

Lifestyle & Fitness Programs

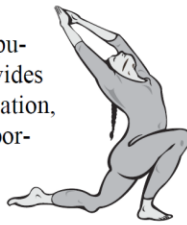
Yoga

Yoga is quickly becoming one of the most popular programs for fun and exercise. Yoga provides many benefits: stress reduction and relaxation, increased flexibility and strength, and an opportunity to explore a healthier body-mind-soul connection through postures, breathing techniques and meditation.

Our program is led by Linda Sewell, a certified yoga instructor who is well known for her friendly, welcoming manner and competent instruction. Linda has recently founded the Gracewood Centre for Yoga and Health.

A number of options are available for those wishing to participate in this enlightening program. Please remember to bring a blanket, mat or towel to all classes for floorwork.

All Levels Yoga classes take place on Tuesday evenings from 7:00 to 8:30 p.m. beginning on Tuesday, October 4 and continu-



ing for 10 weeks. Classes take place at John XXIII School on Edey St., and the cost of the session is \$150.00.

All Levels Daytime Yoga is conveniently scheduled for those who are staying at home or working shifts. It will operate primarily as a beginner yoga class, but those with some experience are certainly welcome. Classes take place on Wednesday mornings at 9:00 a.m. beginning Wednesday, October 5 and continuing for 10 weeks. Classes take place at the Arnprior Library and the cost of the session is \$150.00.

Winter 2012 Yoga Classes:

All Levels Yoga starts January 10/2012

Daytime Yoga starts January 11/2012

Registration for Winter programs takes place the week of January 2, 2012 at the Nick Smith Centre.

Get Fit in the Fall with PILATES & the new and exciting "ZUMBA"!

Lifestyle and Fitness programs led by Julia Clarke. Julia emigrated from the U.K. with her husband, Simon, having been a professional aerobic instructor and personal trainer for a number of years in England. Julia's FUN approach to classes and her larger-than-life personality provide all the motivation you need to make healthy lifestyle changes.

PILATES

Beneficial for people of all ages and fitness levels, **Pilates** (pronounced "puh-lah-teez") conditions the body from head to toe through a series of exercises to gently stretch, tone and strengthen the muscles. Regular **Pilates** practice can improve strength, flexibility and balance, reduce stress, improve circulation and create a stronger, more flexible spine.

Fall 2011 Pilates Program: Wednesdays at 6:30 p.m. at A.J. Charbonneau Public School, beginning October 12 and continuing for 10 weeks. The cost is \$100.00. Please register in advance at the Nick Smith Centre.

Winter 2012 Program: Begins January 11 and continues for 10 weeks. The location is A.J. Charbonneau Public School and the cost is \$100.00.

Special Promotion — Try Pilates and Zumba for FREE! On Wednesday, October 5, come and give Pilates and/or Zumba a try for FREE!! There's no obligation, but we're sure you'll love them both. The Pilates class takes place at A.J. Charbonneau Public School at 6:30 p.m. Bring a towel or mat for floorwork. The Zumba class takes place at 7:45 p.m. If you enjoy the classes, and we're sure you will, then you can continue by registering in the Fall program for 10 more classes.



ZUMBA

Let's face it, working out can be healthy, rewarding and beneficial, but it's never been known to be much fun UNTIL NOW! "ZUMBA" fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. We want you to want to work out, to love working out, to get hooked! Zumba participants achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba! And don't worry, you don't have to be a dancer to take Zumba; you just need to be someone who wants to have fun!

Fall 2011 Zumba Program: Wednesdays at 7:45 p.m. at A.J. Charbonneau Public School, beginning Oct. 12 and continuing for 10 weeks. The cost is \$100.00. Please register in advance at the Nick Smith Centre.

Winter 2012 Program: Begins Jan. 11 and continues for 10 weeks. The location is A.J. Charbonneau Public School and the cost is \$100.00.

Recommended Footwear for Zumba: Best shoes to wear are: court shoes or "aerobic" shoes — those that do not have a lot of tread at the bottom and are meant for medial/lateral/twisting motion. Running and cross-training shoes are not ideal because of the tread and they are meant more for forward motion. Jazz sneakers are fine, as are any old shoes where the bottom is worn out so that you can twist and move easily.

