

## ARTS AND CULTURE

New!

## Adult Water Colour (16Y+)

It's water colour magic. Work from still life, landscape, Chinese calligraphy and look at water colour paintings from around the world. Take home a wealth of ideas and information.

M	Sep 13-Nov 1	08:30 PM-09:30 PM	\$148/7	[20212]
M	Nov 8-Dec 20	08:30 PM-09:30 PM	\$148/7	[20185]
M	Jan 10-Feb 28	08:30 PM-09:30 PM	\$148/7	[20186]
M	Mar 7-Apr 25	08:30 PM-09:30 PM	\$169/8	[20306]

## CLIMBING

## Boulder Bootcamp (18Y+)

Reach new fitness heights! Take on our climbing wall and develop strength and endurance through skills and drills using a variety of fitness equipment.

M	Sep 13-Nov 1	07:00 PM-08:00 PM	\$84/7	[20021]
M	Nov 8-Dec 20	07:00 PM-08:00 PM	\$84/7	[20022]
M	Jan 10-Feb 28	07:00 PM-08:00 PM	\$84/7	[20072]
M	Mar 7-Apr 25	07:00 PM-08:00 PM	\$96/8	[20073]

## Climbing Basics (14Y+)

Designed for those with little to no climbing experience. Learn how to use the gear, belay and tie proper knots.

Su	Sep 19	04:00 PM-05:30 PM	\$25/1	[19102]
Su	Oct 3	04:00 PM-05:30 PM	\$25/1	[19104]
Su	Oct 17	04:00 PM-05:30 PM	\$25/1	[19105]
Su	Oct 24	04:00 PM-05:30 PM	\$25/1	[19106]
Su	Nov 7	04:00 PM-05:30 PM	\$25/1	[19108]
Su	Nov 21	04:00 PM-05:30 PM	\$25/1	[19110]
Su	Dec 5	04:00 PM-05:30 PM	\$25/1	[19112]
Su	Dec 19	04:00 PM-05:30 PM	\$25/1	[19114]
Su	Jan 16	04:00 PM-05:30 PM	\$25/1	[20079]
Su	Jan 30	04:00 PM-05:30 PM	\$25/1	[20081]
Su	Feb 13	04:00 PM-05:30 PM	\$25/1	[20083]
Su	Feb 27	04:00 PM-05:30 PM	\$25/1	[20085]
Su	Mar 13	04:00 PM-05:30 PM	\$25/1	[20087]
Su	Mar 27	04:00 PM-05:30 PM	\$25/1	[20089]
Su	Apr 10	04:00 PM-05:30 PM	\$25/1	[20091]
Su	Apr 17	04:00 PM-05:30 PM	\$25/1	[20092]

# Adult

## DANCE

### Bollywood Dance (16Y+)

For adults of all dance levels and abilities, come find your rhythm with the latest Bollywood and Indo-Jazz choreography. Presented by representatives from Studio Bollywood I Dance.

W	Sep 15-Nov 3	06:00 PM-07:00 PM	\$120/8	[20216]
W	Nov 10-Dec 22	06:00 PM-07:00 PM	\$105/7	[20217]
W	Jan 12-Mar 2	06:00 PM-07:00 PM	\$120/8	[20218]
W	Mar 9-Apr 27	06:00 PM-07:00 PM	\$120/8	[20219]

### Diva Dance (18Y+)

Strippersize movements strengthen, tone and invigorate your whole body, leaving you smiling, sweating and showing off your new shape.

Tu	Sep 14-Nov 2	06:50 PM-07:50 PM	\$96/8	[20147]
Tu	Nov 9-Dec 21	06:50 PM-07:50 PM	\$84/7	[20148]
Tu	Jan 11-Mar 1	06:50 PM-07:50 PM	\$96/8	[20149]
Tu	Mar 8-Apr 26	06:50 PM-07:50 PM	\$96/8	[20150]

### New! Zumba (16Y+)

It's here and it's hot! A combination of fitness and dance, Zumba fuses Latin rhythms and easy to follow dance moves for an exhilarating cardio workout.

Tu	Sep 14-Nov 2	09:30 AM-10:30 AM	\$104/8	[20369]
Tu	Nov 9-Dec 21	09:30 AM-10:30 AM	\$91/7	[20370]
Tu	Jan 11-Mar 1	09:30 AM-10:30 AM	\$104/8	[20371]
Tu	Mar 8-Apr 26	09:30 AM-10:30 AM	\$104/8	[20372]

## FITNESS

### Hard Core (16Y+)

Know your core strengths and how to develop them. Drills range from bodyweight exercises to fit-balls and target abdominal and lower back muscle groups.

