

Contact Us

Have a program idea?

Let us know and we can work together.

Rob Wilson

Fitness, Yoga and Wellness

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Weights, Rehabilitation & Health

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FITNESS CLASSES

50 Plus Strength & Stretch

Improve your strength and flexibility in this class designed for seniors. This program begins with a warm-up then focuses on using tubing and free weights to tone and strengthen your muscles. Gentle stretching completes the workout to keep you limber relaxed.

INSTRUCTOR: Shirley McCuaig

FITNESS STUDIO

M	11:30-12:30pm	Apr 30-Jun 25	\$40/8	74926
M	11:30-12:30pm	Jul 02-Jul 30	\$25/5	74927
M	11:30-12:30pm	Aug 13-Aug 27	\$15/3	74928
W	11:30-12:30pm	May 02-Jun 27	\$45/9	74929
W	11:30-12:30pm	Jul 04-Aug 01	\$25/5	74930
W	11:30-12:30pm	Aug 08-Aug 29	\$20/4	74931
F	11:30-12:30pm	May 04-Jun 29	\$45/9	74932
F	11:30-12:30pm	Jul 06-Aug 03	\$25/5	74933
F	11:30-12:30pm	Aug 10-Aug 31	\$20/4	74934

Ab Attack

Prepare your body for the ultimate abdominal workout! This hard 'core' class consists of an intense workout using basic & advanced exercises to tighten and strengthen the abs and back. Best suited to participants with healthy backs.

INSTRUCTOR: Spencer Campbell

WEIGHT ROOM

Th	7:30-8:15pm	May 03-Jun 28	\$72/9	74954
Th	7:30-8:15pm	Jul 05-Jul 26	\$32/4	74955
Th	7:30-8:15pm	Aug 02-Aug 30	\$40/5	74956

Boot Camp

Kick your workout up a notch with this athletic conditioning class! A basic approach to fitness, with drills, endurance, and intervals. May include a combination of indoor and outdoor exercise depending on the weather, and is suitable for all fitness levels.

INSTRUCTOR: Erin Patrick

SENIORS MULTIPURPOSE ROOM 101

M	6:15-7:15pm	May 07-Jun 18	\$48/6	74976
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INSTRUCTOR: Spencer Campbell

FITNESS STUDIO

Th	6:15-7:15pm	May 03-Jun 28	\$72/9	74978
Th	6:15-7:15pm	Jul 05-Jul 26	\$32/4	74979
Th	6:15-7:15pm	Aug 02-Aug 30	\$40/5	74983

Core on the BOSU

Improve your core strength and stability with the BOSU. We will try a series of different core conditioning exercises that will help build better posture and awareness as well as tone those abs!

INSTRUCTOR: TBA

FITNESS STUDIO

M	7:05-7:45am	May 07-Jun 25	\$28/7	75122
M	7:05-7:45am	Jul 02-Jul 23	\$16/4	75123
M	7:05-7:45am	Jul 30-Aug 27	\$16/4	75230

Fighting Fit

This fitness based class combines a routine of punching and kicking drills with cardio and body weight exercises. Taught by a Taekwondo instructor with 17 years experience, this class is an excellent challenge for participants of all abilities.

INSTRUCTOR: MIJO Fitness

SENIORS MULTIPURPOSE ROOM 101

Tu	6:00-7:00pm	May 08-Jun 19	\$56/7	74984
Tu	6:00-7:00pm	Jul 10-Aug 21	\$56/7	74985

Power Circuit

This station based, circuit style class won't make you feel like you have two left feet! Strength and resistance exercises will get your heart pumping, muscles working and body svelte...without hard to follow choreography! Suitable for all levels of fitness.

INSTRUCTOR: Spencer Campbell

FITNESS STUDIO

W/M	6:00-7:00pm	May 02-Jun 27	\$64/16	74986
M/W	6:00-7:00pm	Jul 02-Aug 29	\$68/17	74987

Stroller Fit

Stroller Fitness is the perfect way to get back in shape and attend to your child's needs at the same time. Classes are held both outdoors and indoors and include power walking, toning and flexibility exercises.

INSTRUCTOR: Maryann Schaefer-Roberts

FITNESS STUDIO

F	10:15-11:15am	May 04-Jun 29	\$36/9	75124
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Spynga

Challenge your cardio, muscles & mind! 45 powerful minutes on the spin bike to burn maximum calories. 45 minutes vibrant yoga flow to balance the body & calm the mind. The result is pure harmony!

