

Culinary

Cooking: Essentially Gluten Free

Instructor Patty & Aarti

Learn about gluten free alternatives, from going to the grocery store, making your own meal and even dining out! By the end of this session you will become more confident in gluten free cooking, shopping with for gluten free ingredients, understanding celiac disease and many useful alternatives in living a gluten free lifestyle. Patty Javier Gomez is training to be a registered holistic Nutritionist, receiving her designation from the Canadian School of Natural Nutrition. Born in Dominican Republic with a passion for food, nutrition & the outdoors. She brings a great deal of knowledge and insight.

Wed Feb 8 7:00pm-9:00pm
42605.101SN \$45/1 session

Greek Cooking

Darwin Vergara

You will be introduced to basic Greek cooking techniques such as braising, poaching and sautéing. This is an open structured hands-on course. You will learn to blend traditional cooking techniques with modern and diverse flavours.

Thu Mar 8-Mar 29 6:45pm-9:00pm
42601.103SN \$80/4 sessions

Indian Cooking - Butter Chicken

Mohinder Sidhu

This popular class features Butter Chicken, a rich and creamy dish from northern India with tender boneless chicken cooked in a cream sauce with aromatic spices. We will also make authentic Chai tea, Basmati Rice and Naan Bread (traditional Indian flat bread). You will learn to make this wonderful dish and then taste it with plenty of samples to take home too. Come hungry and bring a container.

Wed Jan 18 6:00pm-8:00pm
42600.101SN \$35/1 session

Indian Cooking - South India

Mohinder Sidhu

Learn about the exquisite cuisine of South India. You will make coconut chutney (coriander and coconut relish), dosa (crepes) and chai tea. Enjoy the famous Rasam Soup (tomato lentil soup with ginger) with naam bread. Come hungry to these hands on educational cooking class.

Wed Feb 15 6:00pm-8:00pm
42600.103SN \$35/1 session

Indian Cooking - Vegetarian

Mohinder Sidhu

Indian cuisine is known for its immense variety of vegetables, combined with aromatic spices. In this class you will make-Vegetable Korma, a North Indian specialty of carrots, mushrooms, zucchinis and peppers immersed in a nutty cream sauce of fragrant spices and yogurt; Saag Paneer, creamy Indian cheese cubes cooked with spinach greens; Potato, Onion & Okra Dry Curry and Basmati rice. Come hungry to this hands on cooking class and taste your sample creations with plenty to take home too.



Wed Mar 21 6:00pm-8:00pm
42600.102SN \$35/1 session

Taste of China

Darwin Vergara

You will be introduced to the basic and most popular Chinese dishes ranging from different parts of China - Cantonese, Mandarin, Szechuan with the addition of desserts. The class is an open structured hands-on course. You will learn to blend different techniques from stir frying, braising, and steaming. Come hungry!

Thu Jan 12-Feb 2 6:45pm-8:45pm
42601.101SN \$80/4 sessions

Taste of the Philippines

Darwin Vergara

You will be introduced to the basic and most popular Filipino dishes. You will learn to blend traditional cooking techniques with modern and diverse flavours. Techniques such as braising, stir frying, sautéing, with addition of popular desserts will be covered. The class is an open structured hands-on course. Come hungry!

Thu Feb 9-Mar 1 6:45pm-8:45pm
42601.102SN \$80/4 sessions

Dance

Bhangra Dance (18 yrs +)

Sandip Rakhra

Bhangra is a high energy folk dance that originates from Punjab. This class will involve a warm-up, stretch, and sets of repetitive traditional and modern Bhangra moves that we will expand on as each class progresses. We will build stamina through this physical work-out and learn new dance moves. Some choreography will be taught in later classes as well. No previous Bhangra experience is required. Sandip Rakhra has a passion for dancing and teaching. She danced on a competitive Bhangra team for 3 years and competed locally, as well as traveled across North America to places like Beverly Hills, Detroit, and Long Beach. Drop in \$10.00.

