

# Fitness

## Food & Nutrition

### The Basics of Eating Organic & Local Foods

Eating organic and locally has become a popular topic, but can be good to include in your lifestyle. Learn the basics of eating foods that are organic and locally prepared and how to include them in your every diet!

Date: Wednesday March 21, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	1 wk(s)	66201	\$11.30
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### The Basics for Sports and Fitness Nutrition

This session is dedicated to athletes and fitness enthusiast of varying levels. Learn the basics of eating and proper hydration for optimum athletic performance, eating in preparation for a competition, and the importance of pre and post workout meals.

Dates: Tuesday February 21, 2012 or Wednesday March 14, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	1 wk(s)	66202	\$11.30
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Tu	7:00 - 8:00 pm	1 wk(s)	66355	\$11.30
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### Eating is Better Together

2 is better than 1! Eating together as a family packs many positive benefits for everyone. In this session you will learn what is considered a family meal, the importance of eating together, and you can incorporate more family meals into your daily life. Date: Wednesday April 4, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	1 wk(s)	66200	\$11.30
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### Eating for Seniors

This session is geared towards individuals aged 65+. As we age, our eating patterns may start to change, but food and fluids are important to keep our bodies energized and hydrated. In this session, you will learn about the changes that occur to our body as we age, why food and fluids are important to include in your daily life to support the aging process and how you can make small, positive changes. The nutritionist will provide you with interactive nutrition resources to assist with positive changes.

Date: Wednesday March 28, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	1 wk(s)	66198	\$11.30
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### Food Allergies

Whether you personally have a food allergy, know someone who is affected by a food allergy or just want to learn more about food allergies, this session may be for you!

Date: Wednesday April 11, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	1 wk(s)	66205	\$11.30
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### Nutrition for Menopause

Learn the latest information on how to adapt to your changing nutrition needs during menopause.

Date: Tuesday March 6, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 pm	1 wk(s)	66190	\$11.30
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### Diabetes Prevention

2 million Canadians currently live with diabetes. Learn what diabetes is and how you can reduce your risk with nutrition and lifestyle modifications.

Date: Tuesday, January 24, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 pm	1 wk(s)	66188	\$11.30
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### Diabetes Management

Are you at risk of developing or currently have diabetes? This program will provide you with the latest information on lifestyle and diet modifications to control diabetes.

Date: Monday, January 16, 2012

location: Recreation Complex - Program Room 2

M	7:00 - 8:00 pm	8 wk(s)	66192	\$90.40
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### Healthy Eating and Beyond

In 8 weeks you will learn the importance of incorporating healthy eating into your lifestyle. With a focus on topics such as eating out, menu planning and label reading you will be better equipped to positively change your eating habits and stick to them! So take this opportunity to learn about myths, trends, and the basic macronutrients that are important to all food lovers! Starts the week of January 16, 2012

location: Recreation Complex - Program Room 2

W	7:00 - 8:00 pm	8 wk(s)	66193	\$90.40
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Th	7:00 - 8:00 pm	8 wk(s)	66356	\$90.40
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### Heart Health

Have you been told you have high blood pressure or cholesterol? Does it run in your family? This is the course for you! Learn what foods to eat and which ones to avoid to prevent and treat these conditions.

Starts: Tuesday February 28, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 pm	1 wk(s)	66189	\$11.30
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### Label Reading

Ever wonder what the label on your food is really telling you? This session teaches you how to read food labels, what to look for in foods, and the advertising tricks that you may be falling for. Date: Tuesday February 7, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 am	1 wk(s)	66135	\$11.30
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## Food & Nutrition continued

### Vegetarian and Vegan Eating

Vegetarian and vegan eating is more than just not eating meat. An informative session that covers what foods should be incorporated into your diet to ensure you are getting adequate nutrients. An important course for vegetarians, vegans and those thinking of making the change.

Date: Tuesday March 20, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 pm	1 wk(s)	66175	\$11.30
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### Getting to Know Your Vitamins and Minerals

Find out which vitamins and minerals you should be getting more of and why. Learn about good food sources and why each one is so vital to life.

Date: Tuesday March 27, 2012

location: Recreation Complex - Program Room 2

Tu	7:00 - 8:00 pm	1 wk(s)	66191	\$11.30
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## Group Fitness

### Pilates 15+

A no-stress, effective approach to stronger, leaner muscles & fabulous posture. An emphasis on movement quality, posture & breathing makes Pilates mat work, a safe, challenging & revitalizing workout. Your core will be stronger than ever!! Participants need to bring a mat and wear loose, comfortable clothing. Shoes are optional, but socks are required.

Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind / Body Studio

M	7:00 - 7:50 pm	12 wk(s)	66142	\$117.16
Tu	6:00 - 6:50 pm	12 wk(s)	66143	\$117.16
Th	7:00 - 7:50 pm	12 wk(s)	66144	\$117.16
Su	9:30 - 10:20 am	12 wk(s)	66145	\$117.16

### Cycle Fit 15+

Build stamina and burn fat in this motivating, high intensity class! Our certified cycle instructors will take you on the ride of your life. Registration in this program ensures you have priority status in the class - drop in participation is also available. Pick up a fitness class schedule today! Bring a towel and water. Starting week of Jan 16/12

location: Recreation Complex - Studio B - Spin / Strength Studio

M	8:00 - 8:50 pm	12 wk(s)	66011	\$117.16
M	9:30 - 10:20 am	12 wk(s)	66012	\$117.16
M	7:00 - 7:50 pm	12 wk(s)	66013	\$117.16
Tu	6:00 - 6:50 pm	12 wk(s)	66014	\$117.16
W	9:30 - 10:20 am	12 wk(s)	66015	\$117.16
W	7:00 - 7:50 pm	12 wk(s)	66016	\$117.16
Sa	9:30 - 10:20 am	12 wk(s)	66017	\$117.16
Su	9:30 - 11:00 am	12 wk(s)	66018	\$117.16

### Hatha Yoga for Beginners 15+

In this class, breath awareness and the basic yoga postures are practices to stretch and strengthen all the muscles of the body. By the end of the class you will feel restored, energized, at home in your body and relaxed in your mind.

Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind / Body Studio

M	9:30 - 10:45 am	12 wk(s)	66031	\$117.16
W	9:30 - 10:45 am	12 wk(s)	66032	\$117.16
Th	7:00 - 7:50 pm	12 wk(s)	67042	\$117.16

### Kickboxing 15+

Develop timing, balance, coordination, power, speed agility and flexibility, all in one high-powered workout. Condition your body, relieve stress and tension while developing technical kickboxing skills. It's current, it's fun and it's one awesome workout!! Drop in participation is also available.

Starting week of Jan 16/12

location: Recreation Complex - Studio B - Spin / Strength Studio

M	6:00 - 6:50 pm	12 wk(s)	66133	\$117.16
Tu	8:00 - 8:50 pm	12 wk(s)	66134	\$117.16

# Fitness

## Group Fitness continued

### The Bump Club

Be Active and healthy throughout your pregnancy at a low intensity. Stretching, strengthening, and learning how to relax will help you to prepare for labour. Suitable for any stage of pregnancy, a Par. Med X for pregnancy form must be signed by your health care provider prior to participation in this class.

Starting week of January 16/12

Location: Pickering Recreation Complex - Studio B

Fr	10:30 - 11:20 am	12 wk(s)	67059	\$117.16
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### The Buddy Club

Bring your new little buddy with you as you bounce back into shape! Each class includes low impact aerobics, with strength training, and toning exercises. Babies can join the work-out by using a safe baby carrier, or they can cheer you from a mat, or their carrier. Suitable for ages 6 weeks to 18 months

Starting week of January 16/12

Location: Pickering Recreation Complex - Studio B

M	11:00 - 11:50 am	12 wk(s)	66159	\$117.16
W	11:00 - 11:50 am	12 wk(s)	66160	\$117.16

### Gentle Yoga 15+

Learn basic postures, stretches and breathing techniques appropriate for pregnancy. Gentle Yoga helps you sleep better, maintain body tone and relieve tension. Appropriate for pregnant women.

Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind / Body Studio

Th	5:00 - 5:50 pm	12 wk(s)	66030	\$117.16
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### Power Pump 15+

Power Pump is a high energy class using bars and plates with a specific focus on muscle strength and body sculpting. Get ready to FEEL THE BURN!

Starting week of Jan 16/12

location: Recreation Complex - Studio B - Spin/Strength Studio

Tu	6:30 - 7:20 am	12 wk(s)	66152	\$117.16
Tu	5:00 - 5:50 pm	12 wk(s)	66153	\$117.16
Th	6:30 - 7:20 am	12 wk(s)	66154	\$117.16
Th	9:30 - 10:20 am	12 wk(s)	66155	\$117.16
Th	7:00 - 7:50 pm	12 wk(s)	66156	\$117.16
Sa	10:30 - 11:20 am	12 wk(s)	66157	\$117.16

### Tai Chi 15+

Tai Chi is an ancient Chinese exercise for health. The slow, graceful stretching movements of Tai Chi can help you relax and strengthen both body & mind. Taoist, Sun & Chen and Chi Kung' methods are offered - consult the fitness schedule for more information. Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind / Body Studio

Su	8:30 - 9:20 am	12 wk(s)	66168	\$117.16
Tu	10:30 - 11:20 am	12 wk(s)	66169	\$117.16
W	7:00 - 7:50 pm	12 wk(s)	66170	\$117.16

### Yoga - Ashtanga 15+

A faster, more dynamic yoga class suited for athletes or the more physically fit individual. Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind/Body Studio

M	6:00 - 6:50 pm	12 wk(s)	66178	\$117.16
W	6:00 - 6:50 pm	12 wk(s)	66179	\$117.16

### Yoga - Intermediate 15+

This group class designed for participants who have some experience with yoga and are ready for the next step. Starting week of Jan 16/12

location: Pickering Recreation Complex

Sa	9:30 - 10:30 am	12 wk(s)	66180	\$117.16
Tu	6:15 - 7:30 am	12 wk(s)	66181	\$117.16