M	Sep 13-Nov 1	07:00 PM-07:55 PM	\$84/7	[19124]
M	Nov 8-Dec 20	07:00 PM-07:55 PM	\$84/7	[19125]
M	Jan 10-Feb 28	07:00 PM-07:55 PM	\$84/7	[20119]
M	Mar 7-Apr 25	07:00 PM-07:55 PM	\$96/8	[20120]

### Kickboxing Conditioning (16Y+)

High energy, non-contact: Master fundamental kickboxing techniques and develop speed, coordination and self-defense skills while building strength.

M	Sep 13-Nov 1	08:00 PM-09:00 PM	\$88/7	[20181]
M	Nov 8-Dec 20	08:00 PM-09:00 PM	\$88/7	[20182]
M	Jan 10-Feb 28	08:00 PM-09:00 PM	\$88/7	[20183]
M	Mar 7-Apr 25	08:00 PM-09:00 PM	\$100/8	[20184]

New!

## Learn to Lift (16Y+)

If fitness centres overwhelm you then get started here! Learn how to safely use weight training machines and free weights. Work with an instructor to develop your own personalized program.

W	Sep 15-Nov 3	06:30 PM-07:30 PM	\$80/8	[20349]
W	Nov 10-Dec 22	06:30 PM-07:30 PM	\$70/7	[20350]
W	Jan 12-Mar 2	06:30 PM-07:30 PM	\$80/8	[20351]
W	Mar 9-Apr 27	06:30 PM-07:30 PM	\$80/8	[20352]

### Fitness Social

Wednesday, September 1 10:30am-12:30pm Open Physio

Friday, December 17 10:30am-12:30pm Open Physio

Do you swim and splash in the Cardel Place pool but have never stepped inside the Fitness Centre? Maybe you're in the Fitness Centre every week but have never used the climbing wall. The Fitness Social helps you learn more about what Cardel Place offers, giving you the opportunity meet some of the Cardel Place team and other facility users. Snacks and refreshments provided.

## Pumped Up Pilates (16Y+)

Improve posture and mind/body balance while strengthening your core. We take it to the next level by incorporating free weight resistance training.

Tu	Sep 14-Nov 2	06:05 PM-07:05 PM	\$96/8	[20137]
Tu	Nov 9-Dec 21	06:05 PM-07:05 PM	\$84/7	[20138]
Tu	Jan 11-Mar 1	06:05 PM-07:05 PM	\$96/8	[20204]
Tu	Mar 8-Apr 26	06:05 PM-07:05 PM	\$96/8	[20205]

## Tour de Cardel (16Y+)

Kick start your weekend with this energetic cycling class on our Keiser M3 bikes. Improve your aerobic capacity, leg strength, power and riding technique. The course format is progressive and includes starting and finishing power measurements.

Sa	Sep 11-Oct 30	08:30 AM-09:25 AM	\$92/8	[20129]
Sa	Nov 6-Dec 18	08:30 AM-09:25 AM	\$80/7	[20130]
Sa	Jan 8-Feb 26	08:30 AM-09:25 AM	\$92/8	[20131]
Sa	Mar 5-Apr 16	08:30 AM-09:25 AM	\$80/7	[20132]

## TRX Endurance Circuit (16Y+)

Circuit style class uses your own body weight, the TRX and other equipment to challenge core stability, strength, endurance, and flexibility.

Sa	Sep 11-Oct 30	09:15 AM-10:15 AM	\$120/8	[20307]
Sa	Nov 6-Dec 18	09:15 AM-10:15 AM	\$105/7	[20308]
Sa	Jan 8-Feb 26	09:15 AM-10:15 AM	\$120/8	[20309]
Sa	Mar 5-Apr 16	09:15 AM-10:15 AM	\$105/7	[20310]

# Adult

## TRX Suspension Training (16Y+)

Use your own bodyweight and TRX equipment through multiple planes of motion to improve strength, core stability and flexibility.

