

Active Options

2008 Schedule of Classes and Fees

For full details on each class - see next page.

Monday

Cardiopulmonary Program		1:00-2:00 p.m
Noon Hour Pilates & Yoga	(All Levels)	12:10-12:50

Tuesday

Building Bones	(All Levels)	10:45-11:45 am
Yoga and Pilates	(All Levels)	1:30 - 2:30 p.m.
Relaxation Yoga	(Level 1)	4:30 - 5:30 p.m.

Wednesday

Small Group Personal Training (4 participants)	(All Levels)	12:10 - 12:50
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Thursday

Building Bones	(All Levels)	9:15-10:30 a.m.
Yoga	(Level 1)	10:45-11:45a.m.
Cardiopulmonary Yoga & Pilates	(All Levels)	1:00 - 2:00 p.m. 4:30-5:30 p.m.

Friday

Yoga and Pilates	(Level 2)	10:30-noon
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Fee Schedule

7 Week Session:	\$49.00 for one class per week \$90.00 for two classes per week
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10 Class Punch Card:	\$80.00 (valid for one year)
Drop-in Rate per Class:	\$10.00

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- All classes take place at the New Liskeard PF Centre in the front lounge
You can attend any of the above classes to make-up for a missed class
any time **during that 7 week session.**
 - Note: Monday Noon-Hour Class (\$44.00 for 7 week session).

*To register or for more information, Call Lorrie at 647-3048 or e-mail to
activeoptions@ntl.sympatico.ca or visit www.activeoptions.net.*

Final Session:	April 28 – May 30, 2008
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Summer Schedule for 2008:	TBD
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Class Details

Monday Noon Hour (12:10-12:50) Yoga (All Levels)

This class is a perfect break half way through your day. The focus is on releasing tension and tightness in the body caused by sitting at a desk, driving or other repetitive activities. We will also work on improving abdominal and back strength to support your spine. The class will end with a wonderful relaxation session to de-stress you and prepare you for the second half of your day.

Monday & Thursday, 1:00-2:00 p.m. Cardiopulmonary Program

This program is for graduates of the Temiskaming Hospital's Cardiopulmonary Program.

Tuesday 4:30-5:30 Relaxation Yoga (Level 1)

This is a beginner level class that invites you to stretch, release and relax at the end of a busy day.

Tuesday and Thursday Building Bones (All Levels)

This class is a wonderful combination of low impact aerobics and strength training with a touch of yoga , pilates and relaxation. A Personal Training Session (at an additional cost) is required prior to joining this class.

Wednesday Small Group Personal Training (12:10 - 12:50)

With a maximum of 4 participants in this class, each person is able to receive individualized instruction in a group setting. The sessions run for 4 weeks and enable each participant to work on specific postures/exercises for their bodies.

Thursday 10:45 a.m. Yoga (Level 1)

This class is a beginner class for those people who have never done yoga before or want a slow, gentle class with beginner level yoga postures to increase flexibility and promote relaxation.

Thursday 4:30-5:30 p.m. Pilates (All Levels)

The focus is on improving abdominal and back strength along with total body lengthening and strengthening exercises. Adaptations are provided so that all levels feel comfortable participating in this class.

Friday 10:30 – Noon, Yoga and Pilates (Level 2)

This class is designed to build on the Level 1 and All Levels classes with the addition of more intermediate level postures and exercises. It is suggested that participants take a Level 1 class before registering for this program.

Note: Summer 2008 Schedule TBD