

REC 60+

Parks & Recreation

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, Sep 4-Oct 30	8-8:50 am	\$63/9	0230
Thu, Sep 6-Oct 25	8-8:50 am	\$56/8	0240
Tue, Nov 6-Dec 18	8-8:50 am	\$49/7	1305
Thu, Nov 1-Dec 20	8-8:50 am	\$56/8	1306
Tue, Jan 8-Feb 26	8-8:50 am	\$56/8	1307
Thu, Jan 10-Feb 28	8-8:50 am	\$56/8	1308
Tue, Mar 5-Apr 30	8-8:50 am	\$63/9	1309
Thu, Mar 7-Apr 25	8-8:50 am	\$56/8	1310

Bowen Park Complex

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, sharpening reflexes, expanding flexibility and firming your core.

Instructor: Charlene Deluca

Mon, Sep 10-24	10-11 am	\$21/3	0248
Mon, Sep 10-24	11 am-12 pm	\$21/3	1293
Mon, Oct 1-29	10-11 am	\$28/4	1294
Mon, Oct 1-29	11 am-12 pm	\$28/4	1295
Mon, Nov 5-26	10-11 am	\$28/4	1296
Mon, Nov 5-26	11 am-12 pm	\$28/4	1297
Mon, Dec 3-17	10-11 am	\$21/3	1298
Mon, Dec 3-17	11 am-12 pm	\$21/3	1299
Mon, Jan 7-28	10-11 am	\$28/4	1947
Mon, Jan 7-28	11 am-12 pm	\$28/4	1950
Mon, Feb 4-25	10-11 am	\$21/3	1948
Mon, Feb 4-25	11 am-12 pm	\$21/3	1951
Mon, Mar 4-25	10-11 am	\$28/4	1949
Mon, Mar 4-25	11 am-12 pm	\$28/4	1952

Bowen Park Complex

Instructor: Andrea Ledair

Thu, Sep 6-27	2:15-3:15 pm	\$28/4	1300
Thu, Oct 4-25	2:15-3:15 pm	\$28/4	1301
Thu, Nov 1-29	2:15-3:15 pm	\$35/5	1302
Thu, Dec 6-20	2:15-3:15 pm	\$21/3	1303
Thu, Jan 3-31	2:15-3:15 pm	\$35/5	1944
Thu, Feb 7-Mar 14	2:15-3:15 pm	\$42/6	1945

Oliver Woods Community Centre

Sculpt and Tone

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

Instructor: Brian Sugiyama

Wed, Sep 5-26	9:30-10:30 am	\$28/4	0254
Wed, Sep 5-26	10:45-11:45 am	\$28/4	1311
Wed, Oct 3-31	9:30-10:30 am	\$35/5	1312
Wed, Oct 3-31	10:45-11:45 am	\$35/5	1313
Wed, Nov 7-28	9:30-10:30 am	\$28/4	1314
Wed, Nov 7-28	10:45-11:45 am	\$28/4	1315
Wed, Dec 5-19	9:30-10:30 am	\$21/3	1316
Wed, Dec 5-19	10:45-11:45 am	\$21/3	1317
Wed, Jan 2-30	9:30-10:30 am	\$35/5	1318
Wed, Jan 2-30	10:45-11:45 am	\$35/5	1319
Wed, Feb 6-27	9:30-10:30 am	\$28/4	1953
Wed, Feb 6-27	10:45-11:45 am	\$28/4	1955
Wed, Mar 6-27	9:30-10:30 am	\$28/4	1954
Wed, Mar 6-27	10:45-11:45 am	\$28/4	1956

Bowen Park Complex

Fri, Sep 7-28	10-11 am	\$28/4	1923
Fri, Oct 5-26	10-11 am	\$28/4	1924
Fri, Nov 2-30	10-11 am	\$28/4	1925
Fri, Dec 7-21	10-11 am	\$21/3	1926
Fri, Jan 4-25	10-11 am	\$28/4	1927
Fri, Feb 1-22	10-11 am	\$28/4	1957
Fri, Mar 1-29	10-11 am	\$35/5	1958

