

HEALTH

FALL AT SAANICH COMMONWEALTH PLACE



**Programs starting
in November with
space available!**

Aging Backwards **16yrs & up**

Aging Backwards is revolutionizing the way we understand the role of fitness in slowing down aging while keeping our bodies young, attractive strong and healthy. Justina Bailey has studied with Miranda Esmond-White in Montreal, and brings you the strengthening and lengthening workout from the popular book and TV show.

Justina Bailey
[65491](#) Th 9:15-10:15am Nov 4 - Dec 16 6/\$90

Nia Fitness and Dance **16yrs & up**

Nia is a dynamic blend of dance, martial and healing arts energized with inspiring, festive music. It empowers people to dance with purpose, mindfulness and playfulness. Practice conditioning, creativity and self-healing through barefoot movement.

Candice Francis
[64732](#) M 6:30-7:45pm Nov 8 - Dec 13 6/\$90

Pilates Plus - Level 1 **16yrs & up**

This class has a scientific based practice that features a strong clinical education component. Focus on the layers of the core as well as bio mechanical alignments that influences patterns in the body under the educated eye of Joan Buna. This simple but effective class helps you achieve a healthy lifestyle through less pain and hypertension to allow yourself to do what you love to do. No experience necessary.

Joan Buna
[65380](#) M 5:10-6:10pm Nov 1 - Dec 13 7/\$77

Pilates Plus - Ongoing **16yrs & up**

Must have competed at least one of Joan's Level 1 classes called Pilates Matwork .

Joan Buna
[65388](#) M 6:20-7:20pm Nov 1 - Dec 13 7/\$77

Yoga - Empower Flow **16yrs & up**

Deepen your capacity and condition for regular Vinyasa-style practice by focusing on specific actions and/or a family of peak poses for one month. Infused with story and inspiration, this flowing practice incorporates creative sequencing to connect breath to movement, build strength, and challenge you to embody your own divinity. Some experience recommended; modifications provided for all levels.

[66074](#) Sa 8:45-10am Nov 6 - Dec 18 7/\$86

Yoga - Evening Flow **16yrs & up**

Unwind your day with a dynamic sequence of postures to build heat through the breath and movement of the body, and then settle into a quiet series of finishing poses to rinse out and re-balance from the day. Everyone welcome.

Julia Vosburgh
[65486](#) W 7:45-8:45pm Nov 3 - Dec 15 7/\$69



REGISTER NOW!

ONLINE at Saanich.ca/active
PHONE 250-475-7600
IN PERSON at any of our centres

Yoga - Bend it Like Peckham **16yrs & up**

Learn the foundational yoga basics in this gentle, all levels class. Core stabilization, hip mobilization and spinal elongation will be the primary focus. Students will also learn breathing practices and each class will offer a 10 minute deep relaxation.

Mary Elizabeth Peckham

[66379](#) W 6:15-7:30pm Nov 3 - Dec 15 7/\$86

[65495](#) Th 11:15-12:30pm Nov 4 - Dec 16 6/\$74

Yoga - Strength & Ease **16yrs & up**

Create a strong practice that builds subtlety over force. This all-levels class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

Kelly Urquart

[65397](#) Tu 10:15-11:30am Nov 2 - Dec 14 7/\$86

[65428](#) F 11:45-1:00pm Nov 5 - Dec 17 7/\$86

Yoga - Therapy **16yrs & up**

This class benefits people with persistent pain, chronic health conditions, arthritis, fibromyalgia and those dealing with chronic inflammation and stress. Yoga Therapy offers tools that allow movement recovery. You will learn gentle and safe movements, breath awareness, and relaxation from a compassionate, certified Yoga Therapist with special training in these areas helping you find more ease and peace of mind.

Regina Pfeifer

[65411](#) Tu 1:15-2:30pm Nov 2 - Dec 14 7/\$98



Price will be prorated for programs that have already started.



Yoga - Iyengar All Levels **16yrs & up**

Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Through the study of mobility, stability, flexibility, alignment and balance you will gain improved posture, decrease body aches and pains, improved breath function and self awareness.

Ty Chandler

[66246](#) Th 5:00-6:15pm Nov 4 - Dec 16 6/\$74

Yoga Hour **13yrs & up**

A fun dynamic flow practice that moves through postures with clear alignment instructions and attention to breath. Classes are designed to be difficult but doable for beginners and ongoing students with no major injuries or physical limitations.

Mariko Bayley

[65500](#) Th 6:30-7:30pm Nov 4 - Dec 16 6/\$59

[66248](#) Tu 4:45-5:45pm Nov 2 - Dec 14 7/\$69

Yoga & Mobility for 55+ **55yrs & up**

Gentle Hatha Yoga combined with creative Somatic movements to encourage and enhance mobility as dictated by students' individual needs. We'll explore balance and range of motion while building strength to move with ease. Students should be able to get up and down from the floor without issue. Meditation and relaxation techniques will be offered.

Kelly Urquart

[65412](#) Tu 11:45-1pm Nov 2 - Dec 14 7/\$86

[65416](#) Th 2-3:15pm Nov 4 - Dec 16 6/\$74

FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available children and youth 3-18 years.

Contact mena.westhaver@saanich.ca for more information.