Wed Jan 11-Mar 14 7:30pm-8:30pm
41619.101SN \$75/10 sessions

Dance Fusion (All levels) (18 yrs+)

Billie Murphy

This high energy dance class incorporates movements from jazz, modern, ballet, Latin dance and Pilates to kick start your day and your fitness routine. Dancing is not only a great full body workout, but the creative expression releases your mind as well. This class is great for first time dancers, as well as veterans- there are always options to decrease or increase the intensity. Billie spent three years training in New York at The American Musical and Dramatic Academy, Steps on Broadway and The New Dance Group in dance and musical theatre. She holds a diploma in Musical Theatre/Dance from The American Musical and Dramatic Academy. Drop-in \$10.

Thu Jan 12-Mar 15 9:15am-10:15am
41608.101SN \$80/10 sessions

Art

Drawing & Painting

Sheikh M. Ahmed

Learn skills to draw and paint. Areas of practice include pencil drawing, sketch, line, shape, light, shade perspective, composition, texture and colour. Ahmed Sheikh is a successful Art Director in Advertising Design and Theater Stage Designer. A \$21 per person material fee will be required on the first night, payable to the instructor.

Beginner

Wed Jan 18-Mar 7 6:30pm-7:30pm
48202.101SN \$45/8 sessions

Advanced

Wed Jan 18-Mar 7 7:30pm-9:00pm
48202.101SN \$68/8 sessions

Hip Hop (All levels) (14 yrs+)

Tanya Sanghera

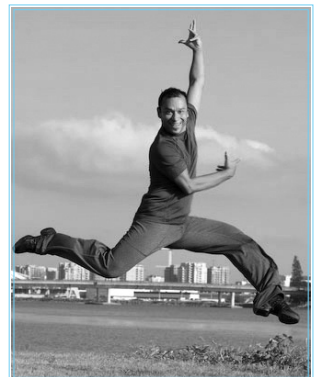
Hip hop for adults is a fun and funky way to get in shape and find your rhythm! The classes are filled with choreography for you to learn but you also have a chance to get involved by creating your own routines. Tanya Sanghera has been dancing for nine years and has many had many opportunities to showcase her talent. She has performed in countless shows and most recently she performed in the closing ceremony of the 2010 Olympics.

Tue Jan 10-Mar 13 7:00pm-8:00pm
41622.101SN \$65/10 sessions

Latin Funk

Gustavo Ferman

Gustavo's unique mix of seven Latin dance styles (Salsa, Merengue, Mambo, Cumbia, Cha-Cha, Reggeaton and Rumba) with a splash of Hip-hop, Afro'Funk and Jazz. He will have everyone dancing and grooving to the hottest Latin Pop music around. This high energy dance class focuses on proper



Latin dance technique and goes beyond just getting in shape. Dance partner not required. Drop in \$12.

FREE Trial

Wednesday, Jan 18 at 8:30pm

you must pre-register

Wed Jan 25-Mar 21 8:30pm-9:30pm
41615.102SN \$105.50/10 sessions

Line Dancing (no partner required)

Lucy Chiu

This exciting program is a unique form of exercise and dance that incorporates easy to follow dance steps and is a great way to exercise and meet new friends. This is an on - going class at the beginner level. Lucy has been teaching line dances for over 8 years. No partner required. Drop-in \$5.50.

Thu Jan 12-Mar 29 7:10pm-8:10pm
41603.101SN \$48/12 sessions

Dance

JO - Line Dancing (no partner required)

Lucy Chiu

****No class on Feb 18, 2012** This program takes place at John Oliver High School. Parking lot is on St George St (one Block west of Fraser and 41st Ave).**

Sat Jan 14-Mar 24 3:00pm-4:30pm
41699.101SN \$50/10 sessions
\$6/1 session

Line Dancing with Hanna - Beginner



Hanna Yung

Line dancing for older adults and seniors who want to have fun, make new friends, reduce stress and have some exercise. The Line dance program is themed to a variety of music from Western, Asian and Latin music. No partners required. **No Class Jan 11, Feb 8 & Mar 14.**

