

September Registered Programs

Registration Opens August 31st, 2010. Please register at the front desk

Core Barre

Core Barre is an effective and rapid way to change your body! This blended method of pilates callenetics and the lotte burke method flattens your abs, lifts your butt and streamlines your thighs. Be prepared to feel the burn like never before! This workout really gets results, but demands commitment.

Date: September 20th-November 2nd (No class Oct 11th)

Time: Mondays from 1:05-1:50pm

Location: Studio A

Instructor: Shelley Creedy

Cost: FREE for all members

Yoga for Better Backs

Yoga for Better Backs with instructor Natalie Monson is a registered program which specializes in exercises for those with back pain due to repetitive stress, strain or injury. Through stabilization and strengthening exercises, you will regain balance, sense of length and space and feel reduced pain.

Date: September 20th - November 30th (No class Oct 11th)

Time: Mondays from 5:30-6:30pm

Location: Studio A

Instructor: Natalie Monson

Pre-requisites: Must purchase Yoga Strap from pro-shop

Cost: FREE for all members

Stability Ball Training

This challenging and fun workshop will improve dynamic balance, core stabilization and muscular strength and endurance for total body conditioning. The workshop is designed for the physically active who want to improve their recreational sport performance. No previous ball experience necessary!

Date: September 23rd - October 28th

Time: Thursdays from 1:05-1:50

Location: Studio A

Instructor: Nicole Goldman

Cost: FREE for all members

Ashtanga Yoga: An Introduction and Beyond

In this 6 week program we will start with a brief history of Ashtanga Yoga. We will also learn the deep "Ujjayi" breathing, gazing points, core locks and the science of life force. We will focus on the energizing sun salutations, move onto standing, seated and finishing poses. This will be followed with a focus on simple mediation, deep relaxation and stress reduction techniques. This program is open to all who desire to take their yoga practice beyond physical and experience something deeper and more blissful

Date: September 21st - November 9th

Time: Tuesdays at 4:00-5:00pm

Location: Studio B

Instructor: Rob Nichols

Cost: FREE for all members