



□ ADULT: ACTIVE

CHI KUNG

Chi is the energy associated with breathing and Kung means to work with it. This early summer morning outdoor class covers various Chi Kung systems and postures including; Iron Shirt, Eight Pieces of Brocade and Spring Forest.

LEARN TO RUN

Learn running techniques including; warm-ups, stretching, pace and goal setting. Within 10-weeks, watch your confidence soar as you work towards your goal.

POLE WALKING

If you enjoy walking, give Urban Poling a try! By using custom poles (provided), you can reduce stress and weight on your hips, knees and other joints, improve your posture, and increase your cardiovascular workout by over 25%. Get a total body workout!

SPINNING

Spinning is a great way to maximize your cardio work out. This stationary bike exercise will boost your metabolism, increase muscle tone and greatly improve your stamina.

YOGA

Learn Hatha techniques and postures. Practical work with postures, breathing techniques, relaxation, and concentration will be highlighted. If you have medical concerns, please consult your physician before attending.

□ SPORTS

DISC GOLF - LEAGUE

A league for those wishing to compete in a fun environment. A cumulative score to see who ends up on top!

PROGRAM	Age	# of Classes	Day	Start Date	Time	Place	Code	Price	
								Res	Non-Res
Chi Kung	18Y+	8	Tue	Jul 3	7 - 8 a.m.	CCLH	88182	\$77	\$107
Learn To Run	18Y+	10	Tue	Jun 26	6:30 - 7:30 p.m.	MC	88156	\$87.70	\$117.70
Pole Walking	18Y+	6	Tue	Jul 3	6:30 - 7:30 p.m.	MO	88155	\$54.62	\$84.62
Spinning	18Y+	8	Tue	Jul 3	7 - 7:45 p.m.	MC	88160	\$86.04	\$116.04
Spinning	18Y+	8	Thu	Jul 5	7 - 7:45 p.m.	MC	88161	\$86.04	\$116.04
Spinning	18Y+	6	Sat	Jul 7	9 - 9:45 a.m.	MC	88162	\$86.04	\$116.04
Yoga	16Y+	8	Wed	Jul 4	8:15 - 9:30 p.m.	MC	87793	\$78.04	\$108.04
Disc Golf - League	18Y+	10	Thu	Jun 21	6:30 - 8:30 p.m.	DP	88185	\$55	\$85

CCLH - Community Centre & Lions Hall MC - Magna Centre DP - Dennis Park MO - Municipal Office