



## Fitness Calendar September 2017

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# Free Group Fitness



# FITNESS CLASS SCHEDULE

## Nature In Motion

Where: Balcony ( 3rd Floor), Wabano Centre 299 Montreal Rd.

When: Mondays & Wednesdays 10am - 10:30am (30mins)

What: A low impact class to help you move easier in your day activities. Great for beginners!

Instructor: Ida Rednose, Healthy Living Coordinator, Diabetes Program

**NEW TIME!**

## Zumba

Where: Wabano basement, Wabano Centre 299 Montreal Rd.

When: Tuesdays 6:45pm - 7:45pm (60mins)

What: Be prepared to move your body, have fun and sweat hard in this class

Instructor: Johanna Jimenez Pardo

## Box Fit

Where: Cultural Gathering Space, Wabano Centre, 299 Montreal Rd.

When: Thursdays 6:15pm - 7:30pm (75mins)

What: Learn basic boxing drills and feel energized in this high intensity group fitness and circuit class that will challenge your body and mind.

Instructor: Justin Holness, Experienced boxer & Kelly Fisher, PTS

## Yoga

Where: Wabano Basement, Wabano Centre 299 Montreal Rd.

When: Thursdays 6pm-7pm (60mins)

What: Renew your mind, body, and spirit in this all levels yoga class.

Instructor: Elizabeth Whissell, RYT

## Yoga Tune-Up

Where: Wabano Basement, Wabano Centre, 299 Montreal Rd.

When: Every last Thursday of the month from 6pm-7pm (60mins)

What: Yoga tune-up is a fitness therapy that blends self-massage with yoga postures.

You will be guided through this practice

Instructor: Elizabeth Whissell RYT & Garrett Pumley, RYT

## Program Contact:

Kelly Fisher, Healthy Living Coordinator & Certified Personal Trainer

Specialist at: [kfisher@wabano.com](mailto:kfisher@wabano.com) or call 613-748-0657 ext. 308