Wed Jan 4-Mar 28 11:00am-12:00pm
46124.101SN \$25/10 sessions

Line Dancing with Hanna - Intermediate



Hanna Yung

Line dancing for older adults and seniors who want to have fun, make new friends, reduce stress and have some exercise. The Line dance program is themed to a variety of music from Western, Asian and Latin music. No partners required. **No Class Jan 11, Feb 8 & Mar 14.**

Wed Jan 4-Mar 28 12:45pm-1:45pm
46124.102SN \$25/10 sessions

Line Dancing with Hanna - Beginner/Intermediate



Hanna Yung

Line dancing for older adults and seniors who want to have fun, make new friends, reduce stress and have some exercise. The Line dance program is themed to a variety of music from Western, Asian and Latin music. No partners required. **No Class February 24.**

Fri Jan 6-Mar 30 9:45am-11:45am
46124.103SN \$60/12 sessions

Fitness

Sunset Sun Run InTraining Clinic Starts January 14th!

Get in shape to run, walk or Nordic walk the Sun Run 10K with SportMedBC's proven 13 week training programs. Start slowly and build strength and stamina to improve your health while remaining injury free. Suitable for novice to experienced runners and walkers: Choose Walk10k/NordicWalk10K, LearnToRun or RunFaster with trained leaders for each program. \$139.00 registration fee includes 13-weeks of instruction, Sun Run Entry, New Balance Lightning Dry Long Sleeve T, Coaching Advice and more!

Sat Jan 14-Apr 14 9:00-10:30am
43301.101SN \$155.68/14 sessions

Jump start to good health in 2012!

**Saturday January 7,
10:00am-2:00pm**
Fitness Centre and Gymnasium
FREE

Healthy Refreshments
Win Great Fitness Prizes!!!



Get a Body Mass Index, Waist to Hip Ratio, or Target Heart Rate Training Zone measured.

Have a question about the fitness centre equipment or an exercise you are doing or a general fitness question? Exercise professionals will be available to speak to you at this event!

Check out our free trial classes offered throughout the day. Do not miss out on space, sign up early!

Free Trial Classes

- Bhangra with Sandip Rakhra - 12:30-1:15 pm**
- Cardio Core Step Class with Diane Menzes - 1:15-2:00 pm**
- Pilates with Mary Craig - 11:30 am-12:30 pm**
- Ultimate BodyBack Bootcamp & Stretch- 10:00-11:30 am**

Fitness

20/20/20

Jennifer Kempton

Get your body moving in this energetic cardio focused class! This exercise class will get you in shape by doing 3 different 20 minutes sets: 20 minutes of step, 20 minutes of hi/lo movements and 20 minutes of resistance movements. All levels of fitness are welcome and encouraged to participate. \$4.50 drop-in, space permitting.

Wed Jan 4-Mar 28 6:15pm-7:15pm
44800.103SN \$51/13 sessions

Body Back Bootcamp

Inderjit Waraich

Aim for optimal health and fitness! All sessions will consist of full body workouts and interval cardio training to efficiently tone and strengthen your body. Workouts will change every class in order to keep all muscles engaged using calisthenics, bands, dumb bells, body bars and exercise balls. Program will be held indoors. Drop-in \$16.

January

Tue Thu Jan 10-Feb 2 6:00pm-7:00pm
44102.101SN \$100/8 sessions

February

Tue Thu Feb 7-Mar 2 6:00pm-7:00pm
44102.102SN \$100/8 sessions

March

Tue Thu Mar 6-Mar 29 6:00pm-7:00pm
44102.103SN \$100/8 sessions

Cardio Core Step Class

Diane Menzes

Exercise at your own pace with choreographed High and Low impact fitness moves. End the class with floor work and cool down stretches from head to toe.

