



# REC 60+

## Parks & Recreation

60+ Programs

### Fitness for Balance and Mobility

Learn how to maintain a healthy lifestyle. This fitness class will assist participants in improving balance. Instructor will lead you through easy exercises to improve stability and potentially prevent falls. The workouts assist in improving posture, muscle strength and speed, sharpening reflexes, expanding flexibility and firming your core. Instructor may also give tips for fall-proofing your home.

Instructor: Brian Sugiyama

Mon, Apr 24-May 15	10-11 am	\$28/4	152531
Mon, Apr 24-May 15	11 am-12 pm	\$28/4	152532
Mon, May 29-Jul 10	10-11 am	\$49/7	152533
Mon, May 29-Jul 10	11 am-12 pm	\$49/7	152534
Mon, Jul 17-Aug 28	10-11 am	\$42/6	152553
Mon, Jul 17-Aug 28	11 am-12 pm	\$42/6	152554

**Bowen Complex**

### Sculpt and Tone

This class incorporates a warm-up, cardio with resistance training (using dumbbells, bands and bodyweight exercises) and cool down/stretching. This would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Wed, Apr 5-May 10	9:30-10:30 am	\$42/6	152538
Wed, Apr 5-May 10	10:45-11:45 am	\$42/6	152542
Fri, Apr 21-May 26 *	10-11 am	\$42/6	152535
Wed, May 17-Jun 21	9:30-10:30 am	\$42/6	152539
Wed, May 17-Jun 21	10:45-11:45 am	\$42/6	152555
Fri, Jun 2-Jul 14	10-11 am	\$42/6	152536
Wed, Jun 28-Aug 2	9:30-10:30 am	\$42/6	152540
Wed, Jun 28-Aug 2	10:45-11:45 am	\$42/6	152556
Fri, Jul 21-Aug 25	10-11 am	\$42/6	152537
Wed, Aug 9-30	9:30-10:30 am	\$28/4	152541
Wed, Aug 9-30	10:45-11:45 am	\$28/4	152557

**Bowen Complex/Beban Social Centre \***

### Easy Morning Fitness

This entry level program consists of low impact aerobic movements that help build functional strength. Enhance your ability to move through flexibility exercises and balance training. We will use free-weights and resistance bands to safely strengthen muscles while increasing your cardiovascular endurance. Join this group for socializing in the lobby following the class.

Instructor: Brian Sugiyama or Julie Stewart

Tue, Mar 28-Jun 13	8-8:55 am	\$77/11	152558
Thu, Mar 30-Jun 15	8-8:55 am	\$84/12	152560
Tue, Jun 20-Aug 29	8-8:55 am	\$77/11	152559
Thu, Jun 22-Aug 31	8-8:55 am	\$77/11	152561

**Bowen Complex**

### Yoga Qi Gong / Meditation

This is an ancient art incorporating movements, static poses, breath concentration and visualization to activate the flow of intrinsic life energy (Chi) in the body thus restoring and promoting vitality and balance of mind and body. Instructor, Thommas Michaud, is back after one year in India and Nepal where he received another Yoga Certification from the Ananda Yoga Nepal and studied under Master T.T. Tchoung in Taiwan.

Wed, Mar 1-Apr 12	9:30-10:45 am	\$70/7	147240
Wed, Apr 19-May 31	9:30-10:45 am	\$70/7	155780
Wed, Jun 7-Jul 19	9:30-10:45 am	\$70/7	155781
Wed, Mar 1-Apr 12	9:30-10:45 am	\$70/7	147240

**Rotary Field House**

### Chair Yoga

This class is designed for people who experience difficulty doing floor exercises as it takes place in a chair. Yoga exercises have many benefits, including stretching, relaxing, opening up the joints and helping to feel energized.

Instructor: Russell McNeil

Wed, Mar 1-Apr 5	1:30-2:30 pm	\$48/6	147246
Mon, Mar 13-Apr 24	1:30-2:30 pm	\$48/6	147250
Wed, Apr 12-May 17	1:30-2:30 pm	\$48/6	155782
Mon, May 1-Jun 12	11:50- am12:50 pm	\$48/6	155786
Wed, May 24-Jun 28	1:30-2:30 pm	\$48/6	155783
Mon, Jun 19-Jul 24	11:50- am12:50 pm	\$48/6	155787
Wed, Jul 5-Aug 9	1:30-2:30 pm	\$48/6	155784
Mon, Jul 31-Sep 18	11:50- am12:50 pm	\$48/6	155788
Wed, Aug 16-Sep 20	1:30-2:30 pm	\$48/6	155785

**Bowen Complex**

### Stretch & Relax Yoga

This is a basic, classical hatha yoga class. It focuses on gentle stretches before each pose. Time is given to rest or relax briefly after anything that is strenuous. This is not a flow class.

Instructor: Shanti (Dorlean Peck)

Mon, Mar 6-Apr 10	11:30 am-12:30 pm	\$48/6	147232
Mon, May 1-Jun 12	11:30 am-12:30 pm	\$48/6	155778

**Oliver Woods Community Centre**

Fri, Mar 10-Apr 21	10-11 am	\$48/6	147236
Fri, May 5-Jun 16	10-11 am	\$48/6	155779

**Rotary Field House**



**ARE YOU GETTING ENOUGH?**  
Canadian Physical Activity Guidelines recommend that adults 18 years and up participate in at least 150 minutes of moderate to vigorous intensity physical activity each week.

ARE YOU 60+? WE HAVE PROGRAMS FOR EVERY INTEREST. TAKE UP AN EXISTING HOBBY OR TRY SOMETHING NEW!

**IF YOU OR YOUR PARTNER ARE 60 YEARS OR OLDER,  
YOU QUALIFY FOR A NANAIMO HARBOUR CITY  
SENIORS MEMBERSHIP!**



For an annual fee of \$41.45 (including tax), you get access to over 50 low cost Parks and Recreation programs and are eligible for many services. The Nanaimo Harbour City Seniors (NHCS) Board acts as a liaison between membership and Parks and Recreation. The NHCS Society exists to provide opportunities for senior citizens to lead more meaningful, active and complete lives by enabling them to participate in organized activities and to make new friends.

**Program areas:**

- ARTS & CRAFTS
- CARDS & GAMES
- DANCE CLASSES & SOCIALS
- FITNESS, YOGA & TAI CHI
- LANGUAGE
- MUSIC
- SPECIAL INTEREST
- SPORTS



60+ Programs

**Find out more about membership:**

For more information, please call 250-755-7501, pick up our bi-monthly newsletter or view the newsletter online at [www.nanaimo.ca](http://www.nanaimo.ca) or [www.nanaimoharbourcityseniors.com](http://www.nanaimoharbourcityseniors.com).

## Monthly Fitness - Levels 1 & 2

Our popular fitness classes will help you get fit or help you stay fit!

Our experienced instructors make fitness fun and functional!

- LEVEL 1:**
- Mondays, 10:15-11:15 am at Bowen Park
  - Wednesdays, 11:30 am-12:30 pm at Oliver Woods
  - Thursdays, 10:15-11:15 am at Bowen Park
  - Fridays, 1:30-2:30 pm at Oliver Woods
- LEVEL 2:**
- Mondays, 9-10 am at Bowen Park
  - Wednesdays, 10:15-11:15 am at Oliver Woods
  - Thursdays, 9-10 am at Bowen Park
  - Fridays, 9:30-10:30 am at Oliver Woods



Register by the month. Call 250-755-7501 for registration dates and prices.