

PILATES

Pilates Mat Level 1

For those who are new to Pilates or those who wish to refresh. Pilates is a whole body workout that develops long, lean toned muscles and range of motion. Develop core stabilization, strength and flexibility. Ideal for gaining optimal body movement control and overall fitness.

JDF UPPER CLUBHOUSE

INSTRUCTOR: Carman Hillary

M	6:45-7:45pm	May 05-Jun 23	\$50/5	47165
M	6:45-7:45pm	Jul 07-Jul 28	\$40/4	47166
M	6:45-7:45pm	Aug 11-Aug 25	\$40/4	47230
W	5:15-6:15pm	May 07-Jun 25	\$50/5	47167
W	5:15-6:15pm	Jul 02-Jul 30	\$40/4	47168
W	5:15-6:15pm	Aug 06-Aug 27	\$40/4	47174

INSTRUCTOR: Laura Phelps

Su	4:00-5:00pm	Apr 27-May 25	\$50/5	47169
Su	4:00-5:00pm	Jun 01-Jun 29	\$40/4	47170

Pilates Mat Level 2

For participants who have attended at least one session of Level 1 and are comfortable with the basic techniques. Learn new exercises and become more adept at increasing the intensity of Pilates movements.

INSTRUCTOR: Carman Hillary

JDF UPPER CLUBHOUSE

M	8:00-9:00pm	May 05-Jun 23	\$60/6	47285
M	8:00-9:00pm	Jul 07-Jul 28	\$40/4	47287
M	8:00-9:00pm	Aug 11-Aug 25	\$30/3	47288



Pilates Power Fitness Circle

This is an upbeat, challenging Pilates workout for those who have experience with the basic techniques. The fitness circle is a great tool for adding difficulty and variety to your work out. The exercises target arms, legs, thighs, butt and the core. The pace will get your blood and breath moving.

INSTRUCTOR: Carman Hillary

JDF UPPER CLUBHOUSE

W	6:30-7:30pm	May 07-Jun 25	\$70/7	47358
W	6:30-7:30pm	Jul 02-Jul 30	\$50/5	47359
W	6:30-7:30pm	Aug 06-Aug 27	\$40/4	47360

PILATES PRIVATE SESSIONS

Private sessions available with an experienced instructor 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 the website at: www.jdfrecreation.com

Private Session: \$79/1 36869

TAI CHI

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. Gordon Muir is a disciple of Master Chen and is a Full Instructor in Chen Style Practical Method system.

INSTRUCTOR: Gordon Muir

CENTENNIAL CENTRE OAK ROOM

CONTINUING

Th	7:30-8:30pm	Apr 17-Jun 05	\$56/8	44669
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BEGINNER

Th	8:30-9:30pm	Apr 17-Jun 05	\$56/8	44670
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NOTE:

Add 5% GST to Adult/Teen Courses



YOGA

Gentle And Therapeutic Yoga

Open, unwind and release tension and stress from the body and mind with this therapeutic class. Learn techniques for home practice to help manage personal stress. Special emphasis is on back care.

INSTRUCTOR: Laura Phelps

JDF UPPER CLUBHOUSE

Th	7:00-8:30pm	May 08-Jun 26	\$55/7	47189
Th	7:00-8:30pm	Jul 03-Jul 31	\$39/5	47190
Th	7:00-8:30pm	Aug 07-Aug 28	\$32/4	47194

Yoga – Hatha

A gentle yoga practice, restorative and energizing! Take time to move, to breathe and come home to your senses. Please wear warm, comfortable clothing, and bring a blanket to keep warm while resting on the floor.

JDF UPPER CLUBHOUSE

INSTRUCTOR: Debbie Moncur

Tu	9:30-11:00am	May 06-Jun 24	\$55/7	47218
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INSTRUCTOR: Laura Phelps

Tu	9:30-11:00am	Jul 08-Jul 29	\$32/4	47389
Tu	9:30-11:00am	Aug 05-Aug 26	\$32/4	47390

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 36868

Yoga – Iyengar

Yoga is a multi-layered journey to health and deeper meaning in our lives. Postures promote freedom of movement, strength, stability & postural alignment. Great for athletes, the working stiff and seniors. Level 1 is for those new to Iyengar Yoga. Monday Level 1 also welcomes those needing help with maintaining a healthy back or chronic conditions. Level 2 is for continuing Iyengar students. The teacher is certified and has been teaching Iyengar Yoga for 20 years.

INSTRUCTOR: Linda Benn

JDF UPPER CLUBHOUSE

Level 1

M	10:30-12:00pm	May 12-Jun 30	\$47/6	47204
Tu	5:30-7:00pm	May 13-Jun 24	\$47/6	47199

Level 2

M	9:00-10:30am	May 12-Jun 30	\$47/6	47203
Tu	7:15-8:45pm	May 13-Jun 24	\$47/6	47200

All Levels

M	9:30-11:00am	Jul 07-Jul 28	\$32/4	47205
Tu	5:30-7:00pm	Jul 08-Jul 29	\$32/4	47206

Yoga - Kundalini

This Yoga will help you overcome stress & 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 help you develop a daily practice. Bring a light blanket, suitable for all levels.