Sat Jan 14-Mar 31 9:15am-10:30am
44101.101SN \$48/12 sessions

Fatburner

Jennifer Kempton

This class focuses on group warm-up, cardio & 30 second interval training using weight resistance with high reps low weight for toning up specific areas. End the class with floor work and cool down stretches from head to toe. \$4.50 drop-in, space permitting.

Mon Jan 9-Mar 26 5:10pm-6:10pm
44800.104SN \$47/12 sessions
Wed Jan 4-Mar 28 5:10pm-6:10pm
44800.102SN \$51/13 sessions

Fit 4 Two Mom & Baby Indoor Bootcamp

Callie Camp

Bring baby - Get Fit Bootcamp Style! If you are looking for a high energy workout then this class is for you. Mom & Baby Indoor Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. This class is designed for postnatal women who have already eased back into fitness. This class is designed for pre-mobile babies. Sorry, no drop-ins. No class Mar 21 & 23.

Wed Fri Jan 11-Feb 3 1:00pm-2:00pm
44010.102SN \$120/8 sessions
Wed Fri Feb 8-Mar 2 1:00pm-2:00pm
44010.103SN \$120/8 sessions
Wed Fri Mar 7-Mar 30 1:00pm-2:00pm
44010.104SN \$90/8 sessions

ZUMBA

Tanya Maglio

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop in \$13.00

FREE Trial
Monday, Jan 9 at 7:30pm
you must pre-register

ZUMBA- Monday Set 1

Mon Jan 16-Feb 13 7:30pm-8:30pm
41701.103SN \$56/5 sessions

ZUMBA- Monday Set 2

Mon Feb 20-Mar 26 7:30pm-8:30pm
41701.102SN \$67.20/6 sessions

FREE Trial
Tuesday, Jan 10 at 8:00pm
you must pre-register

ZUMBA - Tuesday Set 1

Tue Jan 17-Feb 14 8:00pm-9:00pm
41702.102SN \$56/5 sessions

ZUMBA - Tuesdays Set 2

Tue Feb 21-Mar 27 8:00pm-9:00pm
41702.103SN \$67.20/6 sessions

General Interest

NEPP Earthquake Preparedness

NEPP #1 Earthquake Preparedness – Be Prepared not Scared We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a “Home Hazard” Hunt and what to do when an earthquake strikes. Please pre-register.

Tue Jan 24 7:00pm-9:00pm
44802.101SN Free

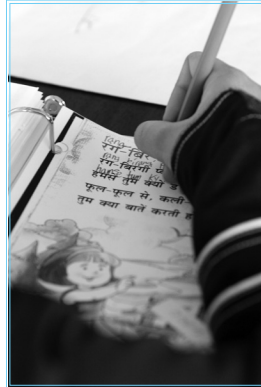
Language

Hindi Language

Varalaxmi Mudunoori

Learn how to speak, read and write Hindi language through grammar, sentence structure, Hindi vocabulary, conversation and many more teaching methods. No knowledge is required.

Sat Jan 14-Mar 17 12:15pm-1:15pm
45001.101SN \$106/10 sessions



Martial Arts

Tai Chi Yang Style

Sai Hock Goh

Learn and practice Classical Tai Chi Chuan and Quigong exercises for health and rejuvenation. Strengthen postural (anti gravity) muscles, improve circulation, refine motor skills, increase flexibility and gain inner strength. Suitable for beginner and intermediate levels. Sai Goh is a certified instructor who began his training in 1990 and has studied extensively with many of Vancouver's foremost Tai Chi Masters Yang Style.

Thr Jan 12-Mar 22 8:15pm-9:45pm
43401.101SN \$87.50/9 sessions

Health & Wellness

Hypertension Health Forum

Pharmacy students from the Faculty of Pharmaceutical Sciences at UBC will give an overview presentation of what hypertension (=high blood pressure) is, the importance of controlling your blood pressure, the role of medications in controlling blood pressure (along with how the drug works, common side effects and tips for you to be aware of when you are on a drug) and lifestyle modifications. The workshop is FREE but participants must pre-register.

