



### Aqua Yagalates

This Aqua Yagalates class will incorporate a variety of poses and moves from both Yoga and Pilates. Start with the strength benefits of Pilates followed by the deep stretch and centering of Yoga. This aquatic practice will have different effects on your body than land practice including the added benefits of stability, therapy, and regulation of breathing. Floating in water while practicing poses releases stress and pressure from the joints and ligaments.

Location: Esquimalt Recreation Centre Pool

Instructor: Janice Arnot

Wed 7:00am-8:00am Jan 10 7889

### Water Running

Suspended in deep water, this zero impact workout uses running drills, interval training and resistance to maintain or improve your fitness. Great for runners who are cross training, those recovering from an injury, those just getting started at running, or those just looking for a new way to stay fit.

Location: Esquimalt Recreation Centre Pool

Instructor: Ann Henslowe

Thu 6:00am-6:45am Jan 11 7898

### Zoomers Water Running

Calling all Zoomers! Suspended in deep water, this zero impact workout uses running drills, interval training and resistance to maintain or improve your fitness. Great for those just getting started at running, or those just looking for a new way to stay fit.

Location: Esquimalt Recreation Centre Pool

Instructor: Ann Henslowe

Thu 2:15pm-3:15pm Jan 11 7902



### Zoomers - Land & Water Class (D)

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. Participants will spend 45 minutes in the gym working on a circuit based cardio/strength program followed by 45 minutes in the pool focusing on aerobic aquafit moves that will leave you feeling exhilarated at the end of the 90 minute class.

Location: Esquimalt Rec Centre

Instructor: Ann Henslowe

Mon 1:15pm-2:45pm Jan 08 9009

### In the Pool

#### Aquatic HIIT

This is High Intensity Interval Training in the water. Take advantage of the resistance of the water to up the intensity of this already intense workout. In this class you will participate in alternating periods of short intense anaerobic exercise with less-intense recovery periods to boost metabolism and accelerate weight loss.

Location: Esquimalt Recreation Centre Pool

Instructor: Ann Henslowe

Tue 6:00am-6:45am Jan 09 7893

**Limited availability. Register in advance to secure your space:**

Online: [Esquimalt.ca/programs](http://Esquimalt.ca/programs) · By phone: 250.412.8500 ·

In person: [Esquimalt Rec Centre](#)

Try it. **FREE!** Fitness Classes this January.



[esquimalt.ca/recreation](http://esquimalt.ca/recreation)

# Try it.

Introducing a week of **FREE** fitness classes. We're sure you'll find something you'll love!

## FREE! CLASSES JANUARY 2018

### Gentle Fit (D)

Strengthen the heart and the body. This class combines low impact aerobics with muscle conditioning exercises designed to keep the body supple, agile and fit. Suitable for newcomers to fitness, seniors and those recovering from injuries.

Location: Esquimalt Rec Centre, Craigflower

Instructor: Kay Inamura

Mon 10:05am-10:50am Jan 08 9019

### TRX Training (D)

Want to gain muscle strength and endurance, but lifting weights is not your thing? Try TRX suspension training, and make your body your machine. Although it's easy to modify this workout for different fitness levels, be prepared to feel your muscles like you never have before! This terrific total body and core workout will be taught in a small group fitness format. (Caution for people with wrist or hand injuries.)

Location: Esquimalt Rec Centre, Jubilee Hall

Instructor: Marcia Semenoff

Mon 12:05pm-12:50pm Jan 08 9023

### TRX Combo (D)

Innovative, intense, perfect way to end your day! This class will incorporate the TRX suspension equipment, circuit training and more to give you a total body strengthening workout. Prepare to work hard for this 45 minute class!

Location: Esquimalt Rec Centre Jubilee Hall

Instructor: Leanne La Prairie

Wed 7:45pm-8:30pm Jan 10 9022

### Hybrid Conditioning (D)

Maximizing personal fitness with a blend of high intensity circuits, functional movements and cardio bursts. This class will keep the body guessing and activate each individual energy system.

Location: Esquimalt Rec Centre Craigflower

Instructor: Graham Harriman

Fri 5:30pm-6:30pm Jan 12 9020

### Push, Pull, Hinge, Squat (D)

Mastering functional movements to reach the full potential and utilization of one's bodyweight in all forms of fitness. This class offers an extensive variety of circuit style sessions to get a sweat on while building a solid foundation. The focus of this class is Stability, Functionality and Utility.

