

REC 60+

Parks & Recreation



60+ Programs

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 5-Oct 24	8-8:50 am	\$56/8	155728
Thu, Sep 7-Oct 26	8-8:50 am	\$56/8	157291
Tue, Oct 31-Dec 19	8-8:50 am	\$56/8	155729
Thu, Nov 2-Dec 21	8-8:50 am	\$56/8	157292
Tue, Jan 9-Feb 27	8-8:50 am	\$56/8	155730
Thu, Jan 11-Mar 1	8-8:50 am	\$56/8	157293
Tue, Mar 6-Apr 24	8-8:50 am	\$56/8	155731
Thu, Mar 8-Apr 26	8-8:50 am	\$56/8	157310

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 and speed, sharpening reflexes, expanding flexibility and firming your core. Instructor may also give tips for fall-proofing your home.

Instructor: Brian Sugiyama

Mon, Sep 11-Oct 30	10-11 am	\$49/7	155751
Mon, Sep 11-Oct 30	11 am-12 pm	\$49/7	155754
Mon, Nov 6-Dec 18	10-11 am	\$49/7	155752
Mon, Nov 6-Dec 18	11 am-12 pm	\$49/7	155755
Mon, Jan 8-Feb 19	10-11 am	\$42/6	155766
Mon, Jan 8-Feb 19	11 am-12 pm	\$42/6	155767
Mon, Feb 26-Mar 26	10-11 am	\$35/5	155753
Mon, Feb 26-Mar 26	11 am-12 pm	\$35/5	155756

Bowen Park Complex

Thu, Sep 7-Oct 12	2:15-3:15 pm	\$42/6	155768
Thu, Oct 19-Nov 23	2:15-3:15 pm	\$42/6	155769
Thu, Nov 30-Dec 28	2:15-3:15 pm	\$35/5	155776
Thu, Jan 4-Feb 8	2:15-3:15 pm	\$42/6	157311
Thu, Feb 15-Mar 22	2:15-3:15 pm	\$42/6	157312

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 would benefit older adults for bone and joint health by developing lean muscle and increasing metabolism.

Instructor: Brian Sugiyama

Wed, Sep 6-Oct 11	9:30-10:30 am	\$42/6	155745
Wed, Sep 6-Oct 11	10:45-11:45 am	\$42/6	155740
Wed, Oct 18-Nov 22	9:30-10:30 am	\$42/6	155746
Wed, Oct 18-Nov 22	10:45-11:45 am	\$42/6	155741
Wed, Nov 29-Dec 27	9:30-10:30 am	\$35/5	155747
Wed, Nov 29-Dec 27	10:45-11:45 am	\$35/5	155742
Wed, Jan 3-Feb 7	9:30-10:30 am	\$42/6	155773
Wed, Jan 3-Feb 7	10:45-11:45 am	\$42/6	155743
Wed, Feb 14-Mar 21	9:30-10:30 am	\$42/6	157316
Wed, Feb 14-Mar 21	10:45-11:45 am	\$42/6	155744

Bowen Park Complex

Fri, Sep 8-Oct 13	10-11 am	\$42/6	155732
Fri, Oct 20-Nov 24	10-11 am	\$35/5	155757
Fri, Dec 1-29	10-11 am	\$35/5	155758
Fri, Jan 5-Feb 9	10-11 am	\$42/6	155738
Fri, Feb 16-Mar 23	10-11 am	\$35/5	155739

Beban Social Centre

Thu, Sep 7-Oct 12	1-2 pm	\$42/6	155764
Thu, Oct 19-Nov 23	1-2 pm	\$42/6	155765
Thu, Nov 30-Dec 28	1-2 pm	\$35/5	157313
Thu, Jan 4-Feb 8	1-2 pm	\$42/6	157314
Thu, Feb 15-Mar 22	1-2 pm	\$42/6	157315

Oliver Woods Community 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, 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, Sep 13-Oct 25	9:30-10:45 am	\$70/7	157221
Wed, Nov 1-Dec 13	9:30-10:45 am	\$70/7	157222
Wed, Jan 10-Feb 21	9:30-10:45 am	\$70/7	157223
Wed, Feb 28-Apr 11	9:30-10:45 am	\$70/7	157224

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, Sep 6-Oct 11	1:30-2:30 pm	\$48/6	157226
Mon, Sep 25-Nov 6	11:50 am-12:50 pm	\$48/6	157231
Wed, Oct 18-Nov 22	1:30-2:30 pm	\$48/6	157227
Mon, Nov 13-Dec 18	11:50 am-12:50 pm	\$48/6	157232
Wed, Nov 29-Jan 3	1:30-2:30 pm	\$48/6	157228
Mon, Jan 8-Feb 19	11:50 am-12:50 pm	\$48/6	157233
Wed, Jan 10-Feb 14	1:30-2:30 pm	\$48/6	157229
Wed, Feb 21-Mar 28	1:30-2:30 pm	\$48/6	157230
Mon, Feb 26-Apr 9	11:50 am-12:50 pm	\$48/6	157234

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 11-Oct 23	11:30 am-12:30 pm	\$48/6	157213
Mon, Nov 6-Dec 11	11:30 am-12:30 pm	\$48/6	157214
Mon, Jan 8-Feb 19	11:30 am-12:30 pm	\$48/6	157215
Mon, Mar 5-Apr 16	11:30 am-12:30 pm	\$48/6	157216

Oliver Woods Community Centre

Fri, Sep 15-Oct 20	10-11 am	\$48/6	157217
Fri, Nov 10-Dec 22	10-11 am	\$52/7	157218
Fri, Jan 12-Feb 16	10-11 am	\$48/6	157219
Fri, Mar 9-Apr 20	10-11 am	\$48/6	157220

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 or www.nanaimoharbourcityseniors.com.

The advertisement for Elder College is set against a dark, textured background. At the top left is the Vancouver Island University logo. To its right is the "Elder College" logo with the tagline "Learning for Life!". The main text asks "Are you 50 or better and interested in challenging your mind?" and lists benefits: "Stimulating topics", "Inspiring instructors", and "No exams or grades". A large "REGISTER TODAY!" call to action is followed by the phone number "1.866.734.6252". At the bottom, it says "Courses in Nanaimo & Parksville" and provides the website "viu.ca/eldercollege".

60+ Programs

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.



cityofnanaimo



nanaimoparksandrec (#ilovemyparksandrec)