HEALTH AND WELLNESS WORKSHOP SERIES

Every Wednesday at Victoria Park Community Club House from 2:00pm - 3:00pm

Week 1 October 4	Adapting Exercise to the Changing Weather
Week 2 October 11	Postural Alignment to Maximise your Exercise Efficiency
Week 3 October 18	Balls, Balance and Bands to Improve Stability
Week 4 October 25	No Workshop! Halloween Walkathon
Week 5 November 1	Guest Speaker! Meals on Wheels
Week 6 November 8	Flexibility and Stretching
Week 7 November 15	Osteoporosis and Osteoarthritis
Week 8 November 22	Guest Speaker! Guided Meditation
Week 9 November 29	The Aging Mind

Upcoming Events!

Halloween Walkathon and Lunch!

Wednesday October 25th from 10:30am—2:30pm
Victoria Park Club House (See Flyer for details)

Older Adults, the Internet and Social Media

Thursday November 9th from 12:00pm—1:00pm at Dalewood Recreation Centre (Registration Required)

Introduction to Sketching and Drawing

Wednesday November 29th from 12:00pm—2:00pm
Victoria Park Club House (Registration Required)

Register by calling Katelyn Burns at 905-973-0891

30 Minute Fitness Series

Create your ideal workout with our 30 minute fitness programs!

Mix-and-match your programs or add-on to your existing routine.

30M CARDIO+
Continuous high intensity exercises

30M CORE
Core strengthening exercises on the floor or in a chair

30M POWER
Strengthening exercises using weighted equipment

30M KICK FIT
Combination of karate, boxing and a variety of fast paced steps.

30M STRETCH
Stretches to increase flexibility and lengthen muscles

NON-INSTRUCTIONAL PROGRAMS

Brain Booster

Optimal Health requires working the brain and body at the same time. The 30 min movement and learning program will cover hot topics and trends in the world of older adult fitness and health.

Open Tech Help

Bring in your smart phone or tablet and a staff will be there to help answer any questions.

Open Social

Free coffee or tea, cards and board games! Bring your grandkids!

Senior Swim

A recreational swim emphasizing fun, fitness and relaxation

Health and Wellness Workshop Series

Free workshop series highlighting personal betterment with small physical activity components. New topics every week!

Hamilton

New Prices and Evening Programs!

55+ IT'S YOUR DAY!

October 2 - October 31, 2017

MONDAY Sir Allan MacNab Recreation Centre	TUESDAY Sir Allan MacNab Recreation Centre	WEDNESDAY Victoria Park Community Club House	THURSDAY Dalewood Recreation Centre	FRIDAY Sir Wilfrid Laurier Recreation Centre
5:00PM—6:00PM **Fit Start** $2.10 per visit	5:30PM—6:30PM **Functional Fitness** $2.10 per visit	9:30AM—10:30AM **Nordic Walking** Free	10:00AM—11:00AM **Cardio Dance** $2.10 per visit	9:30AM—11:00AM **Senior Swim** $3.20/Senior Pass
5:30PM—6:00PM **30M Cardio+** $1.05 per visit		10:30AM—11:00AM **Cardio Dance** Free	11:00AM—12:00PM **Senior Swim** $3.20/Senior Pass	10:30AM—12:30PM **Open Social** Free
6:00PM—6:30PM **30M Core** $1.05 per visit		11:00AM—12:00PM **Chair Fit** Free	12:00PM—1:00PM **Open Tech Help** Free	11:00AM—11:45AM **Waterfit** $2.31/WF Pass
6:05PM—6:35PM **30M Power** $1.05 per visit		12:00PM—2:00PM **Open Social** Free	12:00PM—3:00PM **Open Social** Free	11:30AM—12:30PM **Cardio Beat** $2.10 per visit
6:30PM—7:30PM **Circuit Training** $2.10 per visit		2:00PM—3:00PM **Health and Wellness Workshop Series** Free	12:00PM—12:30PM **Nordic Walking** $1.05 per visit	12:30PM—1:00PM **Brain Booster** Free
7:30PM—8:00PM **30M Kick Fit** $1.05 per visit		3:00PM—4:00PM **Open Tech Help** Free	1:00PM—2:00PM **Functional Fitness** $2.10 per visit	1:00PM—2:00PM **Open Tech Help** Free
7:30PM—8:00PM **30M Stretch** $1.05 per visit				

Note: Centres will be closed on Monday, October 9th (Thanksgiving). Cardio Dance and Chair Fit is cancelled on Wednesday, October 25, 2017 due to a special event.

LOOKING FOR MORE INFORMATION?

Katelyn Burns, 905-973-0891 or
visit www.hamilton.ca/recreation55

Best FIT For You !

