



WELLNESS & HEALTH PROGRAMS

Meditation - Beginner

Through guided practice and discussion, this class introduces a body-oriented approach to meditation. We are given tools to engage the challenges of our lives with open-hearted bravery, and encouraged to explore the practice with confidence and curiosity. Wear warm, comfortable clothing. No previous experience required.

INSTRUCTOR: Neil Mckinlay

JDF LOWER CLUBHOUSE

Th 6:45-7:45pm Jan 28-Mar 04 \$54/6 57535

Meditation - Intermediate

Open to anyone who has completed a meditation event with Neil McKinlay, this class delves deeper into the practice of meditating with the body. While focused upon further exploration of techniques presented elsewhere, sessions also offer instruction and discussion.

INSTRUCTOR: Neil Mckinlay

JDF LOWER CLUBHOUSE

Th 7:45-9:00pm Jan 28-Mar 04 \$67/6 57542



Pilates Mat Level 1

Learn to train your core muscles and take your abdominal and low back training to a different level. This mat class is appropriate for those discovering Pilates for the first time, but is also suitable for those who wish to immerse themselves further in the basics of the technique while enjoying a fun, safe workout.

INSTRUCTOR: Carlie Graham

JDF UPPER CLUBHOUSE

M	5:30-6:30pm	Jan 18-Mar 01	\$70/7	57387
M	5:30-6:30pm	Mar 15-Apr 26	\$60/6	57388
W	5:30-6:30pm	Jan 20-Mar 03	\$70/7	57389
W	5:30-6:30pm	Mar 17-Apr 28	\$70/7	57390
Sa	10:45-11:45am	Jan 23-Feb 27	\$60/6	57393
Sa	10:45-11:45am	Mar 20-Apr 24	\$60/6	57394

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Tu	5:30-6:30pm	Jan 19-Mar 02	\$70/7	57385
Tu	5:30-6:30pm	Mar 16-Apr 27	\$70/7	57386

Pilates Mat Level 2

For participants who have attended at least one Pilates Level 1 session and are comfortable with the basic Pilates techniques. Learn new exercises and become more adept at increasing the challenge and the intensity of Pilates movements. Fitness circles are provided and are a great tool for adding difficulty and variety to your workout. Participants may bring toning balls or 2lb weights for a challenge (optional).

INSTRUCTOR: Carlie Graham

JDF UPPER CLUBHOUSE

M	6:40-7:40pm	Jan 18-Mar 01	\$70/7	57397
M	6:40-7:40pm	Mar 15-Apr 26	\$60/6	57398
Sa	9:30-10:30am	Jan 23-Feb 27	\$60/6	57401
Sa	9:30-10:30am	Mar 20-Apr 24	\$60/6	57402

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Th	4:00-5:15pm	Jan 21-Mar 04	\$70/7	58086
Th	4:00-5:15pm	Mar 18-Apr 29	\$70/7	58087

PILATES PRIVATE SESSIONS

Private sessions available with experienced instructors to guide you in a variety of exercises focused on core stabilization, strength & flexibility. Learn proper technique in a one on one session. Pick up a personal training form or download from www.jdfrecreation.com

Private Session:
\$79/1

ARTHRITIS SELF MANAGEMENT PROGRAM

May 05-June 09

Watch for details in the May-August Activity Guide

Pilates Fusion

This class is a fusion of the core strength and toning of Pilates exercises with the flexibility and balance of Hatha yoga. The session begins with a dance and flow yoga inspired warmup and finishes off with a meditation to rest the mind and rejuvenate the spirit. Previous Pilates, yoga or dance experience is recommended.

INSTRUCTOR: Carman Hillary

JDF UPPER CLUBHOUSE

Tu	12:15-1:15pm	Mar 16-Apr 27	\$70/7	57366
W	6:35-7:35pm	Mar 17-Apr 28	\$70/7	58028



Tai Chi

Study this ancient martial art to learn self-defense knowledge and gain the healthful benefits of developing a strong physique. These classes provide introductory and continuing study in Tai Chi. There is no impact to the body and the strength required comes from an ability to align and remain grounded.

