

Lake Sundance Lodge

63 Suncrest Way SE


Fitness & Mind Body
with Mona Power



STARTS &

ENDS:

Sept 16
until Dec 5

*Mon Dec 9

Email: powermona7@hotmail.com

Cell: 403-619-2596

Begins Sept 16	Sept 17	Sept 18	Sept 19
Monday	Tuesday	Wednesday	Thursday
6-6:55pm Pilates	10-10:55am 50+Yoga	6-6:55pm Weight Sculpt	11-11:55am 50+Yoga
7:05-8:15 Yin Yoga	11:05-12pm 50+ Fit & Strong	7:05-8:15pm Yin Yang Yoga	12:05-1pm Pilates

12 WEEK CLASSES COST:

50+ Classes: \$115

55min Classes: \$140

70min Classes: \$150

PAYMENT OPTIONS:

Cash (preferred), E-transfer, Post-dated Cheque, Visa or Mastercard (\$5 convenience fee)

YIN YOGA

Yin Yoga is a slow paced practice that places gentle stress on the connective tissues with the aim of increasing circulation to the joints and improving flexibility. This class is suitable to all ages and body types and level of fitness

You will need a Yoga Mat, 2 Blocks & 1 Bolster or Pillow

PILATES

A challenging workout that will strengthen your core, improve your alignment and posture, increase your flexibility and your range of motion and relieve stress from your body. This class is suitable to all ages and body types and level of fitness

You will need a Yoga or Pilates Mat & a Stability Ball

50+ YOGA

Hatha Yoga, you will work on proper alignment, posture and breathing techniques using blocks and straps. Suitable for people with little or no yoga experience and experience yogis who want to improve their practice.

You will need a Yoga Mat, 2 Blocks & 1 Strap

50+ FIT & STRONG

Ready to get Fit & Strong?! This class will include strength based exercises with the use of weights. The class design will include a circuit based workout to keep your heart rate up so you can improve your strength and overall fitness level.

50+ classes: For people over the age of 50 and compliment our 50+Yoga class.

You will need Yoga Mat & 2 Weights

YIN YANG YOGA

Yang Yoga is the more traditional Hatha Yoga which includes poses that develop muscular strength, stamina and flexibility. Yin Yoga the poses are held for 3 mins, targeting the deep connective tissue & the joint. They complement each other and bring more balance in the body and mind.

You will need a Yoga Mat, 2 Blocks & 1 Bolster or Pillow

WEIGHT SCULPT

A fun workout that will sculpt and challenge the whole body. The workout will include the use of freeweights and your body to develop strength and endurance plus help maintain everyday activities. This class is suitable to all ages, body types and level of Fitness.

You will need Yoga Mat & 2 Weights