



# Tiny 2018 Winter Fitness & Wellness Programs

Day	Program	Instructor	Location	Time	Duration	Cost Includes HST
<b>M</b> Monday	Core Conditioning with Strengthening	Dino	LA	6:00p.m. 6:45p.m.	Jan. 8 to Mar. 26 (11 weeks)	\$56.50
	Yoga & Meditation	Cheryl & Dino	LA	7:00p.m. 8:15p.m.	Jan. 8 to Mar. 26 (11 weeks)	\$135.60
<b>T</b> Tuesday	Yoga & Pilates	Dino	LA	5:00p.m. 5:45p.m.	Jan. 9 to Mar. 27 (12 weeks)	\$67.80
	Body Sculpting	Dino	LA	6:00p.m. 6:45p.m.	Jan. 9 to Mar. 27 (12 weeks)	\$67.80
	<b>NEW</b> Combo Fitness	Gl Jane	WB	6:00p.m. 7:00p.m.	Jan. 9 to Mar. 6 No class Feb. 20 (8 weeks)	\$67.80
	<b>NEW</b> Intermediate/Advanced HIIT Circuits	Laura	TTCC	5:15p.m. 6:15p.m.	Jan. 9 to Mar. 27 (12 weeks)	\$73.45
<b>W</b> Wednesday	<b>NEW</b> Foundation in Yoga	Abha	TTCC	6:00p.m. 7:15p.m.	Jan. 24 to Mar. 14 (8 weeks)	\$67.80
<b>T</b> Thursday	Age Reversing Essentrics	Colin	LA	1:30p.m. 2:30p.m.	Jan. 11 to Mar. 29 (12 weeks)	\$73.45
	Yoga & Meditation	Cheryl & Dino	LA	3:15p.m. 4:30p.m.	Jan. 11 to Mar. 29 (12 weeks)	\$135.60
	Intermediate Yoga	Dino	LA	4:45p.m. 5:30p.m.	Jan. 11 to Mar. 29 (12 weeks)	\$67.80
	<b>NEW</b> Core Conditioning with Strengthening & Fascia Stretching	Dino	LA	5:45p.m. 6:30p.m.	Jan. 11 to Mar. 29 (12 weeks)	\$67.80
<b>F</b> Friday	<b>NEW</b> Family Zumba	Sheyla	LA	6:00p.m. 6:45p.m.	Jan. 26th to Mar. 2nd (6 weeks)	\$56.60
	<b>NEW</b> Zumba	Sheyla	LA	7:00p.m. 8:00p.m.	Jan. 26th to Mar. 2nd (6 weeks)	\$56.60
<b>S</b> Saturday	Zumba with Generations	Sheyla	LA	9:30a.m. 10:15a.m.	Jan. 27th to Mar. 3rd (6 weeks)	\$56.60
	Chair-rumba	Sheyla	LA	10:30a.m. 11:30a.m.	Jan. 27th to Mar. 3rd (6 weeks)	\$56.60

### Age Reversing Essentrics:

A gentle full-body mobility program using movements taken from ballet, Tai chi, Pilates, yoga, and physiotherapy. Conducted at a safe, slow pace and helps to relieve tension and pain from all joints; liberates the spine, shoulders, and hips, and teaches body awareness. Please bring a mat and wear clothing allowing for movement. No footwear is necessary - bare feet is best!

### Body Sculpting:

For all fitness levels! A medium intensity class that shapes and defines different muscle groups using free weights & tubing.

### Chair-rumba:

Medium to high impact class with choreographed moves to latin & world rhythms using a chair to assist.

### Combo Fitness:

Gl Jane will take your fitness to a new level, rotating through a fun, different exercise class each week. Classes may include Zumba, Tabata, Stability Balls, Core and more.

### Core Conditioning with Strengthening:

Using exercise balls, tubing, body mass, and free weights, it starts with a focus on abdominal and back muscles, and ends with strengthening for arms and legs. BYO yoga mat and ball.

### Core Conditioning with Strengthening & Fascia Stretching:

Using exercise balls, tubing and body mass, this class strengthens core, abdominal and back muscles while improving balance. Classes end with foam roller fascia release and restorative poses. BYO yoga mat.