Fri Jan 27 1:30pm-2:30pm
64801.101SN

High Cholesterol Health Forum

Pharmacy students from the Faculty of Pharmaceutical Sciences at UBC will give a presentation on what it means to have high cholesterol, what your test results mean, the importance of controlling your cholesterol levels, the role of medications in lowering the bad cholesterol and raising good cholesterol (along with how the drug works, common side effects and tips for you to be aware of when you are on a drug) and lifestyle modifications. The workshop is FREE but participants must pre-register.

Fri Feb 24 1:30pm-2:30pm
64801.102SN

Good Sleep Hygiene and the Role of Medication

Pharmacy students from the Faculty of Pharmaceutical Sciences at UBC will cover the importance of sleep, your sleep-wake cycle, tips on how to sleep and the role of medications in sleep management (along with how the drug works, common side effects and tips for you to be aware of when you are on a drug). The workshop is FREE but participants must pre-register.

Fri Mar 16 1:30pm-2:30pm
64801.103SN

Guo Lin Qi Gong

Lucilla Lai

This form of Qi Gong exercise was developed by the well known Master Guo Lin. The practice of Guo Lin Qi Gong allows “Qi” or “Energy” to flow freely throughout the meridians of the body, thus regulating blood and breath, energy and organs, mind and emotions. The exercises are suitable for men and women, young and old. Classes held in the dance studio.

Mon Jan 16-Feb 20 1:00pm-2:30pm
65600.101SN \$36/6 sessions

Music

Live Music and Dance

Derek Yeung

Join us for an afternoon of live music and dance. Derek Yeung will be playing his tenor saxophone along with his cd player and you get to dance to it. Dance to your favourite songs and sample delicious pastries and coffee or tea.

Please pre-register. Derek Yeung has played the Tenor saxophone for over 18 years and has been involved with many bands.

Fri Feb 24 1:00pm-2:30pm
41621.101SN \$3/1 session

Guitar Lessons (8yrs-Adult)

Chris Wright

Learn to play acoustic or electric guitar. Course content includes: chords and melodies, understanding and employing beat and rhythm, music theory, technique, reading music, tuning, maintenance and re-stringing. Guitars are not provided, but the instructor can help with advice and purchasing. 30 min lessons.

Tue Jan 10-Mar 13 3:30pm-7:30pm
31002.101SN-.108SN \$170/10 sessions/30 min.

Private Piano Lessons (5yrs+)

Half hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music. 30 min lessons.

Piano with Joanna

Joanna Wan

Wed Sep 14-Dec 14 7:00pm-7:30pm
21003.108SN \$238/14 sessions/30 min.
Mon Jan 9-Mar 5 3:30pm-8:00pm
21002.101SN-.109SN \$153/9 sessions/30 min.
Sun Jan 8-Mar 11 9:00am-12:30pm
21004.100SN-.106SN \$170/10 sessions/30 min.
Wed Jan 11-Mar 7 3:30pm-7:00pm
21003.101SN-.107SN \$153/9 sessions/30 min.

Piano with Monika (5yrs-Adult)

Monika Oldershaw

Sat Jan 7-Mar 31 9:30am-2:30pm
21001.101SN-.110SN \$238/14 sessions/30 min.

Piano with Nicole

Nicole Bannatyne

Sun Jan 8-Mar 25 1:30pm-4:30pm
21005.101SN-.106SN \$221/13 sessions

Allison Berry

Allison Berry has a Bachelor of Education from the University of Victoria - specializing in theatre and choral music. She has been teaching adult singing classes since 1993 and has had great success in teaching those who believe they can't sing.



Singing Fun For Adults

Allison Berry

Do you sing in the shower? Do you sing only when nobody's listening? Then this is the class for you! No experience necessary! All you need is a sense of humour and a love of music. This class will introduce you to some simple singing techniques that will enhance your singing skills and build your confidence. Each week we will work on a variety of styles of music while practicing the techniques learned in the vocal warm-up. Music will range from folk songs, pop songs, musical theatre tunes and classic oldies.

