

July 2021

Monday - Friday 7:00 AM - 8:00PM
 Saturday & Sunday 9:00 AM - 4:00 PM
 July 1st: Canada Day 9:00 AM—4:00 PM
 No classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP CLASS 8:30 - 9:30		STEP CLASS 8:30 - 9:30			
AQUACIZE 9:00--9:45	STRETCH & TONE 9:45-10:45	AQUACIZE 9:00-9:45	STRETCH & TONE 9:45-10:45	AQUACIZE 8:40-9:25		GENTLE FLOW YOGA 9:15-10:15
STRONG FOR LIFE 9:30-10:30		STRONG FOR LIFE 9:30-10:30		AQUACIZE 9:40-10:25		
TAI CHI 4:00-5:00				GENLE FLOW YOGA 9:30-10:30		
PILATES 5:15-6:15	GENTLE YOGA 5:00-6:00		GENTLE YOGA 5:00 6:00			

“When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love.
~Marcus Aurelius

POOL SCHEDULE						
MON	TUES	WED	THU	FRI	SAT	SUN
7:00-8:45 Adult	7:00-11:00	7:00-8:30	7:00-11:00	7:00-8:30		
11:00-1:00	11:00-1:00	11:00-1:00	11:00-1:00	11:00-1:00	9:00-4:00 All Welcome	9:00-12:00
1:00-3:00	1:00-3:00	1:00-3:00	1:00-3:00	1:00-3:00		12:00-4:00
3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	3:00-7:00 All Welcome	* Pool is closed to laps during water classes *All welcome applies to stat holidays	
7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult	7:00-8:00 Adult		

*Class times and pool schedule subject to change without notice



FAIRWINDS WELLNESS CLUB

☎ 250-468-5303

✉ fwcentre@fairwinds.ca

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No classes

Strong For Life (L1-3)

With simple, safe, and effective exercises set to motivating music, you will build strong, functional muscles. The class uses dumbbells and other equipment to develop balanced strength and power throughout the body. Build strength for longevity and vitality!

Monday & Wednesday with Kevin

Pilates (L1-3)

Mat pilates is a fun and effective series of exercises that will strengthen your core and improve your balance. You will become aware of your postural habits and alignment while increasing your flexibility and strength. A strong core or "Powerhouse" is the key to a healthy back and spine AND a happy life! May use props such as therabands and balls.

*****Please bring your own equipment**

Monday with Jane

Stretch 'n Tone (L1-3)

This popular class will allow you to work at your own fitness level, increase your core strength, and improve your balance and flexibility, while having fun at the same time!

Tuesday, & Thursday with Martha

Aquacize (L1-L3)

Work out in the water. Aquacize is a great low-impact workout suitable for all fitness levels.

*All class participants are asked to arrive with bathing suits on and enter the pool area via the door off the hallway. There will be no access to the change rooms until after class.

Monday with Elaine; Wednesday with Martha; Friday with Vito

Step Aerobics (L2-3)

Come prepared to sweat! This high-energy class gives you non-stop cardio on the step. Martha will motivate you and get your heart pumping.

Tuesday & Thursday with Martha

Tai Chi - Mixed Class

Tai Chi is an ancient Chinese art that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or those who wish to continue to develop internal balance, and find harmony between body, mind, and spirit.

Monday with Jarvis

Gentle Flow Yoga (L1-3)

Gentle Flow is a beautiful practice, designed to gracefully move through vinyasas with controlled power. This class is geared toward those new to their practice, or those wanting a more gentler flow. The class will focus on simple flows focusing on alignment, strength, balance and flexibility.

*****Please bring your own equipment**

Friday & Sunday with Miranda

Gentle Yoga (L1-3)

Gentle Yoga is a synergistic blend of Restorative and Yin Yoga, incorporating props such as bolsters, straps, blocks and blankets. The props provide a supportive environment for total relaxation of the body, allowing for both healing and rejuvenation to take place.

*******Please bring your own equipment**

Tuesday with Carolyn

Thursday with Miranda

GUIDE TO LEVELS

Level 1

Easy to follow, low intensity

Level 2

Moderately challenging

Level 3

Challenging

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