INSTRUCTOR: Valerie Chu

CENTENNIAL CENTRE OAK ROOM

Th	7:00-8:00pm	Jan 21-Mar 04	\$56/7	58052
Th	7:00-8:00pm	Mar 18-Apr 29	\$56/7	58053

Zen Warrior Workout

This class teaches you to use the Bokken - a wooden sword to work every muscle of your body as you practice cuts and footwork. You will be working your mind as you focus and concentrate on controlling your sword to the sound of Taiko Drums. Teach your mind and body to work together, a form of moving meditation. Erase the stresses of the day as you restore balance

INSTRUCTOR: Dana Mclean

JDF SENIORS HALL

M	6:00-7:00pm	Jan 25-Mar 01	\$48/6	57525
M	6:00-7:00pm	Mar 15-Apr 26	\$48/6	57526

Secrets of Changing Behaviour

Want to stop smoking, exercise more, lose weight, beat depression or make a lifestyle change but just can't seem to do it? Learn the secrets of human behavior the way it's created, how it works in the brain and what you can do to shift it.

INSTRUCTOR: Daniel Scott

JDF SPINNAKER ROOM

Tu	7:00-8:30pm	Feb 02	\$15/1	57549
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Communication for Loving Couples

Have you found the love of your life and now you want to make your relationship last and grow better every year? Learn basic communication techniques that will help you build a more loving and lasting relationship more and more each and every day.

INSTRUCTOR: Daniel Scott

JDF SPINNAKER ROOM

Tu	6:00-9:00pm	Mar 16	\$47/1	57551
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Changing Procrastination To Motivation

People can be overwhelmed by tasks of all sizes. This workshop will look at some effective ways you can overcome procrastination and get more done with less stress and anxiety.

INSTRUCTOR: Daniel Scott

JDF SPINNAKER ROOM

Tu	7:00-8:30pm	Apr 13	\$15/1	57550
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Healthy Living

Join us for one or more of session, each focusing on a different topic to improve healthy living. Presented by an Exercise Specialist, the topics include Joint Health, Core Strength and Fitness and Aging.

INSTRUCTOR: Kristy Webster, BScExSci, Kinesiologist, PTS

JDF BOARDROOM

Joint Health

M	12:30-1:30pm	Feb 22	FREE	57546
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Core Strength

M	12:30-1:30pm	Mar 22	FREE	57547
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Fitness & Aging

M	12:30-1:30pm	Apr 19	FREE	57548
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Daniel Scott

Mr. Daniel Scott is a behavioural modification coach now with a degree in Metaphysical Science and certifications in Reality Therapy, Choice Theory as well as training in Cognitive Behavioural Therapy. Mr. Scott is a Neuro Linguistic programming Trainer and Consultant fully certified by the University of NLP at the University of California, Santa Cruz. For more information or to contact Daniel Scott directly please visit his website at [www..soaringsuccess.ca](http://www.soaringsuccess.ca)

Kristy Webster

Kristy has a BSc. in Exercise Science and is a Can Fit Pro Personal Trainer Specialist. Kristy shares her time working as an Exercise Rehabilitation Specialist and Personal Trainer at West Shore Parks and Recreation and at the Royal Jubilee Hospital in the Cardiac Rehabilitation Unit.

Yoga - Beginners

Curious about Yoga? Join our beginners class for a gentle exploration of the basic Hatha Yoga poses. You'll have fun in this supportive class learning breath awareness, developing flexibility and balance and generally improving your sense of well being.

INSTRUCTOR: Kathleen Kovach

Th	9:30-11:00am	Jan 21-Mar 04	\$70/7	57824
Th	9:30-11:00am	Mar 18-Apr 29	\$70/7	57825

Yoga - For Expectant Moms

The ancient yogic texts acknowledge that when pregnant, a woman is in an extremely heightened state and simultaneously highly empowered and sensitive. Pregnancy Yoga classes aim to help women connect with their inner strength and empowerment, encourage mothers to honor the sacredness of their journey, and create a womb for the expectant mother's powerful contemplative nature. Class includes breathing practices, postures, relaxation and meditation to alleviate the discomforts of pregnancy and prepare for childbirth. New mom Christina, has completed Prenatal Yoga Teacher Training.

INSTRUCTOR: Christina Michalenko

JDF UPPER CLUBHOUSE

Th	5:30-7:00pm	Feb 04-Mar 04	\$50/5	57369
Th	5:30-7:00pm	Mar 18-Apr 29	\$70/7	57370

Yoga – Parent & Child

An opportunity for family members to learn and practice beginner's yoga together. Partner with your child in this playful and fun class. You'll strengthen the bond between you, and experience the many benefits of yoga. Children 6 years and over are welcome. Please bring water and cozy blankets.