Thu Jan 19-Mar 8 6:30pm-8:00pm
41612.101SN \$132/8 sessions

Solo Vocal Techniques: Private Singing

Allison Berry

Do you love to sing? Do you want to learn how to sound better? Build your confidence? Get some one-on-one instruction that will help you focus on the finer details of your singing technique - including breathing, posture, and pitch and finding a warm, rich sound that will enhance any singing experience - even if you're only singing "Happy Birthday"!

Thu Jan 19-Mar 8 4:00pm-4:30pm
41613.101SN \$163/4 sessions
Thu Jan 19-Mar 8 4:30pm-5:00pm
41613.102SN \$163/4 sessions
Thu Jan 19-Mar 8 5:00pm-5:30pm
41613.103SN \$163/4 sessions
Thu Jan 19-Mar 8 5:30pm-6:00pm
41613.104SN \$163/4 sessions

Sports

Drop-in Sport Rates

Adult(16yrs+) \$5.50.

First priority is given to participants who are registered. Registered participants have until 15 minutes after program start time to sign-in. After grace period any extra spots will be sold to drop-in list. Drop-in participants may sign-up for themselves, in-person, 15 min. prior to start of program. Registered spaces are non-transferable

Badminton

Great recreational non-instructional play for all skill levels. Drop-ins welcome, check drop-in procedures. Please bring your own racquets and birds.

Mon Jan 9-Mar 26	7:50pm-9:50pm
43001.101SN	\$54/12 sessions
Wed Jan 4-Mar 28	7:45pm-9:45pm
43003.101SN	\$58.50/13 sessions

Ball Hockey: Men's (18yrs+)

Can't skate, but want to play hockey? Shoot, pass and score during this non-instructional program. Eye and mouth guards are strongly recommended. All sticks must be for inside play only and NO tape on blade.

Thu Jan 5-Mar 29	7:45pm-9:45pm
43103.101SN	\$58.50/13 sessions

Coed Indoor Soccer

It won't be professional level soccer, but it will be fun! Meet new people in this fun and friendly environment. All skill levels welcome. Non-instructional, recreational play.

Mon Jan 9-Mar 26	6:00pm-7:45pm
43101.101SN	\$54/12 sessions
Thu Jan 5-Mar 29	6:00pm-7:45pm
43102.101SN	\$58.50/13 sessions

JO - Badminton Court Rentals

Conveniently located on Fraser St and 41st Ave, at \$10 per court and free parking, this is the best place to play badminton in town!! Maximum 4 people per court per hour. \$5 admin fee apply per each rental hr for refund. Refund request must be made 1 week prior to the booking date. **This program takes place at John Oliver High School. Parking lot is on St George St (one block west of Fraser and 41st Ave).**

Sat Jan 14-Mar 24	10:00am-1:00pm
43190.101SN-.130SN	\$10/1 hour session

JO - Co-ed Volleyball

Bump, set, spike. Join your friends or meet new ones while enjoying some friendly games of volleyball.

****No volleyball on Feb 18, 2012** This program takes place at John Oliver High School. Parking lot is on St George St (one block west of Fraser and 41st Ave).**

Sat Jan 14-Mar 24	2:00pm-5:00pm
43199.101SN	\$60/10 sessions

Kerrisdale Basketball League

Sun Sep 11-Mar 4	1:00pm-5:00pm
43201.101SN	\$750/23 sessions

Pickleball

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No session October 26.

Wed Jan 4-Mar 28	12:30pm-2:30pm
43005.102SN	\$43/13 sessions

Recreational Ball Hockey - Women Only - 19yrs+

This program is for all levels of play. Shoot, pass and score during this non-instructional program. The focus is on fitness and fun. Eye, mouth guards and shin pads are highly recommended. All sticks must be inside play only and NO tape on blade.