### Yogalates 15+

Experience the relaxation and toning benefits of this combination class - Yoga and Pilates - the best of two worlds. Registration in this program ensures you have priority status in the class - drop in participation is also available. Pick up a fitness class schedule today. Starting week of Jan 16/12

location: Recreation Complex - Studio C - Mind/Body Studio

Tu	8:00 - 8:50 pm	12 wk(s)	66184	\$117.16
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### Pilates Reformer

The reformer provides a finely tuned exercise resistance that allows individuals to work very precisely to develop good postural alignment, core strength, and flexibility. Starting week of Jan 16/12

location: Recreation Complex - Studio A - Members Studio

M	8:00 - 9:00 pm	5 wk(s)	66146	\$144.08
Sa	10:30 - 11:20 am	5 wk(s)	66147	\$144.08
M	8:00 - 9:00 pm	5 wk(s)	66148	\$144.08
Sa	10:30 - 11:20 am	5 wk(s)	66149	\$144.08
W	8:00 - 9:00 pm	5 wk(s)	66150	\$144.08
W	8:00 - 9:00 pm	5 wk(s)	66151	\$144.08

# Fitness

## Small Group Personal Training

### Breakfast Club Boot Camp 18+

It's early but it's worth it!! This program is the PERFECT beginning to the day! Not only does it invigorate your body but it jump starts your metabolism! Challenging core work and stimulating body conditioning guarantees a good morning! Starting week of Jan 16/12 and Mar 5/12  
location: Recreation Complex - Program Room 3 - Office

M, W	6:30 - 7:30 am	6 wk(s)	66006	\$146.45
Tu, Th	7:30 - 8:30 am	6 wk(s)	66007	\$146.45
M, W	6:30 - 7:30 am	6 wk(s)	66008	\$146.45
Tu, Th	7:30 - 8:30 am	6 wk(s)	66009	\$146.45

### Boot Camp 18+

This program is sure to give you results! Boot Camp provides a high-intensity circuit-training workout guaranteed to get your blood flowing and to tone up your entire body! Program includes twice weekly, expert-guided circuit training in a small group setting. Starting week of Jan 16/12 and Mar 5/12  
location: Recreation Complex - Program Room 3 - Office

M, W	6:00 - 6:50 pm	6 wk(s)	66001	\$146.45
Tu, Th	6:00 - 6:50 pm	6 wk(s)	66002	\$146.45
M, W	6:00 - 6:50 pm	6 wk(s)	66003	\$146.45
Tu, Th	6:00 - 6:50 pm	6 wk(s)	66004	\$146.45

### Womens Weight Training

A beginner weight training program for women only. Why should you work with weights? To gain greater self-esteem and confidence; for weight control and increased bone density - and much more! After taking this program, you will have the knowledge and confidence to work out on your own, either in a gym setting or at home. Starting week of Jan 16/12

location: Recreation Complex - Program Room 3 - Office

M, W	9:30 - 10:30 am	6 wk(s)	66176	\$135.60
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## Volunteers Wanted 13 - 19 years of age

### Pickering Community Snow Shovel Program

Help a senior in your area by shovelling snow this winter.  
A great way to complete community volunteer hours for school. Call to sign up today.

For information or to register call 905.683.2760 ext 6100  
or email [hbutler@cityofpickering.com](mailto:hbutler@cityofpickering.com)




# Adult

## Arts

### Adult Evening Art Beginners

This program is designed for beginners to advanced students. Traditional techniques will be introduced and taught with impressionistic style from the basics. Learn how to paint loose, light, transparent beautiful watercolours with a great instructor! Starting: Week of Jan 16/2012

location: Recreation Complex - Art Studio

instructor: Hi-Sook Barker

M	7:30 - 9:30 pm	10 wk(s)	66306	\$91.00
W	7:30 - 9:30 pm	10 wk(s)	66307	\$91.00

### Beginner's Acrylic

This class introduces students to the exciting vibrant colours of acrylics. Students will be introduced to acrylic paint, its history and its diverse capabilities. Discover how different acrylic mediums can be added to enhance a painting. Learn different painting techniques such as glazing, under painting, blocking in and have a further understanding of colour theory and composition. Come out and start your own creative adventure!

Starting: Jan 17/2012

location: Recreation Complex - Art Studio

Instructor: Marissa Sweet

Tu	7:00 - 9:00 pm	8 wk(s)	66308	\$73.00
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### Beading/Jewellery Making

Come out for a wonderful introduction to jewellery making. Learn about the methods of design, wire twisting, chain with beads, crimping, use of clasps and toggles, what is a jump ring and how to use them. Create your own one of a kind jewellery. Supplies provided for the first 3 classes, students to choose and purchase own supplies for remaining classes. Starting: Jan 18/12

location: Dunbarton High School

W	7:00 - 8:30 pm	8 wk(s)	66309	\$98.00
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### Creative Photography

This course is designed for people with film and digital SLR cameras. You will learn camera basics, depth of field, and composition. Come out and enjoy a friendly, relaxing atmosphere while learning all you need to know about taking great pictures! Starting: Jan 18/12

location: Pine Ridge High School

W	7:30 - 9:30 pm	6 wk(s)	66311	\$55.00
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**...Leisure provides the opportunity to lead balanced lives, achieve our full potential and gain life satisfaction...**

### Digital Camera Basics

Do you have a digital camera, or are you thinking of getting one and don't know how to use it? This workshop will take the fear out of getting to use your digital and give you the knowledge to take better pictures of a variety of subjects. Topics: date setting, changing flash settings, using different program modes, and formatting memory cards. Bring your own digital camera, and a desire to take great pictures!