### Foundation in Yoga:

Starting Yoga with a firm foundation, helps one continue the practice to reap its benefits. BYO yoga mat.

### Family Zumba:

A FUN way to keep children 6-12 years of age active during the winter months by moving and grooving to the beats of latin and world rhythms in a choreographed dance workout. Family members are also encouraged to participate, no dance experience necessary.

**Intermediate/Advanced HIIT Circuits** : High Intensity Interval Training (HIIT) is a combination of cardio and resistance training for a fun & time effective work out! Participants should be able to perform foundational movements including squat, lunge, push, pull, plank with little to no modifications.

### Intermediate Yoga:

For those with basic understanding of Hatha Yoga and a higher fitness level. The class focuses on deepening poses and alignment of breath and movement. BYO yoga mat.

### Yoga & Meditation:

For all fitness levels. Incorporates breathing, meditation and Hatha Yoga postures to provide a well rounded body/mind/spirit experience. BYO yoga mat.

### Yoga & Pilates:

This 45 minute class focuses on teaching and practice of Beginner's Hatha yoga postures, incorporating basic Pilates mat work for strengthening. For all fitness levels. BYO yoga mat.

### Zumba:

Medium to high intensity choreographed dance work-out, paired to the beats of latin and world rhythms. No dance experience necessary.

### Zumba with Generations:

Medium impact class with choreographed moves to Latin & world rhythms geared towards seniors, pregnant women, and mom/dad with baby (5-12 months).

### Fitness Instructors

**Abha:** Certified Iyengar Teacher

**Cheryl:** Social Worker, Holistic Health Practitioner

**Colin:** Certified Essentrics Instructor

**Dino:** Certified Fitness Instructor, Older Adult Specialist with Can-Fit-Pro

**Gl Jane:** Personal trainer of 16 years and wellness coach of 22 years

**Laura:** Certified Fitness Instructor with Can-Fit-Pro

**Sheyla:** Certified Zumba Instructor

**LA:** Lafontaine Community Centre

**WB:** Wyebridge Community Centre

**TTCC:** Tiny Community Centre

Online Program Registration is now available!

To register, visit:

[Townshipoftiny.maxgalaxy.net](http://Townshipoftiny.maxgalaxy.net)

\*5% admin fee applies\*



**NO CLASSES**  
Family Day  
(Monday, Feb. 19th)

For further information or to register, please contact Emma at 705-526-4204, ext. 250  
emills@tiny.ca. www.tiny.ca



**Tiny**  
TOWNSHIP OF CANTON DE

### Fitness and Wellness Programs

### REGISTRATION FORM



Register for all programs well in advance of start date so that programs are not cancelled due to low registration. Class participants will not receive a confirmation. If you do not hear from the Township, your registration is complete and you should plan to attend the class as scheduled. Once a registration is taken, no refunds, rain checks, or credit will be given unless a program is cancelled due to lack of participation or at the instructor's discretion. For more information, please call Emma at (705) 526-4204 ext. 250 or visit [www.tiny.ca](http://www.tiny.ca).

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First Name

Last Name

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Address

City/Town

Postal Code

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Home Phone

Cell/Work Phone

E-Mail

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Program (1)

Date/Time of Class

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Program (2)

Date/Time of Class

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Program (3)

Date/Time of Class

NOTE: Please complete the entire registration form. Make cheques payable to the Township of Tiny and send to 130 Balm Beach Road W, Tiny, ON L0L 2J0. If you have questions, please call (705) 526-4204 ext. 250. Classes may be cancelled one week prior to start date based on registrations; please register early!

WAIVER:  I understand that the programs are sponsored by the Township of Tiny, and hereby waive, release, absolve, indemnify, and agree to hold harmless, the Township of Tiny, the class organizers, and supervisors, for any claim arising out of an injury to myself/son/daughter  I give permission for the Township of Tiny and the program instructors to use the above contact information regarding program information/updates. I understand I will not receive a refund for any program unless the program is cancelled by the Township of Tiny.  I also give permission to let the Township of Tiny take my photograph for promotional purposes.

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Adult Name

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Adult Signature

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Date