JDF UPPER CLUBHOUSE

M	4:00-5:00pm	Jan 18-Feb 22	Adult \$60/6 Child \$30/6	58178
M	4:00-5:00pm	Mar 15-Apr 26	Adult \$60/6 Child \$30/6	58179

Yoga - Iyengar from the Core

This class will have all the elements of a traditional yoga class, developing overall body and breath awareness, flexibility, joint mobility and strength. What is different is that every class we will spend time building abdominal and back awareness and strength. A great class for those wanting to learn how to manage their back.

INSTRUCTOR: Marilyn Shepherd

JDF UPPER CLUBHOUSE

W	9:30-11:00am	Jan 20-Mar 03	\$70/7	57367
W	9:30-11:00am	Mar 17-Apr 28	\$70/7	57368

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Th	10:00-11:00am	Jan 21-Mar 04	\$70/7	58097
Th	10:00-11:00am	Mar 18-Apr 29	\$70/7	58140

Yoga - Gentle and Therapeutic

This is a nurturing class designed to release tension after a long day that will prepare you for a restful night's sleep. Those suffering from specific illnesses and injuries will learn various yoga techniques to relieve pain. Each class will conclude with a meditation, often in the form of mantra music. All fitness levels are welcome.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Tu	10:00-11:15am	Jan 19-Mar 02	\$70/7	57424
Tu	10:00-11:15am	Mar 16-Apr 27	\$70/7	57425
Th	7:00-8:15pm	Jan 21-Mar 04	\$70/7	57430
Th	7:00-8:15pm	Mar 18-Apr 29	\$70/7	57431



Yoga - Hatha

In this class, breath awareness and the basic yoga postures are practiced to stretch and strengthen all the muscles of the body. A gentle yoga practice, restorative and energizing! Prepare to move, breathe, improve the health of your nervous system and come home to your senses. Postures are held a little longer than in hatha flow.

INSTRUCTOR: Christina Michalenko

JDF UPPER CLUBHOUSE

Th	7:15-8:30pm	Feb 04-Mar 04	\$50/5	57435
Th	7:15-8:30pm	Mar 18-Apr 29	\$70/7	57436

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

F	10:00-11:15am	Jan 22-Mar 05	\$70/7	57437
F	10:00-11:15am	Mar 19-Apr 30	\$70/7	57438
Su	3:00-4:15pm	Jan 17-Feb 21	\$70/7	58173
Su	3:00-4:15pm	Mar 14-Apr 18	\$70/7	58173

Yoga - Hatha Flow

In this class Hatha postures are sequenced to allow fluid movement from one asana to the next. This class includes balancing postures to improve the health of the nervous system, spine strengthening postures and deeper, nourishing stretches on the floor. Each class will conclude with a meditation, often in the form of mantra music.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

LEVEL 1

Tu	6:45-8:00pm	Jan 19-Mar 02	\$70/7	57445
Tu	6:45-8:00pm	Mar 16-Apr 27	\$70/7	57446

LEVEL 2

W	4:00-5:15pm	Jan 20-Mar 03	\$70/7	58090
W	4:00-5:15pm	Mar 17-Apr 28	\$70/7	58091

NOTE:
Add 5% GST
to Adult/Teen
Courses

Yoga - Iyengar

Yoga is a journey to health and deeper life meaning. Postures promote freedom of movement, strength, stability and alignment. Great for athletes, the working stiff and seniors. Level 1 is for those new to Iyengar. Monday Level I welcomes those needing help with maintaining a healthy back or other chronic conditions. Level 2 is for continuing Iyengar students. Taught by certified Iyengar instructors.

INSTRUCTOR: Linda Benn

JDF UPPER CLUBHOUSE

LEVEL 1

M	10:30-12:00pm	Jan 11-Mar 01	\$80/8	57447
M	10:30-12:00pm	Mar 15-Apr 26	\$60/6	57448

LEVEL 2

M	9:00-10:30am	Jan 11-Mar 01	\$80/8	57451
M	9:00-10:30am	Mar 15-Apr 26	\$60/6	57452

INSTRUCTOR: Glenda Balkan Champagne

LEVEL 1

Tu	5:30-7:00pm	Jan 19-Mar 02	\$70/7	57449
Tu	5:30-7:00pm	Mar 16-Apr 27	\$70/7	57450

LEVEL 2

Tu	7:15-8:45pm	Jan 19-Mar 02	\$70/7	57453
Tu	7:15-8:45pm	Mar 16-Apr 27	\$70/7	57454

Yoga - Kundalini

Kundalini Yoga will help you overcome stress and anxiety in your daily life - at work, at home, at college or school. Dynamic exercise sets include stretching and breath work, followed by relaxation and meditation. Save time daily - replenish your body, mind and spirit. Kundalini Yoga gives results in the shortest possible time. The instructor will help you develop a daily practice. Bring a light blanket; suitable for all levels.

