

BONSOR 55+ CENTRE

Winter 2022 Registered Fitness classes



ACTIVE AGING CARDIO DRUMMING

Move to the music and drum to the beat in this cardio drumming fitness class. A class that uses drumsticks and a stability ball to enhance endurance and coordination.

Tues, Jan 11– Feb 8, 12:15pm-1:15pm

5 sessions, **643365**

Adult:\$35.00, Senior:\$28.00

Tues, Mar 1 - Mar 22, 12:15pm-1:15pm

4 sessions, **643366**

Adult:\$28.00, Senior:\$22.40

Location: Multi-room 1/2 (Bonsor 55+)

Prices do not include tax

ACTIVE AGING BALANCE & STABILITY

For those who have balance, stability, or mobility challenges. This progressive exercise class includes balance assessment and strengthening, and postural restructuring.

Wed, Jan 12– Feb 16, 1:30pm-2:30pm

5 sessions, **643342**

Adult:\$35.00, Senior:\$28.00

Wed, Feb 23– Mar 23 1:30pm—2:30pm

5 sessions, **643343**

Adult:\$35.00, Senior:\$28.00

Location: Active Studio (Bonsor)

Prices do not include tax

Fri, Jan 14– Feb 11, 11:00am-12:00pm

5 sessions, **643363**

Adult:\$35.00, Senior:\$28.00

Fri, Mar 4– Mar 25, 11:00am-12:00pm

4 sessions, **643364**

Adult:\$28.00, Senior:\$22.40

Location: Multi 1(Bonsor 55+)

Prices do not include tax

Registration starts Dec 7th for Burnaby Residents:

Non-Residents starts Dec 10th

MARTIAL GYM-FUNCTIONAL FITNESS

Rather than memorizing sequences of exercises, exercisers are taught simple goals/ guidelines to create their own exercise routine that is relevant and effective. Classes are tailored specifically to seniors, to protect as well as have fun. The goal is to empower seniors through improved flexibility, balance, co-ordination, strength and knowledge. With new movement patterns for fitness and a new understanding of how to effectively neutralize hazards, seniors are better equipped to maintain their quality of life for longer.

Frequent interaction and feedback are used to improve quality of movement and understanding. Martial Gym taps into gymnastics for fun and variety and ancient Chinese secrets for health and effectiveness

Tues Jan 11-Mar 22, 10:45am-11:45am

11 sessions, **646638**

Mem: \$45.10 Non-mem: \$56.38

Location: Multi 1 (Bonsor 55+)

Prices do not include tax

ACTIVE AGING TOTAL BODY

CONDITIONING

An intro to Body Conditioning. Through the use of free weights, resistance bands, gliders and bender balls participants will work on improving balance, strength, endurance and flexibility.

Thur, Jan 13-Feb 10, 11:30am-12:30pm

5 sessions, **643369**

Adult:\$35.00, Senior:\$28.00

Thur, Mar 3-Mar 24 11:30am-12:30pm

4 sessions, **643370**

Adult:\$28.00, Senior:\$22.40

Location: Multi 1/2 (Bonsor 55+)

Prices do not include tax

ACTIVE AGING STRENGTH & STRETCH

Improve balance, range of motion and flexibility in this chair based strength exercise program. Learn how to use resistance bands, weights and complete body weight exercises safely and effectively.

Wed, Jan 12-Feb 16, 2:45pm-3:45pm

5 sessions, **643355**

Adult:\$35.00, Senior:\$28.00

Wed, Feb 23-Mar23, 2:45pm-1:30pm

5 sessions, **643356**

Adult:\$35.00, Senior:\$28.00

Location: Active Studio (Bonsor)

Prices do not include tax

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Fitness classes

ACTIVE AGING CHAIR YOGA

A practice that adapts simple yoga postures to the support and stability of the chair allowing everyone access to the benefits of yoga. Suitable for people of all fitness levels especially those who have difficulty getting down and up from the floor.

Thurs, Jan 13– Feb 10, 12:30pm-1:30pm

5 sessions, **643349**

Adult:\$44.50, Senior:\$35.60

Location: Yoga Studio (Bonsor)

Prices do not include tax

Thurs, Feb 24-Mar 24, 12:30pm-1:30pm

5 sessions, **643350**

Adult:\$35.00, Senior:\$28.00

Location: Yoga Studio (Bonsor)

Prices do not include tax

ACTIVE AGING YOGA CORE FUSION

Enjoy this energizing blend of core exercises and yoga stretches. Be strong from the inside out in this moderate level yoga moving meditation class.

Bring your own yoga mat and props, water bottle with water and towel.

Wed, Jan 12-Feb 16, 12:30pm-1:30pm

6 sessions, **643359**

Adult:\$53.40 Senior:\$42.72

Location: Yoga Studio (Bonsor)

Prices do not include tax

Wed, Feb 23– Mar 23, 12:30pm-1:30pm

5 sessions, **643360**

Adult:\$44.50 Senior:\$35.60

Location: Yoga Studio (Bonsor)

Prices do not include tax

Registration starts Dec 7th for Burnaby Residents:

Non-Residents starts Dec 10th

HOW TO REGISTER

Online: burnaby.ca/webreg

Or register at any Burnaby recreation facility. Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard, AMEX or your bank debit card.

ACTIVE AGING YOGA- YIN/YANG

A combination of passive and active postures with simple breathing techniques and meditation. Yin yoga uses long passive holds to work on the deep, dense connective tissues of the body- tendons, ligaments and cartilage-which are difficult to energize and open. Yang yoga uses more active postures, which increase strength and flexibility. No props or assists are provided and yin poses will be modified. Bring your own mat, props water bottle with water and towel.

Thurs, Jan 13 –Feb 17, 9:30-10:30am

6 sessions, **643375**

Adult:\$53.40 Senior:\$42.72

Location: Multi Room 3 (Bonsor 55+)

Prices do not include tax

Thurs. Feb 24-Mar 24, 9:30pm-10:30pm

5 sessions, **643376**

Adult:\$44.50 Senior:\$35.60

Location: Multi Room 3 (Bonsor 55+)

Prices do not include tax

ACTIVE AGING HATHA YOGA BEGINNER

This classical form of yoga is a rejuvenating practice that releases tension from the muscles accumulated in everyday life and sports activities. Learn to breathe deeply while experiencing a variety of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a state of deep relaxation. A variation of poses will

Fri, Jan 14 5-Feb 18, 12:30pm-1:30pm

6 sessions, **643357**

Adult:\$53.40 Senior:\$42.72

Location: Yoga Studio (Bonsor)

Prices do not include tax

Fri, Feb 25-Mar 25, 12:30pm-1:30pm

5 sessions, **643358**

Adult:\$44.50 Senior:\$35.60

Location: Yoga Studio (Bonsor)

Prices do not include tax