Tu	Sep 14-Nov 2	07:00 PM-08:00 PM	\$120/8	[20220]
Tu	Nov 9-Dec 21	07:00 PM-08:00 PM	\$105/7	[20221]
Tu	Jan 11-Mar 1	07:00 PM-08:00 PM	\$120/8	[20222]
Tu	Mar 8-Apr 26	07:00 PM-08:00 PM	\$120/8	[20223]

## MARTIAL ARTS

### Adult Aikido (15Y+)

Focus your energy in a positive way. Learn to control and redirect the power of an attack, applying suitable throws and pinning techniques. Class focuses on skill development and technique along with physical and mental fitness.

M, W	Sep 13-Nov 3	07:00 PM-08:30 PM	\$135/15	[20121]
M, W	Nov 8-Dec 22	07:00 PM-08:30 PM	\$126/14	[20122]
M, W	Jan 10-Mar 2	07:00 PM-08:30 PM	\$135/15	[20123]
M, W	Mar 7-Apr 27	07:00 PM-08:30 PM	\$144/16	[20124]

### Hap Ki DO - Adult (15Y+)

Called the art of complete self-defense, Hap Ki Do is an integrated fighting system which combines the dynamic kicking and punching traditionally associated with Korean martial arts, together with a vast array of joint locks and throws designed to subdue or control an attacker. A diverse art form, Hap Ki Do strengthens and conditions the mind, body, and spirit. Instructor: Jeremy Tillman, a fourth Dan Black Belt with 15 years of martial art experience. The Tues/Thurs course is designed for Beginners to Hap Ki Do. The Fri/Sun course is designed for those with previous Hap Ki Do experience.

Su, F	Sep 12-Dec 19	Su 10:45 AM-12:15 PM F 07:00 PM -08:30 PM	\$265/29	[20329]
Tu, Th	Sep 14-Dec 23	07:00 PM-08:30 PM	\$265/29	[20328]

### Tai Chi (16Y+)

Reduce stress and invigorate your spirit. Postures and breathing techniques to enhance strength and flexibility while improving circulation and promoting overall well-being.

M	Sep 13-Nov 1	08:00 AM-09:00 AM	\$70/7	[20177]
M	Nov 8-Dec 20	08:00 AM-09:00 AM	\$70/7	[20178]
M	Jan 10-Feb 28	08:00 AM-09:00 AM	\$70/7	[20179]
M	Mar 7-Apr 25	08:00 AM-09:00 AM	\$80/8	[20180]

### Cardel Place Winter Carnival

Cardel Place is the place to be on Family Day for activities for the entire family! Remote control car racing, bouncy houses, entertainment, prizes, skating, magic and so much more!

Sa Feb 14 12:00PM-04:00PM FREE

## PRE/POST NATAL

### Baby and You Bootcamp (18Y+)

Builds endurance, tones and improves core, abdominal and muscle strength and cardiovascular fitness. Babies and strollers welcome.

W, F	Sep 15-Nov 5	09:30 AM-10:30 AM	\$172/16	[20127]
W, F	Nov 10-Dec 22	09:30 AM-10:30 AM	\$129/12	[20128]
W, F	Jan 12-Mar 4	09:30 AM-10:30 AM	\$172/16	[20175]
W, F	Mar 9-Apr 29	09:30 AM-10:30 AM	\$161/15	[20176]

### Post-Natal Stroller-Cycle (18Y+)

Use the Keiser M3 bikes and other fitness tools to improve overall fitness as you bond with baby and other new parents.

Tu	Sep 14-Nov 2	10:30 AM-11:30 AM	\$83/8	[20206]
Tu	Nov 9-Dec 21	10:30 AM-11:30 AM	\$73/7	[20207]
Tu	Jan 11-Mar 1	10:30 AM-11:30 AM	\$83/8	[20208]
Tu	Mar 8-Apr 26	10:30 AM-11:30 AM	\$83/8	[20209]

### Pre-Natal Yoga (18Y+)

Gentle poses, breathing exercises and relaxation techniques help you stretch, strengthen, manage stress, cope with labor, and feel more energetic and balanced.

Th	Sep 16-Nov 4	06:10 PM-07:10 PM	\$118/8	[20143]
Th	Nov 18-Dec 23	06:10 PM-07:10 PM	\$89/6	[20144]
Th	Jan 13-Mar 3	06:10 PM-07:10 PM	\$118/8	[20145]
Th	Mar 10-Apr 28	06:10 PM-07:10 PM	\$118/8	[20146]

## SPORTS

### Adult Rec Volleyball League (18Y+)

Game on! This competitive co-ed league features rally point style scoring for recreational volleyball players. Participants can register individually or as a team.