INSTRUCTOR: Donna Ogden

JDF UPPER CLUBHOUSE

W	7:45-9:15pm	Jan 20-Mar 03	\$70/7	57312
W	7:45-9:15pm	Mar 17-Apr 28	\$70/7	57313

Yoga - Svaroopa Style

Svaroopa style targets the deepest layers of tension in the muscles that wrap the spine, from the tailbone up. Svaroopa uses precise alignments and carefully sequenced poses, together with meticulous placement of props for full support. Support Equals Release. This core opening releases the tension in other muscles throughout the body, creates space for internal organs, alleviates physical aches and pains, and contributes to greater vitality and mental clarity. When you experience this opening, you realize that something has opened all the way through your whole being. Learn to luxuriate in a slower pace. This yoga is for everyone from beginner to seasoned yogi.

INSTRUCTOR: Deborah Moncur

JDF UPPER CLUBHOUSE

Tu	9:30-11:30am	Jan 19-Mar 02	\$70/7	58169
Tu	9:30-11:30am	Mar 16-Apr 27	\$70/7	58170

Yoga - Prenatal

Make the most out of this very special time in your life by taking part in this unique series of yoga postures and strengthening exercises specifically designed to increase your energy, stamina and sense of well-being during pregnancy. This program will also assist you in developing the concentration necessary to help you with a successful labor and delivery. Modifications are offered for each trimester to make this program appropriate for women at any stage of pregnancy.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

W	10:00-11:15am	Jan 20-Mar 03	\$70/7	57521
W	10:00-11:15am	Mar 17-Apr 28	\$70/7	57522
M	7:00-8:15pm	Jan 18-Mar 01	\$70/7	58282
M	7:00-8:15pm	Mar 15-Apr 26	\$60/6	58283

Yoga - Wake Up

The class begins with breath awareness and gentle stretching to prepare the body for a practice of yoga that builds strength, flexibility and stamina. Balancing postures will be interspersed with sun salutations that synchronize movement and breath. We will wrap this up with a final relaxation that will calm the body and refresh the mind giving you that extra little hop in your step throughout the day.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Tu	7:15-8:30am	Jan 19-Mar 02	\$70/7	57457
Tu	7:15-8:30am	Mar 16-Apr 27	\$70/7	57458
Th	7:15-8:30am	Jan 21-Mar 04	\$70/7	57459
Th	7:15-8:30am	Mar 18-Apr 29	\$70/7	57460

Yogilates - Level 1

This class is a blend of yoga, pilates and fitness that challenges strength, balance and flexibility. The class will increase stamina, focus the mind and tone the entire body. Participants learn the main principles of yoga and pilates and receive a solid foundation for Yogilates Level 2. Each class concludes with a meditation, often in the form of mantra music. All fitness levels are welcome.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

M	10:00-11:15am	Jan 18-Mar 01	\$70/7	57462
M	10:00-11:15am	Mar 15-Apr 26	\$60/6	57463
M	7:00-8:15pm	Jan 18-Mar 01	\$70/7	57464
M	7:00-8:15pm	Mar 15-Apr 26	\$60/6	57465
W	5:30-6:45pm	Jan 20-Mar 03	\$70/7	57466
W	5:30-6:45pm	Mar 17-Apr 28	\$70/7	57467
Th	5:30-6:45pm	Jan 21-Mar 04	\$70/7	57468
Th	5:30-6:45pm	Mar 18-Apr 29	\$70/7	57469

YOGA PARTICIPANTS:

For hygienic reasons, we recommend you bring your own personal yoga mat to class. Some mats may be available.

YOGA PRIVATE SESSIONS

Private yoga sessions are available in the yoga style of your choice.