Dates: Jan 30/2012, or Feb 13/2012

location: Pine Ridge H. S. - Pine Ridge High School

M	7:30 - 9:30 pm	1 wk(s)	66331	\$26.00 (Jan. 30/12)
M	7:30 - 9:30 pm	1 wk(s)	66332	\$26.00 (Feb. 13/12)

## Dance

### African Dance

Come out and experience the technique that various dances offer you as you are introduced to African Dance forms from the Diaspora. This course will challenge you in an exhilarating and fun way. This course will provide an introduction to traditional dance form, through performance videos, musical/movement connections and the occasional guest artist.

Starting: Jan 16/12

location: Recreation Complex - East Salon

M	7:00 - 8:30 pm	8 wk(s)	66314	\$72.00
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### Ballroom & Latin Night Club Dancing Level 1

Rhumba, Waltz, Samba, Tango, Foxtrot and Meringue are among the wide selection of dances that can be taught in this program that features North American (Social) Style Ballroom and Latin dances. No previous dance training required. While it is best that couples register, singles are welcome and limited attempts can be made to pair up partners.

instructor: Philip Perrin Starting: Jan 17/12

location: Recreation Complex - Arena Mtg Rms

Tu	7:15 - 9:15 pm	10 wk(s)	66315	\$103.00
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### Ballroom and Latin Dancing Level 1 Plus

If you feel that you are ready for more advanced movements then this class is for you! Building on the basics and stressing style throughout, this class will move at the pace and level of those registered in the program. Additional dances not covered in Level I may also be introduced. While it is best that couples register, singles are welcome and limited attempts can be made to pair up partners. Starting: Jan 18/12

location: Recreation Complex - Arena Mtg Rms

instructor: Philip Perrin

W	7:15 - 9:15 pm	10 wk(s)	66316	\$103.00
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# Adult

## Dance continued

### Bellydancing Level 1/2

This course is an excellent form of fitness through the ancient art of Bellydancing. This course will provide you with self confidence, endurance and motivation, while introducing you to the fundamentals of bellydancing.

Starting: Jan 18/12

location: West Shore C.C. - Hall

W	8:00 - 9:00 pm	12 wk(s)	66317	\$85.00 (Level I)
W	9:00 - 10:00 pm	12 wk(s)	66318	\$85.00 (Level II)

## Fitness & Active Programs

### Adult Badminton

Come out for some fun and exercise with the Social Badminton Club. One night per week either Tuesday or Wednesday - participate and meet new friends. Bring your own racquet, badminton birds will be supplied.

Starting: Week of Jan 16/2012

location: Dunbarton H.S. - Dunbarton High School

Tu	8:15 - 9:45 pm	15 wk(s)	66324	\$94.00
W	8:15 - 9:45 pm	15 wk(s)	66325	\$94.00

### Karate

Karate, an oriental art of self defense, is a superior means to achieve a high standard of physical fitness and contributes to the development of self defense and self discipline.

Please see page 20 for membership information required by all participants.

Register with instructor 2 weeks prior to start of session

Session: January - March (3 months)

Location: West Shore Community Centre

instructor: Dennis Golka

Tu & Th	9:00 - 10:00 pm	12 wk(s)/session		\$98.00
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### Men's Power Hour

An evening designed for men 18 years of age and older to come out and get some exercise. A 10 minute warm-up, followed by a different semi-competitive game each week. Starting: Week of Jan 16/2012

location: Pine Ridge High School

M	7:00 - 8:00 pm	15 wk(s)	66322	\$64.00
W	7:00 - 8:00 pm	15 wk(s)	66323	\$64.00

### Volleyball - Competitive Levels 1/2

A fun evening designed for COMPETITIVE PLAYERS. Men and women 18 years of age and over will enjoy this active program. To ensure that level of play is compatible (for safety reasons) participants will be screened at the 1st class and scheduled as follows: 6:30 - 8:30 pm (Competitive level I) and 8:30 - 10:30pm (Competitive level II). Starting: Jan 19/12

location: St. Mary High School

instructor: Cory Clarke

Th	6:30 - 8:30 pm	12 wk(s)	66320	\$96.00
Th	8:30 - 10:30 pm	12 wk(s)	66321	\$96.00

### Volleyball - Recreational

A great evening designed for men and women 18 years of age and older to come out, meet new people, play some recreational volleyball, while getting some exercise. Starting: Jan 16/12

location: Pine Ridge High School

instructor: Cory Clarke

M	8:15 - 9:45 pm	15 wk(s)	66319	\$90.00
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## Skate

### Adult Skating

This program will be geared towards adults who are non-skaters or weak in skating skills. The major emphasis will be on the progressions of basic skating.

This is ideal for parents who wish to assist their children in skating. CAS

approved helmets are mandatory for all skaters.

