

# SPRING SCHEDULE



## WELLNESS STUDIO

237 Main St, Picton

DAY	PROGRAM	TIME
MONDAYS	YogaFit for Posture Improvement	9:15-10:15 am
	YogaFit for Men	10:30 – 11:30 am
TUESDAYS	Essentrics for Mobility & Pain Relief	10:30-11:30 am
	BellyFit	1:00-2:00 pm
	Essentrics for Hip Mobility	2:30-3:30 pm
WEDNESDAYS	Essentrics	9:15-10:15 am
	Striving to Thrive - Dementia	2:30-3:30 pm
THURSDAYS	OsteoFit	10:30-11:30 am
	YogaFit for Posture Improvement	1:00-2:00 pm
FRIDAYS	Essentrics – Classic Stretch	9:15 – 10:15 am
SATURDAYS	Essentrics – Classic Stretch	10:00 am-11:00 am

## Group Training / Fitness Class Descriptions

<p><b>ESSETRICS –Classic Stretch</b> This is a completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.</p>	<p><b>ESSETRICS For Mobility &amp; Pain Relief</b> Whether it's back spasms, throbbing joints or arthritis aches this gentle workout combines slow and large movements to lubricate the many layers of stiff connective tissue— bringing mobility and pain relief to the entire body. You will stretch and strengthen your entire body and feel an increase in energy!</p>	<p><b>ESSETRICS For Lower Body Mobility.</b> This gentle, active stretch workout includes a deep barre stretch to relieve pain and increase mobility in the hips, knees, groin and ankles.</p>
<p><b>Striving to Thrive – Dementia CareFit Program for Caregivers of individuals with dementia.</b> This is a program for people caring for individuals with a chronic health condition. It is a program that combines physical activity as well as mental and social interaction for caregivers and individuals living with a chronic health condition. The program runs for specific health conditions, two hours per week for eight weeks and offers a great environment to establish new friendships with others who are living the same experiences.</p>	<p><b>YogaFit for Posture Improvement</b> This class requires that you do poses that open your chest, shoulders &amp; hips, allowing you to gently lengthen your spine so you can experience what a steady, balanced, posture feels like.  This class is also offered for men only. <b>YogaFit for Men</b></p>	<p><b>BellyFit</b> Bellyfit® Strong Sexy Sacred™ is the ultimate holistic fusion of Dance, Fitness and Yoga. Set to a soundtrack of the best electronic dance music and ambient tracks available, you'll get 40 minutes of sweaty, high energy cardio, 10 minutes of targeted + full body core work and 10 minutes of relaxing stretches to finish it off.</p>

### Payment Options

Mondays - \$120.00 +HST (10 week program. No Classes on May 22, Apr 17)  
Tuesdays – Fridays - \$168.00 +HST (14 week program)  
Saturdays - \$156.00 +HST (13 week program)

We accept cash, check, e-transfer or credit card (Surcharges apply to all credit card purchases)

### Studio Etiquette

**Arrival Time** - It is important that we respect all training groups and classes. Please arrive not more than 10 minutes prior to your group or class. If your start time is close to the ending of another group, it is important to maintain a quiet environment so not to disrupt the stretching/relaxation portion of the group ahead of you.

**Equipment Required** – INDOOR SHOES ONLY! Please bring your own yoga mats, towel and water.

**Make Up Classes** – 24 hours' notice must be given to be entitled to a make-up class. Your trainer will explain the policies surrounding make-ups. Make up classes are limited by available space and are not guaranteed.