



FAIRWINDS
WELLNESS CLUB

☎ 250-468-5303
✉ fwcentre@fairwinds.ca

March 2021

Monday - Friday 7:00 am - 8:15 pm
Saturday & Sunday 9:00 am - 4:15 pm

See reverse for class descriptions

Join the Fairwinds Wellness Club Gallon Challenge!

Drink the same number of litres of water over the next 5 months
as there are gallons of water in our pool!

See the front desk for details!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				STRETCH & TONE 8.00 - 9.00		
AQUACIZE 9:00-9:45		AQUACIZE 9:00-9:45		AQUACIZE 8:40-9:25		GENTLE FLOW YOGA 9:15-10:15
STRONG FOR LIFE 9:30-10:30	STRETCH & TONE 9:45 - 10:45	PILATES 9:15-10:15	STRETCH & TONE 9:45 - 10:45	AQUACIZE 9:40-10:25		
				HATHA YOGA 9:30-10:30		
TAI CHI 4:00-5:00	YIN (Gentle) YOGA 5:00-6:00	STRONG FOR LIFE 5:00-6:00	YIN (Gentle) YOGA 5:00-6:00			

HAPPY ST PATRICK'S DAY!





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Strong For Life (LI-3)

Through 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. You will become stronger, for a better, longer life.

Monday & Wednesday with Kevin

Tai Chi - Mixed Class

Tai Chi is an ancient Chinese practice that has been linked to myriad health benefits and can be a positive part of an overall approach to improving wellness. This class is great for people who have a very basic understanding of Tai Chi or you wish to continue to develop your internal balance, and find your harmony with body, mind and spirit.

Monday with Jarvis

Stretch 'n Tone(LI-3)

This popular class will allow you to work at your level, increase your core strength and improve your balance and flexibility while having fun at the same time!

Tuesday, Thursday & Friday with Martha

Aquacize (LI—L3)

Work out in the water. Aquacize is easy on the body and great 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 & Wednesday with Martha & Friday with Vito

Yin (Gentle) Yoga (LI-3)

Gentle Yoga is a synergistic blend of Restorative and Yin Yoga, incorporating props such as bolsters, straps, blocks and blankets. The props provide a supportive environment for total relaxation of the body, allowing for both healing and rejuvenation to take place.

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

Tuesday with Beverly

Thursday with Miranda

Pilates (LI-3)

Pilates moves are combined with the use of the Swiss stability ball method for a complete full body workout. Pilates incorporates breath with movement to lengthen, strengthen and tone the body.

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

Wednesday with Beverly

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**

Sunday with Miranda

Hatha Yoga (LI-3)

Hatha is for every body ! Hatha yoga is an exploration of our body, mind and spirit, connecting with our strength and power through movement and breathe. Moving through a series of poses, open to all levels through modifications, this yoga practice will focus on gently opening, strengthening and toning all areas.

. *Please bring your own equipment**

Friday with Miranda

**Forget those new years resolutions—
Make a new resolution
everyday at Fairwinds Wellness Club !**



GUIDE TO LEVELS

Level 1

Easy to follow, low Intensity

Level 2

Moderately Challenging

Level 3

Challenging

* Class times and dates subject to change without notice