Weekly Class Schedule

Monday Tai Chi Gong—Experienced 9:00-9:55 Nina Sato

The perfect activity for the rest of your life. Come experience "joy through movement". Tai Chi is a moving meditation that combines slow, fluid movements, meditation, and breathing. It is a low impact exercise that puts minimal stress on joints and muscles while strengthening your core and posture. The gentle, flowing movements are easy to learn and follow to the soothing background of Hawaiian music. This is an Experienced class with minimal instruction. The focus is on the practice itself. For those new to Tai Chi, there is a Beginner class offered on Tuesday at 9am.

Instructor/Coordinator: Nina Sato nsato@live.com 778-992-0220

Monday Chair Yoga with Deb 10:00-11:00 Deb Karlstrom

This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile. This class is also offered on Fridays at 12pm.

Instructor/Coordinator: Deb Karlstrom drolston@shaw.ca 778-585-5105

Monday Magi's Strength Training 11:15-12:15 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This Strength class is geared to the older adult seeking a programme to build and maintain strength using light (1-2lb) weights and resistance tubing. Most of the class is done seated in a chair. There may also be standing exercises but no mat work. This class is also offered on Wednesday.

Coordinator: Bev Haist haistbg@gmail.com 250-871-4299

Monday Gentle Hatha Flow Yoga 2:30-3:45 Janet Haigh

Each mat-based class will incorporate gentle movement matched with intentional breathwork, culminating in a relaxing Yoga Nidra guided meditation. Each class will encompass floorwork, standing postures, balance and strengthening practices. There will be a special emphasis each month; all bodies welcome, no previous yoga experience required. For more information, email Janet at janet@blueskyyoga.ca.

January: **Let the Good Times Roll:** Low back, hip and pelvic wellness—If you stretch your back, hips and pelvis, your overall physical range of motion will expand and radiate from there. Come learn how to loosen this area with specific practices, and roll away ready to tackle other activities with greater ease.

February: **Popeye Power:** Build strength and energy using gravity—Explore strength training by employing your body weight against gravity's pull, and feel your energy level surge in response. We will employ a chair, a wall, the floor, and various isometric stances to engage our muscles to feel the rewarding hum of their reverberations.

Coordinator: Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Monday Yoga with Deb 4:00-5:15 Deb Karlstrom

Are you looking for the challenge of the standing Asana poses to strengthen, lengthen, straighten and fine-tune your balance? Learn their names, and how to enter your pose safely and feel invigorated. This might be the class for you to make the biking/hiking/tennis/swimming & golf even better. The class is spent exploring our bodies standing, sitting, lying & hands/knees. Life moves us in all directions and so does this class.

Instructor/Coordinator: Deb Karlstrom drolston@shaw.ca 778-585-5105

Weekly Class Schedule

Tuesday Tai Chi Gong—Beginner 9:00-9:55 Nina Sato

See a full description of this class on p. 1 Monday 9am Tai Chi Gong. This class offers more instruction and a slower pace than the Monday Experienced class.

Instructor/Coordinator: Nina Sato nsato@live.com 778-992-0220

Tuesday Magi's Fitness 10:00-10:55 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This Fitness class is geared to the older adult seeking a programme to maintain a baseline activity level. The 55 minute class starts with a mild aerobic workout followed by seated strengthening exercises using resistance tubing and 1-2 lb wrist/ankle weights. This class is also offered on Thursday.

Coordinator: Pat Jacobson pfjacobson@shaw.ca 250-465-1683

Tuesday Magi's Chairfit 11:00-11:30 Magi Schoffield-Reid

Classes with Magi have been ongoing for more than 30 years. This seated 30 minute class is geared toward the older adult with mobility limitations with a series of gentle stretching and mobilization exercises done in a chair. This class is also offered on Thursday.