Find the class that best describes your current fitness level	Choose which element you want most in your workout at a low, mid, or high level
INTRODUCTORY Never participated in group fitness (sedentary lifestyle) or returning due to a break in fitness or injury (within one year). **PROGRESSIVE** Active two or more days per week (i.e. personal fitness routine or group fitness), can participate at a moderate intensity level. **PERFORMANCE** Active three or more days per week. Avid participa-	**FLEXIBILITY** Overall range of motion **CARDIO** Overall increase in heart rate **STRENGTH** Amount of power needed to lift **IMPACT** Amount of shock your body will absorb **ENDURANCE** Overall energy level needed before tiring

CARDIO BEAT
Cardio based class using pool noodles and stationary stability ball to complete drumming movements.

Best FIT: For all

low *low* *mid*

mid *low*

CARDIO DANCE
Dance based group fitness. Continuous dance routine with a range of movements to motivating music.

Best FIT: Introductory, Progressive

low *low* *mid*

mid *mid*

CHAIR FIT
Using a chair as equipment to gain maximum workout with low impact. Core, upper & lower body strengthening, cardio, balance exercises.

Best FIT: Introductory

low *low* *mid*

mid *mid*

CIRCUIT TRAINING
Timed exercises in stations with option to go at own pace.

Best FIT: Progressive

CIRCUIT TRAINING CONT.
low *mid* *mid*

mid *mid*

FIT START
Build your cardio, strength and balance while gaining confidence in your fitness abilities.

Best FIT: Introductory

low *low* *low*

low *low*

FUNCTIONAL FITNESS
Fitness using everyday activities, focusing on stability and agility helping with balance and coordination for prevention of falls and/or muscle strains.

Best FIT: Introductory

low *low* *low*

low *low*

NORDIC WALKING
Walking program assisted with poles. Poles are provided on site on a first come, first serve basis.

Best FIT: For all

low *low* *mid*

high *low*

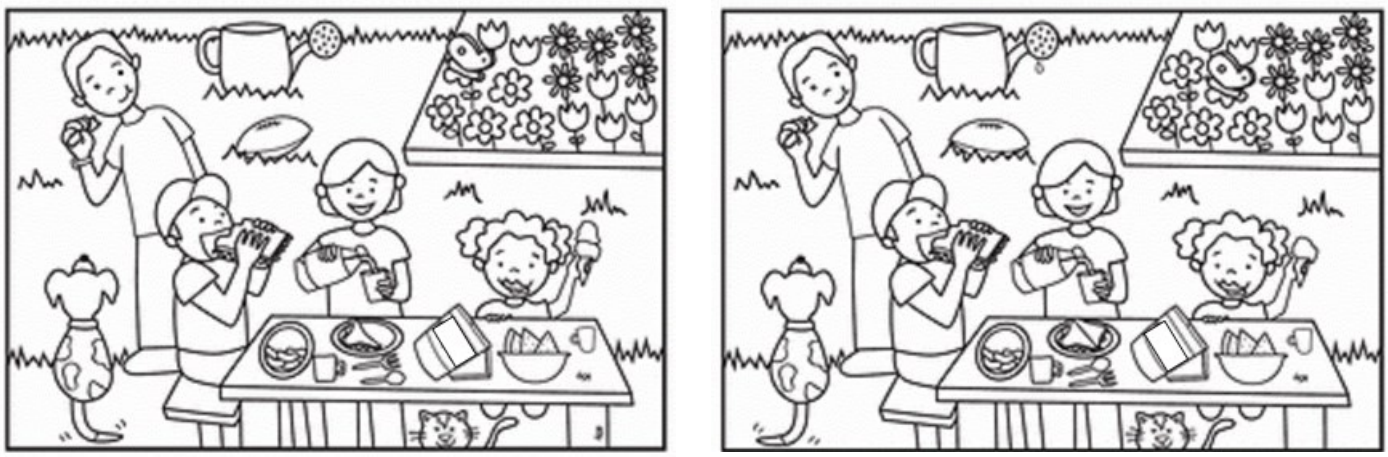
PROGRAM LOCATIONS

Summer locations and schedules are subject to change

Tuesday	**Sir Allan MacNab Recreation Centre** 145 Magnolia Drive	905-546-2554
Wednesday	**Victoria Park Community Club House** 516 King Street West	905-523-6347
Thursday	**Dalewood Recreation Centre** 1150 Main Street West	905-546-4946
Friday	**Sir Wilfrid Laurier Recreation Centre** 60 Albright Road	905-546-4853

Complete this puzzle and receive a FREE class!

Spot the differences in these two pictures!



Recreation Centre you visit: _____

Favourite Program: _____

Preferred Time of Day: _____

Bring this with you to any 55+ It's Your Day program listed in this booklet and receive one free class. There is no monetary value attached. Only valid for 55+ It's Your Day fitness programs (waterfit not included).

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