



Washago Community Centre Programs

**FALL 2019
REGISTRATION:**

Wednesday, Sept 11 5-7pm and Thursday. Sept 12 5 - 7pm

- Registration forms are available for download from the WCC website.
- Minimum numbers are required to run all programs. A decision to cancel will be made on completion of the last registration date. A full refund will be provided if a program is cancelled.

• **Program List**

- **Mondays:** Yoga Body Fit (BLT)
- **Tuesdays:** Gymnastics Balance Ball Ball Hockey
- **Wednesdays:** Karate You Move
- **Thursdays:** Tabata Interval Training Zumba
- **Pickleball:** Monday, Wednesday, Friday Saturday 9 - 11AM
Monday

Yoga Start Date: Sept 23 for 10 weeks Time: 4:15 Gentle Yoga 5:30 Yoga
Yoga incorporates breathing and mediation techniques as well as physical postures. It is an excellent way to bring awareness to your body while focusing on strength, flexibility and balance. You are welcome to participate at your own pace
Cost: \$82 members \$92 non members - **\$10 discount for payment by Sept 12 Instructor: Anita McDonald**

Monday

Body Fitness/BLT - (Butts/legs/tummy) Start Date: Sept 23 for 10 weeks 7:00 - 8:00pm
Join us for BLT. This popular class includes warm up/cool down portions as well as a short low impact workout, utilizing hand weights and toning bands for arm and shoulder strength, improve range of motion, strengthen upper and lower body and target core muscles. We will strengthen and tone our legs and butts to improve stability, balance, flexibility and muscle conditioning, all to great music. Work out at your own pace and ability. Please bring your own hand
Cost: \$72 members \$82 non members - **\$10 discount if paid by Sept 12 Instructor: Suzanne Ball**

Tuesday

Gymnastics Start Date: Sept 24 for 8 weeks
Participate in gymnastic fundamentals in a fun environment. Learn movement patterns and develop skills and focus on fitness. Classes encourage fun, fitness and learning.
Cost 60.00 - **\$10 discount for payment by Sept 12 Instructor: Judy Page**

Tuesday

Ball Hockey Start Date: Sept 24 for 8 weeks Time: 7:00 - 8:00pm
This program has not run with an instructor for approximately 3 years due to low registration. Any youth interested in playing ball hockey on a weekly but casual basis are encouraged to come and have an hour of unorganized fun. Parents are also encouraged to participate with their children and assist when they can.

NO CHARGE NO REGISTRATION

Tuesday

Body Fit/Balance Ball Start Date Sept 24 for 10 weeks Start Time: 7-8pm
Looking for a great overall muscle toning workout? Join us for a powerful low impact workout which improves core stability, posture, muscle balance, flexibility and your cardiovascular system. Bring a balance ball and hand weights.
Cost: \$72 members \$82 non-members **\$10 discount if paid for payment by Sept 12 Instructor: Suzanne Ball**

Wednesday

Karate Start Date Sept 25 for 8 weeks Time: **Defending Dragons ages 4 to 12 4:45 - 5:30**
Advanced ages 4 to 12 5:30 - 6:15
Karate increases agility, flexibility and self-confidence. Defending Dragons (beginner class) introduces children to the basics of karate encouraging the development of motor skills and physical agility. Advanced class, for those who have completed the beginner karate class, is to learn the art of karate as it was intended as self defense.
Cost \$47.50 each - **\$10 discount for payment by Sept 12 Instructor: Tawnya Gauthier-Romaniuk**

Wednesday

You Move Start Date: Sept 25 for 10 weeks Time: **6:30 - 7:30pm**
This fitness class is designed to develop core through strength and stability. We will work to firm and tone your arms, shoulders, leg and hip muscles and also tighten those butts and quads, focusing on your health. Many stretching and Pilates movements will be utilized as well as use of resistance bands and hand weights. Exercise can help us become stronger, leaner, lengthen muscles, improve posture and be more flexible. A large portion of the class will be on the floor utilizing mats. This program is designed for anyone who wishes to improve their overall fitness level. Great music to motivate everyone. Please bring your hand weights.
Cost: \$72 members \$82 non-members **\$10 discount for payment by Sept 12 Instructor: Suzanne Ball**

Thursday

Tabata Interval Training Start Date Sept 26 for 10 weeks Time: 6:30 - 7:30

The most effective type of high intensity interval training. Through a variety of simple, yet effective intense exercises, each class will blast the calories and provide noticeable results in a short time period. Whether your goal is muscle tone, weight loss, or both, this class will provide you what you are looking for. This program works well for men and women.

Cost: \$72 members \$82 non-members **\$10 discount for payment by Sept 12** Instructor: **Sean Spong**

Thursday

Zumba Start Date: Sept 26 for 8 weeks Time: **7:30 – 8:30pm**

Zumba fitness is a very exciting dance party atmosphere full of Latin and international music – no previous dance experience required! Workout is taught with instruction on how to do the moves and the “watch and follow”. It’s fun and effective, using interval training combining fast and slow rhythms for an effective aerobic workout while at the same time, targeting your legs, abs, glutes and arms.

Cost: \$82 members \$92 non-members **\$10 discount for payment by Sept 12** Instructor: **Beth Bussotti-Schell**

Pickleball - Monday, Wednesday, Friday and Saturday from 9 - 11 am **End Date is weather dependant**

Beginners are welcome at any of the above listed times. We have racquets that the beginners can use

Cost: Casual Play: \$2/session

Art Club Membership \$60 annual fee for membership. The club meets the 4th Friday of every month with the exception of July and August from 10am to noon - Meetings are in the hall of the Washago Community Centre.

Circle & Play: **Tuesday** Time: **10:00 - 11:30am**

This program is sponsored through Life with a Baby and open for preschool age children with space provided by Washago Community Centre The program is run on a volunteer basis.