Beban Social Centre

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, spent 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, Sep 12-Oct 31	9:30-10:45 am	\$80/8	1763
Wed, Nov 7-Dec 19	9:30-10:45 am	\$70/7	1764
Wed, Jan 9-Feb 27	9:30-10:45 am	\$80/8	1765
Wed, Mar 6-Apr 24	9:30-10:45 am	\$80/8	1766

Rotary Field House

Chair Yoga

This class is designed for people who experience difficulty doing floor exercises with students participating while sitting in a chair. Yoga exercises have many benefits, including stretching, relaxing, opening up the joints and helping to feel energized.

Instructor: Russell McNeil

Wed, Sep 5-26	1:30-2:30 pm	\$32/4	1835
Mon, Sep 10-24	11:50 am-12:50 pm	\$24/3	0359
Mon, Sep 10-24	1:15-2:15 pm	\$24/3	1827
Mon, Oct 1-29	11:50 am-12:50 pm	\$32/4	1906
Mon, Oct 1-29	1:15-2:15 pm	\$32/4	1829
Wed, Oct 3-31	1:30-2:30 pm	\$40/5	1836
Mon, Nov 5-26	11:50 am-12:50 pm	\$32/4	1907
Mon, Nov 5-26	1:15-2:15 pm	\$32/4	1830
Wed, Nov 7-28	1:30-2:30 pm	\$32/4	1837
Mon, Dec 3-17	11:50 am-12:50 pm	\$24/3	1909
Mon, Dec 3-17	1:15-2:15 pm	\$24/3	1831
Wed, Jan 2-30	1:30-2:30 pm	\$40/5	1839
Mon, Jan 7-28	11:50 am-12:50 pm	\$32/4	1910
Mon, Jan 7-28	1:15-2:15 pm	\$32/4	1832
Mon, Feb 4-25	11:50 am-12:50 pm	\$24/3	1911
Mon, Feb 4-25	1:15-2:15 pm	\$24/3	1833
Wed, Feb 6-27	1:30-2:30 pm	\$32/4	1840
Mon, Mar 4-25	11:50 am-12:50 pm	\$32/4	1912
Mon, Mar 4-25	1:15-2:15 pm	\$32/4	1834
Wed, Mar 6-27	1:30-2:30 pm	\$32/4	1840

Bowen Park 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, Sep 10-Oct 22	11:30 am-12:30 pm	\$48/6	0378
Mon, Nov 5-Dec 10	11:30 am-12:30 pm	\$48/6	1768
Mon, Jan 7-Feb 11	11:30 am-12:30 pm	\$48/6	1769
Mon, Feb 25-Mar 25	11:30 am-12:30 pm	\$40/5	1770

Oliver Woods Community Centre

Fri, Sep 14-Oct 19	10-11 am	\$48/6	1771
Fri, Nov 2-Dec 7	10-11 am	\$48/6	1772
Fri, Jan 11-Feb 15	10-11 am	\$48/6	1773
Fri, Feb 22-Mar 29	10-11 am	\$48/6	1774

Rotary Field House (850 Third St)



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

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.

VANCOUVER ISLAND UNIVERSITY

Elder College

Courses ranging from 1 day up to 8 weeks offered in Nanaimo & Parksville for those 50 or better.

REGISTER TODAY!

1.866.734.6252

Where Wisdom Meets Knowledge

viu.ca/eldercollege

60+ Programs

Monthly Fitness - Levels 1, 2 & 3

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
 - Saturdays, 10:15-11:15 am at Bowen Park
- 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
- LEVEL 3:**
- Saturdays, 9-10 am at Bowen Park



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



[cityofnanaimo](https://www.cityofnanaimo.ca)



[nanaimoparksandrec](https://www.instagram.com/nanaimoparksandrec) (#ilovemyparksandrec)