Starting: Week of Jan 16/2012

location: Recreation Complex - Delaney Rink - Ice

instructor: John Pepper

W	9:15 - 10:00 am	12 wk(s)	66326	\$98.00
Th	1:00 - 1:45 pm	12 wk(s)	66327	\$98.00

## Specialty

### Adult Guitar Level I/II

Learn the fundamentals such as tuning your guitar, techniques for developing dexterity, basic reading skills, playing simple melodies and chord progressions.

You will also gain performance skills by playing in a group and in voluntary solo performances. Starting: Jan 22/12

11:30 am - 12:30 pm (Level I) 12:40 pm - 1:40 pm (Level II)

location: Recreation Complex - Art Studio

instructor: Nathan Fernandes

Su	11:30 - 12:30 pm	8 wk(s)	66312	\$71.00
Su	12:40 - 1:40 pm	8 wk(s)	66313	\$71.00

# Group Fitness Schedules

Tuesday	Studio	Class	Instructor
6:30 - 7:20 am	B	Cycle Fit (R)	Lisa K.
7:30 - 8:20 am	A	ABS Plus	Lisa L.
8:30 - 9:20 am	A	Cardio Tone	Anne
8:30 - 9:20 am	B	Power Pump	Lisa L.
8:30 - 9:20 am	C	Yoga Fusion	Tina
9:30 - 10:20 am	A	Cardio Box (+)	Karen R
9:30 - 10:20 am	B	Cycle Fit (R,+)	Lisa K.
9:30 - 10:45 am	C	Hatha Yoga (R,+)	Tina
10:30 - 11:20 am	A	Beginner Step	Heidi
12:10 - 12:45 pm	A	Interval Challenge	Heidi
12:10 - 12:45 pm	C	Lunch Time Yoga	Gabrielle
1:30 - 2:30 pm	A	Osteo 1 (+)	Karen B.
5:00 - 5:50 pm	A	Zumba (+)	Emily
5:00 - 5:50 pm	B	Cycle Fit (+)	Matt V
6:00 - 6:50 pm	A	Ballistic (+)	Emily
6:00 - 6:50 pm	B	Kickboxing (R,+)	Jim
6:00 - 6:50 pm	C	Yoga Ashtanga (R,+)	Anne
7:00 - 7:50 pm	A	Work-it-Circuit	Lisa L.
7:00 - 7:50 pm	B	Cycle Fit (R,+)	Analesia
7:00 - 7:50 pm	C	Pilates Beg. (R,+)	Karen C.
8:00 - 8:50 pm	C	Yogalates. (R,+)	Wendy

Tuesday	Studio	Class	Instructor
6:30 - 7:20 am	B	Power Pump (R)	Lisa L.
6:30 - 7:45 am	C	Hatha Yoga (R)	Tina
8:30 - 9:20 am	A	Stretch & Strengthen (NT)	Heidi
9:30 - 10:20 am	A	Step (+)	Cynthia
9:30 - 10:20 am	B	Cycle Fit (R,+)	Analesia
9:30 - 10:20 am	C	Yoga Beg/Intermed (+)	Tina
10:30 - 11:20 am	C	Taoist Tai Chi (R,+)	Shelia
11:00 - 12:00 pm	A	Osteo Fit 2 (+)	Anne
12:10 - 12:45 pm	B	Cycle Fit	Analesia
1:10 - 1:45 pm	A	Zumba (+)	Analesia
5:00 - 5:50 pm	A	Family Fit Cardio Box (6+,R,+)	Lisa K.
5:00 - 5:50 pm	B	Power Pump (R,+)	Tennille
6:00 - 6:50 pm	A	Box/Step (+)	Karen R
6:00 - 6:50 pm	B	Cycle Fit (R,+)	Tennille
6:00 - 6:50 pm	C	Pilates Beg. (R,+)	Vicky
7:00 - 7:50 pm	A	Cardio Core (N,+)	Lisa L.
7:00 - 7:50 pm	C	Yoga & Meditation (R,+N)	Gabrielle
8:00 - 8:50 pm	B	Kick Boxing (R)	Jim
8:00 - 8:50 pm	A	Zumba	Analesia
8:00 - 8:50 pm	C	Yogalates (R)	Wendy

Wednesday	Studio	Class	Instructor
6:30 - 7:20 am	A	Interval Challenge	Lisa L.
8:30 - 9:20 am	A	ABS Plus	Heidi
8:30 - 9:20 am	C	Yogalates	Gabrielle
9:30 - 10:20 am	A	Cardio Groove (+)	Donna
9:30 - 10:20 am	B	Cycle Fit (R,+)	Lisa K.
9:30 - 10:45 am	C	Hatha Yoga (R,+)	Tina
10:30 - 11:20 am	A	Strictly Low (+)	Karen B.
12:10 - 12:50 pm	C	Lunchtime Yoga (N)	Gabrielle
5:00 - 5:50 pm	B	Teen Kick Boxing (R,+)	Jim
6:00 - 6:50 pm	A	Work-it-Circuit (+)	Donna
6:00 - 6:50 pm	B	Kickboxing (R,+)	Jim
6:00 - 6:50 pm	C	Yoga Ashtanga Beg. (R,+)	Tina
7:00 - 7:50 pm	A	Zumba Toning (N,+)	Cynthia
7:00 - 7:50 pm	B	Cycle Fit (R,+)	Tennille
7:00 - 7:50 pm	C	Tai Chi / Chi Kung (R,+)	Karen B.
8:00 - 9:15 pm	C	Yoga Advanced (R)	Anne

