

WELLNESS CLASSES



Board Fit

We are very excited to offer the Valley's first indoor stand up paddle board exercise class! Join us at the sports centre for a fun and unique core and balance fitness class. As we are in the pool, bring active wear that you do not mind getting wet. This class offers participants a great cross training opportunity.

Monday
6:00-7:00am
Sports Centre Pool
Mar 27-Apr 24 (4)
Jun 5-26 (4)

Wednesday
6:00-7:00am
Sports Centre Pool
Mar 29-Apr 26 (5)
Jun 7-28 (4)

Friday
4:30-5:30pm
Sports Centre Pool
Mar 31-Apr 28 (4)

\$75.00

Osteomotion & Fall Prevention (dryland program)

If you have balance troubles, been diagnosed with osteoporosis or are in need of a modified exercise routine, this is a great program for you. This dry land class will help improve posture, alignment, strength, balance, coordination and agility in a safe controlled environment. Have fun with all of the functional exercises designed to assist you in daily living. Join this exceptional group for fun, fitness and friendship.

Monday & Wednesday
1:30-2:30pm
Sports Centre Aquarium

Mar 27-Apr 26 (9)
May 1-31 (9)
Jun 5-28 (7)

\$67.36

(no classes statutory holidays)