Tue Jan 3-Mar 27	6:00pm-7:30pm
43105.101SN	\$52/13 sessions

Coed Recreational Basketball

Drop in alone or with your friends. All levels of play are encouraged. Games start right at 7:45pm. Please bring your own ball. Play will be held on two courts, 5 on 5, 25 players max. Play will go up to 9 points. Sign-up starting at 7:30pm IN-PERSON ONLY. Registered players must check in prior to 8:00pm or forfeit spot.

Tue Jan 3-Mar 27	7:45pm-9:45pm
43300.101SN	\$58.50/13 sessions

Pilates & Yoga

Beginner Hatha Yoga-Set 1

Into Yoga

Combining the asana (postures or exercises), pranayama (breathing techniques) and relaxation, feel calm with an undertone of energy when you leave the class. Drop in \$13.

Sun Jan 22-Feb 19 9:15am-10:15am
44310.101SN \$59/5 sessions

Beginner Hatha Yoga-Set 2

Into Yoga

Combining the asana (postures or exercises), pranayama (breathing techniques) and relaxation, feel calm with an undertone of energy when you leave the class. Tension and anxiety are relieved and a more profound connection with the body is developed. All levels of fitness are invited to attend. Drop in \$13.

Sun Feb 26-Mar 25 9:15am-10:15am
44310.102SN \$59/10 sessions

Iyengar Yoga

Tara Fynn

This introductory course in Iyengar Yoga emphasizes standing poses, which develop strength, stamina, stability, flexibility, and balance for beginner students. Forward and backward bends, twists, and inversions will also be taught. This course is particularly aimed at adults that are new to yoga but is suitable for more experienced practitioners wishing to increase their understanding of each pose. All are welcome! Drop ins \$15/class

Wed Jan 18-Mar 21 9:15am-10:15am
44313.101SN \$95/10 sessions

Kundalini Yoga (All Levels)

Baljit Dhudwal

Kundalini Yoga incorporates the body, mind and spirit through the use of postures, meditation, exercises, sound and breath. Drop in \$8.00.

Thu Jan 12-Mar 15 8:00pm-9:00pm
44305.101SN \$53.33/10 sessions

Meditation

Charleen McBeath

Meditation is for relaxation, physical healing and emotional balance as taught by esteemed meditation teacher, Dr. Reggie Ray. Bring your own cushion. For beginners and advanced meditators.

Wed Jan 11-Mar 28 8:00pm-9:00pm
44401.101SN Free with Membership

Pilates Matwork: Beginner

Mary Craig

Pilates Matwork is part of a unique exercise method that was developed by Joseph Pilates over 90 years ago. It tones and strengthens muscles, increases flexibility, improves posture and balance. Drop in \$13

Thu Jan 5-Feb 16 6:45pm-7:45pm
44201.101SN \$88.20/7 sessions
Thu Mar 1-Mar 29 6:45pm-7:45pm
44201.102SN \$63/5 sessions

Pilates Matwork: Continuing

Mary Craig

Pilates tones, strengthens muscles, increases flexibility and improves posture and balance. Drop in \$13.00

Thu Jan 5-Feb 16 5:45pm-6:45pm
44200.101SN \$88.20/7 sessions
Thu Mar 1-Mar 29 5:45pm-6:45pm
44200.102SN \$63/5 sessions



Christie teaching Yopalates

Yopalates

Christie Stoll CLS Fitness

This class combines the basics of power yoga and pilates. This class will help you develop inner awareness as well as flexibility, strength and balance. Register early as this popular class fills up quickly.

Mon Jan 9-Mar 19 6:15pm-7:15pm
44301.101SN \$100.83/11 sessions
Mon Jan 9-Mar 19 7:25pm-8:25pm
44301.102SN \$100.83/11 sessions
Thu Jan 12-Mar 22 6:00pm-7:00pm
44301.103SN \$100.83/11 sessions