**Yoga & Wellness**

**Piloga**
A unique combination of pilates and yoga will strengthen and tone your body while helping to decrease daily stress and achieve relaxation.

Age: 15 years+
Location: Northview Community Centre

**Piloga on the Ball**
A group fitness class that combines the strengthening, stretching and relaxation benefits of both Pilates and Yoga using the fit ball for an added twist.

Age: 15 years+
Location: Civic Recreation Complex, South Oshawa Community Centre

**Yoga**
Enjoy the many benefits of yoga including relaxation, stress reduction, increased concentration, and improved strength and flexibility. A yoga mat and warm clothing are recommended.

Age: 15 years+
Location: Civic Recreation Complex, Delpark Homes Centre formerly Legends Centre, Donevan Recreation Complex

**Gentle Yoga**
Release chronic tension, cultivate concentration, calm restless thoughts, invite deep peace, and encourage self-acceptance through breathing and gentle movement. A yoga mat and warm clothing are recommended.

Age: 15 years+
Location: Northview Community Centre

**Power Yoga**
An invigorating sculpting workout to increase strength, balance, and flexibility. Participants move through a sequence of muscle contracting postures followed by targeted stretching. A yoga mat and warm clothing are recommended.

Age: 15 years+
Location: Delpark Homes Centre formerly Legends Centre

**Tune Up® Yoga**
Combining yoga with a rolling technique that provides self-massage, this class will allow you to find areas of the body that are overused, underused, or misused and bring flow back into your system by releasing muscle tension.

Age: 15 years+
Location: Delpark Homes Centre formerly Legends Centre

**Yoga Outdoors**
Give your body the love it deserves and take in the benefits of being outside: fresh air, vitamin D, connecting to the earth and embracing Mother Nature. Nothing feels more earthy and environmental than sun salutations outdoors. Suitable for all levels.

Age: 15 years+
Location: South Oshawa Community Centre

**50 & Better Yoga**
This program is ideal for the older participant wanting a more gentle yoga experience. Explore various postures, breathing techniques, and body alignment. Focus on what is anatomically safe and appropriate for you. Please dress in layers and bring your own mat.

Age: 50 years+
Location: Delpark Homes Centre formerly Legends Centre
Fitness Programs

Yoga & Wellness  ...continued

Stretch & Balance ($$)
Flexibility is a key component to Fitness. Learn, safe and effective stretching exercises to improve or maintain your flexibility along with working on your balance.

Age: 50 years+
Location: South Oshawa Community Centre

Program Registration Information  ...continued

<table>
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<tr>
<th>Program</th>
<th>Age</th>
<th># Classes</th>
<th>Day</th>
<th>Dates</th>
<th>Time</th>
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<td>15 yrs +</td>
<td>10</td>
<td>Tue</td>
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CRC - Civic Recreation Complex  DEL - Delpark Homes Centre formerly Legends Centre  NCC - Northview Community Centre  SOCC - South Oshawa Community Centre

Weekday Drop-in Aquafit at Rotary Pool

$10.33 per class; weather permitting.

Shallow/Deep Water Aquafit

254 Centre Street South, parking available off of Gibb St.

Monday to Friday,
10:30am - 11:15am
July 3 to August 30

Classes are not offered on Monday, July 1 or August 5