

In response to recent Provincial Health restrictions

The Fairwinds Wellness Club is now offering classes OUTSIDE

- ◆ If you are attending an outdoor class, please dress appropriately. Layers are a great idea as you can add or remove them as necessary.
- ◆ If there is a weather related cancelation, registered members will be notified by email as early as possible.
- ◆ Members can continue to book classes online as usual.
- ◆ Members are still required to call the Wellness Club if they wish to cancel a booking, otherwise a class fee will apply.
- ◆ Towels will be provided to participants for use under mats and equipment for both comfort and protection.

We are pleased to safely offer the programs below, and appreciate your continued support during these uncertain times.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP CLASS 8.45 - 9.45	AQUACIZE 8:40-9:25	STEP CLASS 8.45 - 9.45			
AQUACIZE 9:00-9:45	STRETCH & TONE 10:00-11:00	AQUACIZE 9.40-10.25	STRETCH & TONE 10.00 - 11.00	AQUACIZE 8:40-9:25		GENTLE FLOW YOGA 9:15-10:15
STRONG FOR LIFE 9:30-10:30		MAT PILATES 9:15-10:15		AQUACIZE 9.40-10.25		
		STRONG FOR LIFE 10:30-11:30 NEW TIME!		GENTLE FLOW YOGA 9:30-10:30		
YOGALATES 5:00-6:00 NEW!	VINYASA YOGA 5:15-6:15		VINYASA YOGA 5:00 6:00	MAT PILATES 10:45-11:45 NEW!		

May 2021

Monday - Friday 7:00 AM - 8:00PM
Saturday & Sunday 9:00 AM - 4:00 PM

Monday, May 24th—Victoria Day

9:00 am—4:00 pm—No Classes

Strong For Life (LI-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

Yogalates (LI-3)

Are you interested in strengthening your core while practicing a gentle yoga class? If so, you will enjoy this class! Give your body a stronger core and more flexible spine to help reduce lower back pain, improve posture and balance. There is no experience in either exercise to take part in this class. You will combine the mindfulness of yoga while stretching and relaxing.

*****Please bring your own mat**

Monday with Jane

Stretch 'n Tone (LI-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 (LI-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

Mat Pilates (LI-3)

Mat Pilates offers you an effective series of exercises to tone and strengthen your core. Long and lean muscles are formed, improving your balance and posture. You will increase your awareness of breath and alignment while adding flexibility to muscles and joints—all done on a mat! No experience is needed and modifications can be provided if needed.

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

Monday & Wednesday with Jane

Gentle Flow Yoga (LI-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

Vinyasa Yoga (LI-3)

Vinyasa is an approach to yoga where you move from one pose directly into the next with a flow to though the specific poses and the pace of the flow vary from one instructor to the next.

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

Tuesday with Carolyn & Wednesday with Miranda

All progress takes place outside the comfort zone.

~ Anonymous

GUIDE TO LEVELS

Level 1
Easy to follow, low intensity

Level 2
Moderately challenging

Level 3
Challenging