Coordinator: Pat Jones patanderrol@gmail.com 250-339-6706

Tuesday Always Be Strong 11:45-12:45 Liz Hills

Gentle but effective strength-based sessions tailored to support healthy aging, balance, and independence. Liz will guide you through a full-body functional strength class using 5+lb weights and resistance tubing. This class will mostly be done standing but also incorporate work on or using a chair. No mat work. Liz previously led classes at the Seniors Center in Sechelt. To learn more about Liz, visit Always Be Strong with Liz Hills. This class is also offered on Thursday.

Tuesday Core 1:00-2:00 Steve Thomson
2:10-3:10 Steve Thomson

All levels fitness classes with Medical Exercise Specialist Steve Thomson who challenges your balance, core, flexibility, and mobility, ending with a stretching session. The class enables you to be stronger and more confident in your daily activities. This class involves both standing and mat work.

Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374
Deborah Holmes debholmescomox@yahoo.ca 250-339-4313

Tuesday Slow & Gentle Soma Yoga 3:30-4:45 Wendy Anderson

In this class, gentle movements will soften & stretch your body's connective tissue before exploring somatic and restorative movements designed to release tension, aches & pain. Enjoy a final restorative relaxation pose with a soft Gong sound bath to calm your nervous system. This practice has been shown to reduce stress & anxiety, improve mobility, breathing, relieve shoulder, neck, back pain and much more. This class will allow plenty of time to unwind, release stress, breathe and move with ease. This class is done on the mat and is appropriate for everybody. To learn more about Wendy, visit Wendy Anderson's Joyflow.

Coordinator/Instructor: Wendy Anderson wendyandersonsjoyflow@gmail.com 250-898-3021

Tuesday Men's Stretch & Strength 5:00-6:15 Deb Karlstrom

This all levels class is for men only. It is a practice to encourage stretching, strengthening and finding connection with one's body. To rediscover the breath and use it to dissolve tensions and be present to life now. Necessary is a sense of humour and willingness to do less." Motion is lotion" is the motto of this class that explores simple movement practices and yoga postures. A comfortable body is encouraged thru the use of props and modifications of poses. The class finishes with a rest that sends one back into the day relaxed.

Instructor/Coordinator: Deb Karlstrom drolston@shaw.ca 778-585-5105

Weekly Class Schedule

Wednesday **Dancefit** **10:00-11:00** **Lyla Pettis**
This aerobic exercise programme is a great way to get fit and stay in shape. It features simple choreography to music from around the world, and is tailored for the older adult of all ability levels. The focus is on having fun while moving the body without discomfort. Dance is a great way to strengthen muscles and bones, boost cardio function, stimulate the brain, and improve posture, coordination and balance to prevent falls.
Coordinator: Diana Fright dianaterry@shaw.ca 250-339-7714

Wednesday **Magi's Strength Training** **11:15-12:15** **Magi Schoffield-Reid**
See full description of this class on p. 1 Monday 11:15 Magi's Strength Training.
Coordinator: Bev Haist haistbg@gmail.com 250-871-4299

Wednesday **Soma Nidra** **4:30-5:45** **Wendy Anderson**
Soma Nidra with Wendy is a blend of Somatic Movement, Yoga Nidra, and soft soothing Gong Sounds. When practiced together, this gentle class will support a deep release and unwinding of stress, anxiety & pain in the body. You will be guided to explore a gentle way of moving with breath that helps to release chronic muscular tension, stress, pain, and leaves you feeling relaxed and deeply replenished. This class is practiced lying down, so you must be able to lie down on the floor for this class. No experience is necessary, all are welcome. To learn more about Wendy, visit Wendy Anderson's Joyflow.
Coordinator: Susan Toresdahl storesdahl@shaw.ca 250-339-6528

Wednesday **Line Dancing Level 1** **6:00-7:00** **Brenda Needham**
Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face.
Level 1: ABSOLUTE BEGINNER CLASS consists of instruction that is very repetitive and slow, ensuring your success in learning to line dance. Come and learn the terminology and basic steps of line dancing in a non-intimidating and friendly atmosphere.
Instructor/Coordinator: Brenda Needham needham@telus.net