Thursday	Studio	Class	Instructor
6:30 - 7:20 am	B	Power Pump (R)	Lisa L.
8:30 - 9:20 am	A	Step	Emily
8:30 - 9:20 am	C	Yogalates (N)	Gabrielle
9:30 - 10:20 am	A	Cardio Tone (+)	Karen B
9:30 - 10:20 am	B	Power Pump (R,+)	Lisa L.
10:30 - 11:20 am	A	Osteo Fit 2 (+)	Karen B.
12:10 - 12:45 pm	A	Interval Challenge	Donna
1:10 - 1:50 pm	C	Hatha Yoga	Tina
4:00 - 4:50 pm	C	Teen Yoga (R)	Tina
5:00 - 5:50 pm	B	Cycle Fit Fusion (NT,+)	Lisa L.
5:00 - 5:50 pm	C	Gentle Yoga (R,PNTL,+)	Tina
6:00 - 6:50 pm	A	Work-it-Circuit (+)	Heidi
6:00 - 6:50 pm	B	Cycle Fit (+)	Lisa L.
6:00 - 6:50 pm	C	Family Fit Yoga (R,+)	Gabrielle
7:00 - 7:50 pm	A	BOSU / Ballistic (+)	Heidi
7:00 - 7:50 pm	B	Power Pump (N,+)	Lisa L.
7:00 - 7:50 pm	C	Pilates Beg. (R,+)	Wendy
8:00 - 9:15 pm	C	Yoga for Relaxation	Gabrielle

Friday	Studio	Class	Instructor
6:30 - 7:20 am	B	Cycle Fit	Analesia/Lisa
8:30 - 9:20 am	A	BALListic (+)	Emily
8:30 - 9:20 am	C	Yoga	Anne
9:30 - 10:20 am	A	Zumba (+)	Emily
9:30 - 10:20 am	B	Power Pump (R,+)	Donna.
9:30 - 10:20 am	C	Pilates Beg. (R,+)	Anne
10:30 - 11:20 am	A	Stretch & Strengthen (+)	Donna
1:10 - 1:50 pm	B	Cycle Fit	Analesia/Lisa
6:00 - 6:50 pm	A	ABS Plus	Lisa L.
7:00 - 7:50 pm	C	Belly Dancing	Josie

Saturday	Studio	Class	Instructor
8:30 - 9:20 am	A	Work-it-Circuit	Lisa L.
8:30 - 9:20 am	B	Beginner Cycle Fit (R,+)	Matt V.
9:30 - 10:20 am	A	ABS Plus (+)	Lisa L.
9:30 - 10:20 am	B	Cycle Fit (R,+)	Matt V.
9:30 - 11:00 am	C	Yoga Intermed. (R,+)	Tina
10:30 - 11:20 am	B	Power Pump (R,+)	Lisa L.
11:30 - 12:20pm	C	Yogalates (R,+)	Wendy
11:30 - 12:20pm	A	Zumba Toning	Cynthia

Sunday	Studio	Class	Instructor
8:30 - 9:20 am	C	Tai Chi (R,+)	Shelia
9:30 - 10:20 am	A	Cardio Core (N,+)	Lisa L.
9:30 - 11:00 am	B	Cycle Fit (R,+)	Matt V./ Lisa K
9:30 - 10:20 am	C	Pilates Beg. (R,+)	Vicky
10:30 - 11:20 am	A	Zumba (+)	Analesia
12:10 - 1:00 pm	A	Urban Cardio Groove (N)	Analesia

## Class Participation Age Guidelines

Members Studio A:13+ Studios B & C:15+  
 Family Programs: as noted (child must be accompanied by at least 1 adult)

## Class Legend

(NT) New Time (N) New (PNTL) Prenatal Appropriate Class  
 (+) Child Supervision Available during class  
 (R) Drop In and Registered Spaces Available see Leisure Guide for details

Group Fitness Rates	Drop-In Members	Plus Members	Specialty Members
Studio A	\$8.20	included	included
Studio B, C & Pool	\$12.00	\$6.00	included
Family classes	\$10.50	included	included

Family fee includes 1 adult & 1 child, \$2.50 for additional family members

Specialty Classes in Studios B, C and the Pool are included in Super, Specialty, Golden & Platinum memberships

## Membership Studio A Class Descriptions

**Abs Plus:** This awesome workout is guaranteed to get you moving! Tighten your entire body and learn the best moves to condition and strengthen your abs.

**BALListic:** Experience a challenge but fun workout by combining cardio vascular conditioning with stability ball exercises.

**BOSU:** Skills and drills on the BOSU balance trainer. A little cardio, a little strength training, a great workout!

**BOSU/BALListic:** An integrated class using two popular pieces of equipment! A fun change up!

**Box/Step:** Now enjoy two favourite classes in one. Easy to follow combinations of step, kickboxing and high intensity intervals, this class has it all - strength, core and endurance training.

