

# Lake Sundance Lodge

63 Suncrest Way SE



**Fitness & Mind Body**  
with Mona Power

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Sept 14 – Dec 7

<i>Begins</i> Sept 14	Sept 15	Sept 16	Sept 17
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
6-6:55pm <b>Pilates</b>	10-10:55am <b>50+Yoga</b>	6-6:55pm <b>Weight Sculpt</b>	11-11:55am <b>50+Yoga</b>
7:05-8:15 <b>Yin Yoga</b>	11:05-12pm <b>50+ Fit &amp; Strong</b>	7:05-8:15pm <b>Yin Yang Yoga</b>	12:05-1pm <b>Pilates</b>

## **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 **Yoga Mat, 2 Blocks & 1 Bolster or Pillow**

## **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.

**Yoga Mat, 2 Blocks & 1 Strap**

## **YIN YANG YOGA**

Yang Yoga is the more traditional Hatha Yoga includes poses that develop muscular strength, stamina and flexibility. Yin Yoga poses are held for 3 mins, targeting deep connective tissue & the joint. They complement each other and bring balance in the body and mind. **Yoga Mat, 2 Blocks & 1 Strap**

## **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 **Yoga or Pilates Mat & a Stability Ball**

## **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.

**Yoga Mat & 2 Weights**

## **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**