

APPENDIX C

Fitness Programs

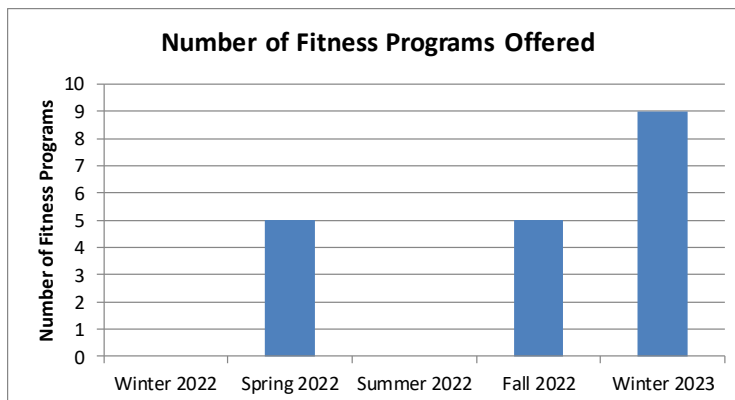
Fitness programs are offered three (3) times per year during the Winter, Spring and Fall sessions. Each session is ten (10) weeks in duration and is designed with programs based on previous success and community desire. In general, programs are intended for adults and registrants are able to select appropriate classes for themselves based on the program description and their abilities. Discounts are provided for Older Adults.

2022

Fitness programs did not resume following Covid-19 closures and restrictions until the Spring of 2022. Spring and Fall Fitness programs were offered in 2022 and a rise in attendance as shown through revenue was noted over the two sessions.

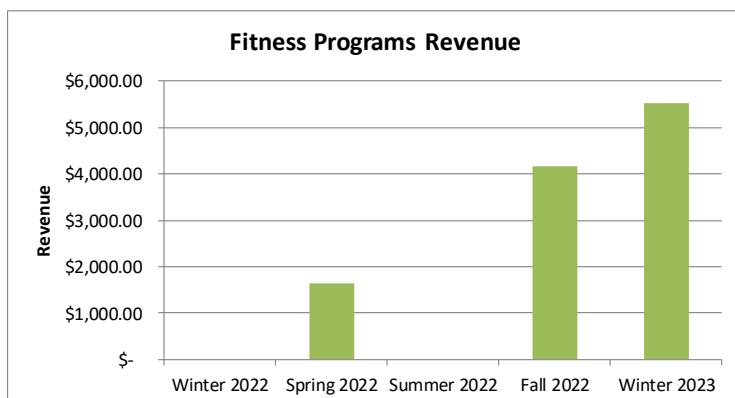
2023

The 2023 Winter Fitness program session is now over. Some additional fitness classes were offered and a rise in attendance can be seen. Overall, the Fitness Classes status is in a phase of re-development. New fitness programming is being researched by staff and offerings will be based on success from previous sessions.



*Total Number of Fitness Programs Offered in 2019 – 41

*Total Number of Fitness Programs Offered in 2022 – 19



*Total Revenue for Fitness Programs in 2019 - \$29,550.00

*Total Revenue for Fitness Programs in 2022 - \$11,323.00



FITNESS

All fitness classes are held at the West Lincoln Community Centre
177 West Street, Smithville ON

TAI CHI

First Timers \$43
Returning \$27

Tuesdays AND Thursdays 10:00am to 11:00am
from September 20 to November 24 (10 weeks)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong.

This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

HATHA FLOW YOGA

\$92.00

Tuesdays at 6:30pm

from September 20 to November 22 (10 weeks)

Hatha Flow Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable to all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

VINYASA YOGA

\$92.00

Tuesdays at 7:45pm

from September 20 to November 22 (10 weeks)

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and water.

GENTLE YOGA

\$92.00

Thursdays at 10:00am

from September 22 to November 24 (10 weeks)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing.

This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, blanket, a strap and water.