**Cardio Box:** A combination of kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals of strength/endurance training, and a relaxing cool-down.

**Cardio Tone:** Simply add muscle conditioning to a Hi/Lo Cardio class for a full body workout.

**Heart Healthy:** Safe exercise for fibromyalgia, chronic fatigue, arthritis, joint replacement, diabetes, high blood pressure, angina, heart attack, by-pass surgery, obesity or stress. Perfect if you need a laid back class.

**Interval Challenge:** Alternates moderate and high intensity bursts of cardio together with strength conditioning for a full body workout.

**Osteo I & II:** Weight bearing & resistance exercise is used in a gentle manner that ensures you maintain & possibly increase your bone mass. L1=beg; L2=intermed.

**Step:** Add muscle conditioning to a Step Class - it's great cross training for your heart, legs and arms!!

**Stretch & Strengthen:** A great combination of muscle conditioning and relaxation.

**Strictly Low Cardio:** Great for beginners or those who prefer low impact classes - no bouncing in this class! 45 minutes of pure cardio - no muscle conditioning.

**Work-it-Circuit:** This fast-paced, high energy circuit will make you sweat! Alternate between cardio and muscle conditioning stations - no fancy foot work required!

**Zumba:** This extremely popular, dance based class will get you moving with high energy Latin beats.

## Spin/Strength Studio B Class Descriptions

**Beginner Cycle Fit:** Always wanted to try a Cycle Fit class, but were a bit intimidated? This is the class for you! Still a great ride, but learn the basics at a moderate intensity.

**Cycle Fit:** Build stamina and muscle endurance in this motivating, high intensity class! Our certified cycle instructors will take you on the ride of your life. Bring LOTS of water!

**Cycle Fit Fusion:** 1/2Cycle Fit, 1/2Power Pump. The perfect mix for the spin/strength lover!

**Kick Boxing:** Develop timing, balance, coordination, power, speed, agility and flexibility, all in one high-powered workout!

**Teen Kick Boxing:** Everything you would expect in typical Kick Boxing only geared towards the teenage population (15+). Meet new friends while developing new skill!



## Studio A & B Guidelines

Bring a towel and water. Please wear clean, close-toed running or cycle shoes. No jeans please. There are small cubbies available inside the studios for valuables. All bags, jackets, outdoor shoes and other such items must be left outside the studio. Sorry, due to health and safety concerns, no outside equipment can be used in classes (i.e. personal bike peddles, etc.). Participants must be 13 years and older in Studio A and 15 years and older in Studio B.

Please note: Pickering Recreation Complex reserves the right to change schedules, instructors or classes as needed in any studio without compensation or notice. Modified schedules during holidays, professional development days and maintenance.

# Mind & Body Studio C

## Class Descriptions

**Ashtanga Yoga/Yoga Fit:** A dynamic yoga class suited for participants looking for a more rigorous practice. This class offers the mental relaxation of the gentler yogas but provides the workout of a more traditional fitness class.

**Belly Dancing:** Learn the intricate details of this ancient art in a soothing and fun workout!

**Chen Tai Chi/Chi Kung:** Combine the slow graceful stretching movements of Tai Chi with Chi Kung's stationary standing exercises that combine stretching & breathing.

**Hatha/Gentle Yoga (PNTL):** The slower paced nature of this class makes it appropriate for those with medical concerns or anyone searching for a way to incorporate more flexibility into their overall fitness regime. PNTL indicates this class is also suitable for pregnant women - please advise the instructor.

**Pilates (Beginner):** A no-stress, effective approach to stronger, leaner muscle & fabulous posture. An emphasis on movement quality, posture and breathing makes Pilates mat work a safe, challenging and revitalizing workout. Your core will be stronger than ever.

**Pilates (Intermediate):** Take it to the next level of Pilates challenge. After completing at least two sessions of Pilates mat work, you may be ready for a new intensity. More difficult poses and movements will keep your body progressing

**Tai Chi:** is an ancient Chinese exercise for health. The slow graceful stretching movements can help you relax and strengthen both body and mind.

**Vinyasa/Sunrise Yoga:** A dynamic method of practicing asanas or yoga postures. Flowing style of yoga that focuses on body alignment, physical conditioning and mindfulness.

**Yoga:** Highlights from various styles of yoga. Highly recommended for the individual who likes an integrated approach. All levels welcomed.

**Yogalates:** Experience the relaxation and toning benefits of this combination class - yoga and Pilates - the best of two worlds.

**Yoga for Relaxation:** Discover yoga for relaxation as a tool for working towards living more stress-free. The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as yoga can help you activate this relaxation response. When practiced regularly, yoga and lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity!

**Yoga Fusion:** This workout consists of all the different yoga styles and may incorporate yoga therapy for rehabilitation purposes. This relaxing yet challenging class will make use of different props and equipment to get you conditioned.

**Yoga/Sculpt:** Add light resistance training to your yoga practice incorporating Therabands, weighted balls and dumbbells.