Su	Sep 12-Dec 19	08:15 PM-10:30 PM	\$350/15 Team	[20187]
Su	Sep 12-Dec 19	08:15 PM-10:30 PM	\$50/15 Individual	[20188]
Su	Jan 9-Apr 17	08:15 PM-10:30 PM	\$350/15 Team	[20189]
Su	Jan 9-Apr 17	08:15 PM-10:30 PM	\$50/15 Individual	[20190]

## YOGA

### (Ashtanga)Power Yoga Beginner (16Y+)

Flow style practice - move from pose to pose learning how yoga postures should feel. Build strength and flexibility for the entire body.

Th	Sep 16-Nov 4	07:15 PM-08:15 PM	\$100/8	[20313]
Th	Nov 18-Dec 23	07:15 PM-08:15 PM	\$75/6	[20314]
Th	Jan 13-Mar 3	07:15 PM-08:15 PM	\$100/8	[20317]
Th	Mar 10-Apr 28	07:15 PM-08:15 PM	\$100/8	[20318]

# Adult

## Therapeutic Yoga for Cancer Survivors

Thursday – 4:30pm-5:45pm

Gentle, seven week yoga program based on hatha yoga and modified for individuals who are particularly still, immobile, injured, ill and/or under extreme stress. Small class sizes ensure individual attention and safety, with all equipment provided. All instructors are certified and have received cancer-specific training. Open to all cancer survivors and their support person(s), no previous yoga experience required.

## Gentle Yoga (16Y+)

Be gentle to your body, open your mind and release your tension. Long slow adaptations of classic yoga poses increase flexibility, joining breath awareness with spinal movement. Props such as yoga bolsters and blocks are used as support.

Tu	Sep 14-Nov 2	06:45 AM-07:40 AM	\$100/8	[20362]
Tu	Sep 14-Nov 2	07:10 PM-08:10 PM	\$100/8	[20356]
Tu	Nov 9-Dec 21	06:45 AM-07:40 AM	\$88/7	[20363]
Tu	Nov 9-Dec 21	07:10 PM-08:10 PM	\$88/7	[20357]
Tu	Jan 11-Mar 1	06:45 AM-07:40 AM	\$100/8	[20360]
Tu	Jan 11-Mar 1	07:10 PM-08:10 PM	\$100/8	[20358]
Tu	Mar 8-Apr 26	06:45 AM-07:40 AM	\$100/8	[20361]
Tu	Mar 8-Apr 26	07:10 PM-08:10 PM	\$100/8	[20359]

## Hatha Yoga Beginner (16Y+)

Breathe. Learn basic posture, movement, poses and breathing to relax the body and lengthen and tone muscles.

Su	Sep 12-Oct 31	11:00 AM-12:00 PM	\$100/8	[20196]
Su	Nov 7-Dec 19	11:00 AM-12:00 PM	\$88/7	[20197]
Su	Jan 9-Feb 27	11:00 AM-12:00 PM	\$100/8	[20201]
Su	Mar 6-Apr 17	11:00 AM-12:00 PM	\$88/7	[20202]

## Multilevel Flow Yoga (16Y+)

Flow yoga links postures together, connecting breath with movement. Deepen your awareness of your body as you work according to the limits of your individual flexibility and strength.

Tu	Sep 14-Nov 2	08:15 PM-09:30 PM	\$125/8	[20365]
Tu	Nov 9-Dec 21	08:15 PM-09:30 PM	\$109/7	[20366]
Tu	Jan 11-Mar 1	08:15 PM-09:30 PM	\$125/8	[20367]
Tu	Mar 8-Apr 26	08:15 PM-09:30 PM	\$125/8	[20368]

## Meditation for Beginners (16Y+)

Calm your mind and focus your energy. Learn the basics of meditation through guided instruction and gentle stretching, creating greater balance and mind control.

Tu	Sep 14-Nov 2	07:45 PM-08:40 PM	\$100/8	[20347]
Tu	Nov 9-Dec 21	07:45 PM-08:40 PM	\$88/7	[20353]
Tu	Jan 11-Mar 1	07:45 PM-08:40 PM	\$100/8	[20354]
Tu	Mar 8-Apr 26	07:45 PM-08:40 PM	\$88/7	[20355]