Learn techniques, postures and breathing in a 1.5 hour session with an experienced Yoga Instructor. Please pick up a personal training request form or download from the website at: www.jdfrecreation.com

Private Session:
\$79/1

**Feel Good
Yoga & Pilates
FLEX PASS**
10 Session Pass
for \$110 plus
GST
Purchased at and
valid for
Yoga & Pilates
classes held at
Feel Good Yoga &
Pilates Studio
127-2745 Veterans
Memorial Parkway

Yogilates - Level 2

This class is appropriate for those with basic understanding of the main yoga and pilates principles who would like a faster paced class and a taste of more challenging postures and exercises. Each class will conclude with a meditation, often in the form of mantra music. Although more challenging than Yogilates Level 1, this class is adaptable to all levels and participants will be reminded of modifications provided in Yogilates Level 1.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

M	5:30-6:45pm	Jan 18-Mar 01	\$70/7	57501
M	5:30-6:45pm	Mar 15-Apr 26	\$60/6	57502
W	7:00-8:15pm	Jan 20-Mar 03	\$70/7	57503
W	7:00-8:15pm	Mar 24-May 05	\$70/7	57504

Yoga – Ashtanga

Ashtanga, also known as power yoga, consists of a sequence of postures and focused breathing techniques. The practice is designed to intensify internal body heat and detoxify. Though the practice is a demanding physical routine best suited to those individuals who are fit, poses can be modified to suit different levels of skill and ability.

INSTRUCTOR: Feel Good Yoga

LOCATION: 127-2745 VETERANS MEMORIAL PKWY

F	5:00-6:15pm	Jan 22-Mar 05	\$70/7	58088
F	5:00-6:15pm	Mar 19-Apr 30	\$60.6	58089

Yoga – Kids

Kids will love this class! They will also gain a greater sense of body awareness, develop healthy breathing patterns, and will have the opportunity to relish in the joy of their own creativity, flexibility and ability to form friendships. This class is a combination of lively, flowing sequences, fun balancing postures, games, storytelling, theme activities, music, art and creative relaxation techniques.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

M	4:00-5:15pm	Jan 18-Mar 01	\$70/7	58082
M	4:00-5:15pm	Mar 15-Apr 26	\$60/6	58083
W	4:00-5:15pm	Jan 20-Mar 03	\$70/7	58084
W	4:00-5:15pm	Mar 17-Apr 28	\$70/7	58084

Yoga – Mom & Me

This class will give Mom's and their babies the opportunity to make the most of this precious time in their lives. Everyone will get the chance to stretch, move and relax while spending time with a very special someone. Music, laughter, massage and hands-on stretching will be on this yoga menu.

INSTRUCTOR: Feel Good Yoga

127-2745 VETERANS MEMORIAL PKWY

Tu	4:00-5:15pm	Jan 19-Mar 02	\$70/7	58094
Tu	4:00-5:15pm	Mar 16-Apr 27	\$70/7	58095



An innovative collaborative partnership with **THRIFTY FOODS** has made it possible for us to offer **FREE Nutrition Seminars and Tours**. Designed and presented by professional registered dietitians from **Springwell Nutrition Group**—these seminars will change your life!

Thrifty Foods Grocery Store Tour

These tours provide participants with an aisle-by-aisle tour led by a registered dietitian to help make sense of food labels, ingredient lists, functional foods and supplements.

MEET AT COLWOOD THRIFTY FOODS

W	7:00-8:00pm	Mar 10	FREE	58030
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Healthy Adults Seminar

Eating well will give you the energy and health to do the things you enjoy. Foods that are low on the Glycemic Index (GI) and high in antioxidants and good fats are the key to weight management and to preventing arthritis, diabetes, heart disease, cancer and other health problems. This seminar will help you clean out your cupboards, fridge, and home by walking you through which foods and supplements are best for renewed energy and optimal health.

JDF FIELDHOUSE

M	7:00-8:30pm	Feb 15	FREE	57650
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Healthy Aging Seminar

Whether you have diabetes, heart disease, cancer, arthritis, or a focus on prevention – the best dietary approach is the new Anti-Inflammatory Diet, which has shown to promote health, prevent disease and premature aging. This seminar will discuss practical ways to include these key high antioxidant super foods and super supplements in your daily diet. This seminar is a must for people in mid-life who want to age with energy, vitality and optimal health. This session is designed for those 40+ who are looking to avoid those aches, pains and blood pressure issues.

JDF FIELDHOUSE

M	7:00-8:30pm	Feb 01	FREE	57648
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FREE Healthy Youth & Healthy Workplace

sessions available for your school or workplace. For information and registration contact West Shore Parks & Recreation.