Wednesday **Line Dancing Level 2** **7:10-8:10** **Brenda Needham**
Level 2: LOW BEGINNER CLASS This class is a natural progression if you have attended the Absolute Beginner class and want to build upon the skills you have already learned. It will consist of low to medium level Beginner dances.
Instructor/Coordinator: Brenda Needham needham@telus.net

Thursday **Line Dancing Level 3** **8:55-9:55am** **Brenda Needham**
Level 3: EXPERIENCED BEGINNER CLASS is for the line dancer who has mastered basic steps and movements. Instruction will be at a quicker pace. It will consist of medium to high level Beginner dances, as well as some Improver level dances which will have more complex dance step patterns, longer steps, syncopation, various rhythms & tempos, and tags & restarts.
Coordinator: Susan Lock westwynde44@telus.net

Thursday **Magi's Fitness** **10:00-10:55** **Magi Schoffield-Reid**
See full description of this class on p. 2 Tuesday 10am Magi's Fitness.
Coordinator: Pat Jacobson pfjacobson@shaw.ca 250-465-1683

Thursday **Magi's Chairfit** **11:00-11:30** **Magi Schoffield-Reid**
See full description of this class on p. 2 Tuesday 11am Magi's Chairfit.
Coordinator: Pat Jones patanderrol@gmail.com 250-339-6706

Weekly Class Schedule

Thursday **Always Be Strong** **11:45-12:45** **Liz Hills**
See full description of this class on p. 2 Tuesday 11:45am Always Be Strong.

Thursday **Strength and Core** **2:15-3:15** **Signi Caine**
Strength and Core taught by Signi Caine, Personal Trainer and Rehab Specialist will focus on improving balance, mobility, and overall strength for daily activities. Classes include exercises that strengthen core muscles, which are vital for posture, as well as resistance training with bands to help strengthen muscles and bones. These classes are designed with modifications to accommodate various fitness levels and abilities, making them a safe and effective way for older adults to stay active and independent. Wear comfy clothes, running shoes and bring a yoga mat to class.
Coordinator: Linda Barfoot fifthline@gmail.com 250-897-1374

Thursday **Yoga with Deb** **3:30-4:45** **Deb Karlstrom**
This all levels class for men & women explores movement practices, yoga poses including balancing and breath work. It begins with a meditation to find the present moment, one's grounding and intention for the practice. Throughout the class, alignment cuing is offered, modifications explored and encouragement of willingness to entertain possibilities. To set the judging mind aside and be able to laugh at life is necessary in this class. The session finishes with relaxation, readings often from Mary Oliver & others and sends one back into their life rejuvenated.
Coordinator: Karen Fraser frasertransfer@shaw.ca 250-465-0118

Friday **All Levels Yoga** **9:00-10:15** **Nancy Moelaert**
10:30-11:45
Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath. This yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With continued guidance to keep the awareness of the breath, you will find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and variety to accommodate less flexibility or injuries and you are encouraged to work at your personal level.
To learn more about Nancy, visit www.shoresofserendipityyoga.com
Coordinator for 9am: Zina Richmond zina.richmond@gmail.com 250-898-1267
Coordinator for 10:30am: Marrilynn Holmes rmholm@telus.net 250-702-3205

Friday **Chair Yoga with Deb** **12:00-1:00** **Deb Karlstrom**
This class is designed for men & women who need a chair to practice. Simple movement patterns are investigated to strengthen, build awareness and acceptance of one's body. Shapes are held to encourage flexibility. Two mantras guide this practice; 'Motion is Lotion' and 'Enough.' Breath work is explored as well as some standing poses with the use of the chair or wall. Yes, we do practice balance in whatever form is available to one's abilities in the moment. There is laughter, as one needs to be able to laugh at life's many happenings and through this, one finds connection with community. The class finishes with readings, gratitude, and sends one back into their day feeling energized with a smile. This class is also offered on Mondays at 10am.
Coordinator & Instructor: Deb Karlstrom drolston@shaw.ca 778-585-5105

Saturday **Yoga Workshop** **10:00-11:30** **Various Instructors**
This class will offer workshops of varying session length and instructors. There is no workshop scheduled for January at this time. Look for future offerings in the newsletter and online.