

MIJO Fighting Fit

This high intensity class uses the principles of boxing and the methods of functional training to bring participants a challenging and rewarding workout. The class uses boxing inspired drills (including hitting focus mitts), bodyweight exercises, cardio drills and core stability training to provide a well-balanced workout. Gloves are required and can be purchased through MIJO Sport for \$45. No class Mar. 21.

Location: SEAPARC Leisure Complex

15639	W	7:15pm-8:15pm	Jan 11-Feb 29	8/\$80
15640	W	7:15pm-8:15pm	Mar 7-May 2	8/\$80
15641	W	7:15pm-8:15pm	May 9-Jun 27	8/\$80

MIJO Box Fit

Fast paced and fun, MIJO Boxfit is sure to make you sweat with challenging sequences and combinations! Combining the principles of punching and kicking with cardio and bodyweight exercises this class is an excellent workout for all fitness levels. No gloves required, punching and kicking are only done in the air. No classes Mar. 19, Apr. 9 & May 21.

Location: SEAPARC Leisure Complex

15722	M	7:15pm- 8:15pm	Jan 9-Feb 27	8/\$80
15723	M	7:15pm- 8:15pm	Mar 5-Apr 30	7/\$70
15724	M	7:15pm- 8:15pm	May 7-Jun 25	7/\$70

ACTIVE AGING

Wellness Through Movement

Relaxed atmosphere to promote and encourage better health, heighten energy, relieve stress and control blood pressure. Stretching and slow movements allow the body to heat up without straining or overly perspiring, opening joints so energy can flow unimpeded. No class Mar. 20.

Location: SEAPARC Leisure Complex

15655	Tu	10:00am-11:00am	Jan 10-Feb 28	8/\$80
15656	Tu	10:00am-11:00am	Mar 6-May 1	8/\$80
15657	Tu	10:00am-11:00am	May 8-Jun 26	8/\$80

Strength & Mobility

50+yrs

Energy + Vitality + Functional Fitness = Active aging! This program will improve your strength and overall movement and is designed for participants 50+. We will focus on a variety of exercises using resistance bands, free weights and BOSU stability balls to strengthen muscles, develop stability and improve balance. A little light stretching completes your class. All fitness levels welcome, no experience necessary. Register for the program or pay a drop-in fee of \$6.35 (including HST).

No classes Mar. 20 & 22.

Tuesdays

15693	Tu	9:00am-10:00am	Jan 10-Feb 28	8/\$40
15694	Tu	9:00am-10:00am	Mar 6-May 1	8/\$40
15695	Tu	9:00am-10:00am	May 8-Jun 26	8/\$40

Thursdays

15687	Th	9:00am-10:00am	Jan 12-Mar 1	8/\$40
15688	Th	9:00am-10:00am	Mar 8-May 3	8/\$40
15689	Th	9:00am-10:00am	May 10-Jun 28	8/\$40

DANCE

Social Ballroom Level 1

An introduction to the most popular ballroom dances including Waltz, Tango, Foxtrot, Jive, Cha Cha & Rhumba. A great way to combine fun, fitness and socializing. This is an activity that you can enjoy for the rest of your life as many of our social occasions include opportunities to dance. Designed for beginners or those wishing to review their basic steps. Couples and singles welcome, although even numbers cannot be guaranteed.

15675	F	6:45pm- 7:45pm	Jan 13-Mar 16	10/\$95
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Social Ballroom Level 2

If you have completed a beginner level Social Ballroom dance class and are familiar with a few basic steps, then this class is designed for you. The basic steps will be reviewed and then new figures will be added in the most popular dances, along with style and technique tips to help you look and feel your best on the dance floor. Just in time for the Holiday Season with all those special events and parties that include music and dancing. It is recommended to sign up with a partner and an ideal activity for couples to enjoy together. No class April 6.

15676	F	6:45pm- 7:45pm	Mar 30-Jun 8	10/\$95
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