INSTRUCTOR: Donna Ogden

JDF UPPER CLUBHOUSE

W	7:45-9:00pm	May 07-Jun 25	\$55/7	47195
W	7:30-9:00pm	Jul 02-Jul 30	\$39/5	47196
W	7:30-9:00pm	Aug 06-Aug 27	\$32/4	47197

Yogalates

Yogalates is a new and highly effective form of exercise that blends the best of yoga and Pilates. It combines the meditative, flexibility enhancing benefits of yoga with the core strengthening and toning benefits of Pilates. This sequence is specifically designed to be accessible to most people while still allowing even the fittest person to work up a sweat. Stop worrying about how to fit Pilates and yoga into your busy schedule and enjoy the benefits of mind-body cross training.

INSTRUCTOR: Laura Phelps

JDF UPPER CLUBHOUSE

M	5:15-6:30pm	May 05-Jun 23	\$47/6	47212
M	5:15-6:30pm	Jul 07-Jul 28	\$32/4	47213
M	5:30-6:45pm	Aug 11-Aug 25	\$24/3	47214
Th	5:30-6:45pm	May 01-Jun 26	\$63/8	47215
Th	5:30-6:45pm	Jul 03-Jul 31	\$39/5	47229
Th	5:30-6:45pm	Aug 07-Aug 28	\$32/4	47216

YOGA

PARTICIPANTS:

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

Yoga - Parent & Child (NEW)

An opportunity for family members to learn and practice beginner's Kundalini yoga together. Partner with your child, strengthen the bond between you, and experience the many benefits of yoga. Donna is an experienced elementary & middle school educator and yoga instructor. Children 6 years and over are welcome. Bring water and cozy blankets.

INSTRUCTOR: Donna Ogden

JDF CLUBHOUSE \$47/adult & \$24/child
M 4:00-5:00pm May 05-Jun 23 6 Sessions 47198

HEALTH

Couples Relaxation Massage

Have you had a massage from your partner or friend that lasts 5 minutes before he/she gives up? Learn to give and receive a wonderful relaxation massage as you're guided through the basic techniques of Swedish massage by a Registered Massage Therapist. This workshop provides a bit of theory and a lot of massage. Couples or friends watch a demo and then take turns working on each other. Please bring two pillows, two sheets, and your favourite oil or lotion.

INSTRUCTOR: Daniella Kym, RMT

JDF FIELDHOUSE
M 6:30-9:30pm Jun 16 \$69 couple/1 47217

Jin Shin Do Neck & Shoulder Release

Do you want to experience ease and flow in your neck? Come learn eight incredible acupressure points that will give you the access to ease your own neck pain! This three hour class will include Qi Gong, Jin Shin Do History and Theory, and a full neck and shoulder release from fellow classmates. Or sign up with a loved one and practice on each other. Jin Shin Do Acupressurist Kyla Plaxton has been practicing for 6 years and is founder of Victoria's own professional Jin Shin Do Studio - Unwind & Come Alive

INSTRUCTOR: Kyla Plaxton

JDF FIELDHOUSE
Su 6:30-9:30pm Jun 16 \$59/1 47219

Gentle Art of Persuasion - Part 1

If you're tired of fighting with your significant other, wish you could get your teenager to do some housework or want to be a better salesperson, this workshop will teach you the basics of persuasion.

INSTRUCTOR: Daniel Scott

JDF GLLANGCOLME ROOM

Tu 6:00-8:00pm May 27 \$20/1 47221

Persuasive Parenting

Tired of fighting with your children? Spend some time learning tips and tricks to be a more positive and persuasive parent.

INSTRUCTOR: Daniel Scott

JDF GLLANGCOLME ROOM

Tu 6:00-8:00pm May 06 \$20/1 47220

Verbal Self Defense - Level 1

Do you have trouble defending yourself when someone starts becoming mean and verbally abusive? Learn a way to take back your right to respect and effectively defend yourself.

INSTRUCTOR: Daniel Scott

JDF UPPER CLUBHOUSE

Tu 6:00-9:00pm Jun 03-Jun 10 \$55/2 44595

Daniel Scott

Daniel Scott is a behavioural change counselor now living in Victoria with his 8 year old son Vaughn. His background includes a degree in Metaphysical Science and certifications in Neuro Linguistic Programming, Reality Therapy, Choice Theory as well as training in meditation and Behavioural Change Therapy. Mr. Scott's company, Soaring Success Personal Excellence Coaching, has been offering individual and organizational development coaching and training for over 7 years. For more information or to contact Daniel Scott directly please visit his website at www.SoaringSuccess.ca

Instructors Wanted!

If you are an energetic instructor with a great class idea & appropriate experience we want to hear from you!

We are currently accepting applications & program proposals for next season.

Please contact Janet Barclay at 474-8655

NOTE:
Add 5% GST to
Adult/Teen Courses