Monday	Class	Barcode
8:30 - 9:20 am	Yoga Fusion	
9:30 - 10:45 am	Hatha Yoga (R,+)	62051
6:00 - 6:50 pm	Yoga Ashtanga (R,+)	61274
7:00 - 7:50 pm	Pilates Beg. (R,+)	61259
8:00 - 8:50 pm	Pilates Intermed. (R)	61266
Tuesday	Class	Barcode
6:30 - 7:45 am	Hatha Yoga (R)	62052
9:30 - 10:20 am	Yoga Beg/Intermed (+)	
10:30 - 11:20 am	Taoist Tai Chi (R,+)	61269
6:00 - 6:50 pm	Pilates Beg. (R,+)	61260
8:00 - 8:50 pm	Yogalates (R)	61278
Wednesday	Class	Barcode
8:30 - 9:20 am	Yogalates	
9:30 - 10:45 am	Hatha Yoga (R,+)	62053
12:10 - 12:50 pm	Lunchtime Yoga (N)	
6:00 - 6:50 pm	Yoga Ashtanga Beg. (R,+)	61276
7:00 - 7:50 pm	Tai Chi / Chi Kung (R,+)	61270
8:00 - 9:15 pm	Yoga Advanced (R)	61277
Thursday	Class	Barcode
6:30 - 7:20 am	Sun Rise Yoga (N)	
8:30 - 9:20 am	Yogalates (N)	
1:10 - 1:50 pm	Hatha Yoga	
4:00 - 4:50 pm	Teen Yoga (R)	60661
5:00 - 5:50 pm	Gentle Yoga (R,PNTL,+)	61331
6:00 - 6:50 pm	Family Fit Yoga (R,+)	60652
7:00 - 7:50 pm	Pilates Beg. (R,+)	61261
8:00 - 9:15 pm	Yoga for Relaxation	
Friday	Class	Barcode
8:30 - 9:20 am	Yoga	
9:30 - 10:20 am	Pilates Beg. (R,+)	61262
7:00 - 7:50 pm	Belly Dancing	
Saturday	Class	Barcode
9:30 - 10:20 am	Yoga Intermed. (R,+)	61272
Sunday	Class	Barcode
8:30 - 9:20 am	Tai Chi (R,+)	61268
9:30 - 10:20 am	Pilates Beg. (R,+)	61263

## Mind & Body Studio C Guidelines

Please bring your own mat for Pilates and yoga classes. Please remove shoes before entering the studio. For Tai Chi please wear clean, close-toed shoes. There are small cubbies available inside the studios for valuables. No jeans, outdoor shoes, bags or jackets in the studio please. Studio C participants must be 15 years and older.

# Adult

## Specialty continued

### African Drumming

This is a beginners course, all are welcome! Students will be introduced to the origins of the drum, hand and body coordination, chants, and rhythms. The musical journey from West Africa to the Carribean and the Americas. The djembe drum will be used in this course - students to bring to class. Students who do not own a drum are advised to speak to the instructor for recommendations prior to purchasing. Starting: Jan 19/12

location: Recreation Complex - West Salon

Th 7:00 - 8:30 pm 8 wk(s) 66310 \$72.00

### Cake Decorating

This is an introductory cake decorating course on how to create wonderful custom designed cakes. The basics of piping, borders, stars, shells, writing, smoothe icing, pattern transfer and a variety of flowers will be covered using buttercream icing. Please bring one batch of buttercream icing to first class (recipe will be in confirmation letter) Students will be advised of materials required for subsequent classes. Participants will be required to purchase kit from instructor at the first class (\$75.00). Starting: Jan 17/12

location: Dunbarton High School

Tu 7:00 - 9:15 pm 10 wk(s) 66328 \$77.00

### Spanish - Beginners

Designed for adults with no previous knowledge of the language; travelling and/or doing business in Spanish speaking countries, or simply for general interest. Emphasis will be on the development of conversational skills on practical real life applications of language functions. Students to purchase workbook from Instructor, \$30. Starting: Week of Jan 16/2012

location: St. Mary High School

instructor: Maritza Sierra

Tu 7:00 - 9:00 pm 10 wk(s) 66333 \$85.00

Th 7:00 - 9:00 pm 10 wk(s) 66334 \$85.00

### Polish Cooking

Easy, fast and healthy Polish ethnic dishes, for family and friends and for pot luck occasions. Participants will learn hints and healthy variations of traditional Polish dishes from different parts of Poland. Your taste pallet will experience the joy of tasting famous dishes from the village pantry to the king's table. Nutritional options for health oriented cooks will be introduced. Starting: Jan 16/12

location: Dunbarton High School

Course fee will cover most supplies

M 7:00 - 9:00 pm 8 wk(s) 66329 \$149.00

### Oriental (Fusion) Cooking

Are you interested in Oriental cooking? Let us take you on a journey to faraway places. Experience the likes of Chinese, Vietnamese, Thai, and Japanese cuisine. The instructor will tailor each class to the interest of the participants. Learn some new and exciting dishes, and surprise your family and friends with some new culinary delights! Starting: Jan 18/2012

location: Dunbarton H.S.

instructor: Anna Kuzniak

W 7:00 - 9:00 pm 8 wk(s) 66330 \$149.00

## Looking for First Aid & C.P.R.

see the Aquatics section page 59.



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