 - 8:00pm 10081

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Gentle Pilates

Tuesday mornings 10:30 - 11:30am

with Christine Dery

An introduction to the foundational moves of Pilates, this class will help you to rebuild core strength. It is great for beginners and those who enjoy a gentler class. Props may be used to help improve strength and mobility.

FALL Session

Tues Sep 19 - Dec 05 10:15 - 11:15am 10080

Fees: LifeFIT member \$ 70.00
RA member \$ 100.00
Non-member \$ 125.00

Complimentary Programs brought to you by **Chartwell Retirement Residences**

Fit Minds Active Living Series

September 27 to November 15, 2017

Tuesdays, 11:00am to 12:00pm

at the RA Centre

FREE Series

Join us for a stimulating 8 week brain fitness program starting September 27th at the RA Centre. Engage in exercises for your mind that encourage the building of cognitive resilience and help to reduce the risk of dementia.

Register Today at no cost! Space is limited.

To sign up, please contact Royaida at 613-736-6231 or rraouda@racentre.com

Tai Chi Class

September 7 to October 26, 2017

Thursdays, 8:00am to 9:00am

at the Duke of Devonshire (6th floor lounge)

FREE classes

Tai Chi is a special blend of slow moving meditation. This low impact class can help with internal co-ordination, relaxation, settling the mind along with balance. Enjoy this stress reducing class with exercises for all ages.

Tai Chi Classes will held at the Duke of Devonshire, 6th floor lounge – light refreshments will be served. Register Today at no cost! Space is limited.

To sign up, please contact Royaida at 613-736-6231 or rraouda@racentre.com



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