Location: Esquimalt Rec Centre, Jubilee Hall

Instructor: Graham Harriman

Mon 6:45pm-7:45pm Jan 08 9021

### 50+ Weight Training (D)

This class will get you moving; improve strength, flexibility, balance and cardio! We start with a dynamic warm up and cardio in the studio and then move to the Weight Room to work on the circuit. By the end of the session, you will have a workout program to continue on with!

Location: Esquimalt Rec Centre, Lower

Multipurpose Room

Instructor: Ann Henslowe

Tue 10:15am-11:30am Jan 09 9017

Location: Esquimalt Rec Centre, Kanaka

Instructor: Ann Henslowe

Thu 10:15am-11:30am Jan 11 9018

### Mindful Movement Chair Yoga (D)

This class will explore diaphragmatic breathing, and gentle movements to relax the body and quiet the mind. Explore balance and core exercises to help cultivate stability. Each class ends with a guided relaxation practice. A great class for those who want to practice yoga and meditation without getting on the floor.

Location: Esquimalt Rec Centre, Craigflower

Instructor: Janice Arnot

Mon 11:05am-11:55am Jan 08 9030

*Limited availability.*

*Advanced registration required.*

## Gentle Yoga (D)

Start your day with a harmonious blend of yoga and yoga based stretches. A perfect way to increase energy, strength & flexibility. Open to any level - definitely not pretzel yoga!

Location: Esquimalt Rec Centre, Senior Centre

Instructor: Christine Balinski

Tue 9:30am-10:45am Jan 09 9027

Thu 10:15-11:30am Jan 11 9350

## Therapeutic Yoga (D)

Therapeutic stretches and exercises target the muscles and deeper connective tissues of the body-ligaments, joints, and fascia to stretch, strengthen, balance and align the body. This class emphasizes alignment in yoga postures to safely and effectively increase range of motion and flexibility, heal (and prevent) injuries and imbalances in the body, realign posture, and balance the nervous system. Suitable for all levels, from athletes, runners and bodybuilders, to those with an injury or illness.

Location: Esquimalt Rec Centre, Lower Multipurpose Room

Instructor: Janice Arnot

Tue 7:00pm-8:30pm Jan 09 9033

## Pilates Back to Basics

This class will focus on the basic principles of Pilates and is suitable for those who are new to the Pilates method of exercise. The instructor will lead the class through the foundational exercises while providing a safe and effective full body workout focusing on alignment, stabilization and improving strength, flexibility and posture.

Location: Esquimalt Rec Centre Craigflower

Instructor: Phyllis Musseau

Wed 5:30pm-6:25pm Jan 10 9025

## Pilates Intermediate (D)

Pilates is a unique form of exercise that is designed to condition the entire body through the focus of alignment, core strength, breath and flowing movement. Pilates allows you to move with greater efficiency and form. This class builds on the principles and skills of a beginner practice and moves at a quicker pace.

Location: Esquimalt Rec Centre, Craigflower

Instructor: Phyllis Musseau

Wed 6:30pm-7:25pm Jan 10 9026

## Restorative Yoga (D)

This gentle flow class explores slow gentle movement and stretches to mobilize the joints while inviting in a deeper breath practice. The movement is complimented restorative postures to calm the nervous system and the physical body.

Location: Esquimalt Rec Centre Senior Centre

Instructor: Janice Arnot

Wed 6:45pm-8:15pm Jan 10 9031

## Yin Yoga (D)

A slow, meditative practice that allows you to slow down and listen to your body's innate wisdom.

Postures are passive and held for 3-5 minutes which allows you to access your deep connective tissue and increase joint mobility.

Location: Esquimalt Rec Centre Senior Centre

Instructor: Janice Arnot

Thu 6:45pm-8:15pm Jan 11 9034

## Tensegrity Repair Series (D)

This yoga practice is quite complimentary to Pilates but gentler; engaging your core without excess strain on your back. Most of the exercises take place on the ground while laying on your back. Benefits include tissue and joint repair. Suitable for all levels.

Location: Esquimalt Rec Centre, Senior Centre

Instructor: Janice Arnot

Fri 12:00am-1:15am Jan 12 9032

## Gentle Hatha Yoga Class (D)

Whether you want to increase your flexibility or build strength, this class has it all. Some of the postures will be held longer than others, using your breath and gravity to allow you to find openness within your body. Other postures will be more active and heat generating to build muscular strength. This class is accessible and beneficial to all, from beginner to advanced.