CHAIR YOGA

\$92.00

Thursday at 11:15am

from September 22 to November 24 (10 weeks)

Chair Yoga is a form of Hatha Yoga in which students can experience the many benefits of yoga without having to get up or down from the floor. It will include a series of stretching and strengthening yoga postures with the aid of a chair - both from seated and standing. The benefits include improved balance, strength, flexibility, circulation and stress reduction. Bring a mat, a strap and water.

Older Adults 55+ receive a 10% discount on Yoga classes

REGISTRATION



CALL TO RESERVE YOUR SPOT

905-957-3346 ext. 4682

You will need to provide your first and last name and which Fitness Class you would like to join.

Bring your payment to the first class.

West Lincoln Community Centre

CASH CHEQUE

177 West Street

Smithville, ON L0R2A0

Bring payment to your first class.

Recreation Services

905.957.3346 ext. 4688

recreation@westlincoln.ca

www.westlincoln.ca

SPRING 2022

FITNESS

All fitness classes are held at the West Lincoln Community Centre
177 West Street, Smithville ON


TAI CHI

FREE

Tuesdays AND Thursdays 10:00am to 11:00am
from April 19 + 21 to June 21 + 23 (10 weeks)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong.

This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

This program is FREE due to the Township receiving the Senior's Community Grant. 

HATHA FLOW YOGA

\$92.00

Tuesdays at 6:30pm

from April 19 to June 21 (10 weeks)

Hatha Flow Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable to all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

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West Lincoln Community Centre

CASH CHEQUE

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Smithville, ON L0R2A0

Bring payment to your first class.

Recreation Services

905.957.3346 ext. 4682

recreation@westlincoln.ca

www.westlincoln.ca

All fitness classes are held at the West Lincoln Community Centre

TAI CHI

First Timers \$43

Returning \$27

Tuesdays AND Thursdays at 10:00am

January 17 to March 23 (10 weeks)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Online registration not available.

HATHA FLOW YOGA

\$92.00

CLASS 1 - Tuesdays at 6:30pm

January 17 to April 4 (excl. Feb 14 & Mar 14)

CLASS 2 - Wednesdays at 7:15pm

January 18 to March 29 (excl. March 15)

Hatha Flow Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable to all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

VINYASA YOGA

\$92.00

Tuesdays at 7:45pm

January 17 to April 4 (excl. Feb 14 & Mar 14)

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and water.

GENTLE YOGA

\$92.00

CLASS 1 - Mondays at 10:00am

January 16 to April 3 (excl. Feb. 20 & Mar. 13)

CLASS 2 - Thursdays at 10:00am

January 19 to April 6 (excl. Feb 16 & Mar 16)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, blanket, a strap and water.

CHAIR YOGA

\$92.00

Thursdays at 11:15am

January 19 to April 6 (excl. Feb 16 & Mar 16)

Chair Yoga is a form of Hatha Yoga in which students can experience the many benefits of yoga without having to get up or down from the floor. It will include a series of stretching and strengthening yoga postures with the aid of a chair - both from seated and standing. The benefits include improved balance, strength, flexibility, circulation and stress reduction. Bring a mat, a strap and water.

FIT & FUN FOR BOOMERS

\$92.00

CLASS 1 - Tuesdays at 10:00am

January 17 to April 4 (excl. Feb 14 & Mar 14)

CLASS 2 - Tuesdays 11:15am

January 17 to April 4 (excl. Feb 14 & Mar 14)

Improve your balance and mobility while having fun! This out-of-the-box fitness class includes games and exercises with a partner. Benefits include fall prevention, core stability, social engagement.

REGISTRATION OPENS JANUARY 4, 2023

Older Adults 55+ receive a 10% discount (Tai Chi not included)

REGISTER ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

REGISTER IN PERSON!

West Lincoln Community Centre with CASH, CHEQUE or DEBIT 177 West Street Smithville