Location: Esquimalt Rec Centre Senior Centre

Instructor: Kaylie Hartwell

Sun 2:30pm-3:30pm Jan 14 9028

## Zoomers (D)

Calling all Zoomers! This unique fitness program is designed for those 50 plus (but all ages are welcome) who want to stay fit, build muscle, maintain balance and a healthy heart. Participants will spend 45 minutes in the gym working on a circuit based cardio/strength program followed by 45 minutes in the pool focusing on aerobic aquafit moves.

Location: Esquimalt Rec Centre

Instructor: Ann Henslowe

Mon 1:15pm-2:45pm Jan 08 9009

Wed 1:15pm-2:45pm Jan 10 9324

## Community Fitness: Bootcamp

Try something new or add to your current fitness routine! The class will include classic fitness methods and latest trends to maximize your strength and conditioning. Train in a friendly, non-competitive environment. Come and join us!

Location: Esquimalt Rec Centre Craigflower

Tue 6:45pm-7:45pm Jan 09 9008

## Groove (D)

Experience the ridiculously fun new workout that everyone is talking about! Groovin' is a revolutionary workout that celebrates everyBODY's unique way of moving. BREAK OUT OF THE FITNESS BOX - the movements are purpose-driven and are designed to build strength, cardio and endurance.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Kristina Quinn

Mon 5:45pm-6:45pm Jan 08 9010

## Spin, Core & Stretch (D)

A great, non-impact way to increase your cardiovascular and muscular fitness! Follow it up with a great stretch to leave you feeling ready to take on the day. Drop in when space available.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Ann Henslowe

Tue 9:00am-10:00am Jan 09 9015

## Spin & Conditioning (D)

In this combination class start with a solid 30min+ of spinning followed by a strength series including ab work and a stretch. Drop in when space available.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Esther Bendall

Tue 6:15pm-7:30pm Jan 09 9014

## Mindfulness & Motherhood (D)

Need less stress and more mindfulness in your life?

This introductory class incorporates mindfulness practices and cultivates your strengths to reduce stress, and help you create an environment for you and your family to thrive. No previous meditation experience necessary. Child Minding available while in this program.

Location: Esquimalt Rec Centre Lower Multipurpose Room

Instructor: Angie Bull

Thu 9:30am-10:30am Jan 11 9011

## Intro to Indoor Cycling

Break down barriers and intimidation with this introduction to indoor cycling. Learn the basics of bike set up, pedaling for a smooth ride, monitoring your intensity; and varying your resistance for an enjoyable indoor cycling experience.

Location: Archie Browning Sports Centre Crow's Nest

Instructor: Mindy Demers

Fri 5:40-6:20pm Jan 12 9016

## Buddhist Meditation (D)

Discover the power of meditation to feel less stressed, to respond more openly to others, and to think creatively in the face of difficulties.

Ongoing classes are appropriate for all levels of experience. Chairs are provided but participants are welcome to bring their own mats and meditation cushions.

Guided meditation, a discussion of Buddhist practice, and a refreshment break are part of each session.

Classes are led by Sachi Tamura from the Bodhichitta Kadampa Buddhist Centre.

Wed 7:00pm-8:15pm Jan 10 9326 or 9328

Fri 12:00pm-1:30pm Jan 12 9327 or 9329

## Oriental Movement Therapy (D)

Dr. Hegillman, from Oriri Acupuncture and Herbal Medicine centre, will guide you through Oriental movement therapy, a form of self care and a tool for checking-in with your body. For anyone (12 and up) who want to learn simple body movements and breath work capable of alleviating chronic pain and/or structural issues as well as restore overall well-being capable of connecting the mind-body-spirit.

Location: Esquimalt Rec Centre Craigflower

Instructor: Dr. Katrine Hegillman

Fri 1:15pm-2:15pm Jan 12 9013

Location: L'ecole Brodeur School Theatre

Tue 5:15pm-6:15pm Jan 16 9351

## Mindful Munchkins (D)

(Children 3-6yrs & Caregiver)

A class for children ages 3-6 and their caregivers that combines movement and stories while introducing children to meditation and mindfulness practices. Each class wraps up with a hands on creative project.

Location: Esquimalt Rec Centre Lower

Multipurpose Room

Instructor: Angie Bull

Thu 10:45am-11:30am Jan 11 9012

**Limited availability. Register in advance to secure your space:**

- Online: [Esquimalt.ca/programs](https://www.esquimalt.ca/programs)
- By phone: 250.412.8500
- In person: Esquimalt Rec Centre