INSTRUCTOR: Darlene Choo

FITNESS STUDIO

F	5:30-7:00pm	May 04-Jun 15	\$91/7	75117
Tu	7:00-8:30pm	Jul 03-Jul 31	\$65/5	75118
Tu	7:00-8:30pm	Aug 7-Aug 28	\$52/4	75237

Spin Classes

Spin classes are a great cardiovascular, no impact workout. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced.

INSTRUCTOR: Spin Instructors

FITNESS STUDIO

M	6:15-7:00am	May 07-Jun 25	\$28/7	74988
M	5:00-5:45pm	May 07-Jun 25	\$28/7	74995
M	8:15-9:00pm	May 07-Jun 25	\$28/7	75003
M	7:15-8:00pm	May 07-Jun 25	\$28/7	75010
M	6:15-7:00am	Jul 02-Aug 27	\$32/8	74989
M	5:00-5:45pm	Jul 02-Aug 27	\$32/8	74996
M	7:15-8:00pm	Jul 02-Aug 27	\$32/8	75011
W	6:15-7:00am	May 02-Jun 27	\$36/9	74990
W	5:00-5:45pm	May 02-Jun 27	\$36/9	74999
W	7:15-8:00pm	May 02-Jun 27	\$36/9	75001
W	8:15-9:00pm	May 02-Jun 27	\$36/9	75012
W	6:15-7:00am	Jul 04-Aug 29	\$36/9	75005
W	5:00-5:45pm	Jul 04-Aug 29	\$36/9	75000
W	7:15-8:00pm	Jul 04-Aug 29	\$36/9	75002
Tu	9:15-10:00am	May 01-Jun 26	\$36/9	74991
Tu	7:15-8:00pm	May 01-Jun 26	\$36/9	74997
Tu	9:15-10:00am	Jul 03-Aug 28	\$36/9	74992
Tu	6:00-6:45pm	Jul 03-Aug 28	\$36/9	74998
Th	9:15-10:00am	May 03-Jun 28	\$36/9	74993
Th	9:15-10:00am	Jul 05-Aug 30	\$36/9	74994
F	6:15-7:00am	May 04-Jun 29	\$36/9	75008
F	6:15-7:00am	Jul 06-Aug 31	\$36/9	75009
Sa	12:00-12:45pm	May 05-Jun 30	\$36/9	75006

Super Spin

Are you ready to take the next step? Come join the hour long super spin class. This class is longer and harder for the people that want a new spin challenge.

INSTRUCTOR: Graham Hales

FITNESS STUDIO

Sa	8:30-9:30am	May 05-Jun 30	\$48/8	75186
Sa	8:30-9:30am	Jul 07-Jul 28	\$24/4	75187
Sa	8:30-9:30am	Aug 11-Sep 01	\$24/4	75231

Tri-Cycle

This workout is the total package including cardio, strength and core! Combine 30 minutes of spin cycling, 15 minutes of athletic intervals and 10 minutes of core. Your body will be more than ready for the stretch at the finish!

INSTRUCTOR: Shawn Dahl & Spencer Campbell

FITNESS STUDIO

Tu	4:45-5:45pm	May 01-Jun 26	\$36/9	75111
Tu	4:45-5:45pm	Jul 03-Aug 28	\$36/9	75112
Th	4:45-5:45pm	May 03-Jun 28	\$36/9	75113
Th	4:45-5:45pm	Jul 05-Aug 30	\$36/9	75114

Jazzercise

West Shore Parks & Recreation is proud to partner with Vicki Waters Jazzercise to offer classes through out the West Shore.

Please register with program instructor at the location of class or contact Vicki Waters Jazzercise at 250-474-6602 vickiwaters@shaw.ca.

JDF FITNESS STUDIO

Monday/Wednesday/Fridays	9:15 AM
Sundays	9:00 AM

JDF SENIORS ROOM 101

Tuesdays/Thursdays	6:15 AM
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JOHN STUBBS SCHOOL

Monday/Wednesday	6:30 PM
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Step It Up

Cover all of your fitness needs in this high energy workout; cardio, strength and flexibility! Each class you'll learn new step choreography, resistance train using free weights & bands, and relax with a series of yoga-inspired stretches.

INSTRUCTOR: Maureen Niwa-Heinen & Krista Enderud

FITNESS STUDIO

Su	10:00-11:00am	May 06-Jun 24	\$28/7	75119
Tu	6:00-7:00pm	May 01-Jun 26	\$36/9	75120

Zumba Fitness

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

INSTRUCTOR: VZF Studio Instructors

SENIORS MULTIPURPOSE ROOM 101

Tu	7:15-8:15pm	May 01-Jun 19	\$64/8	75126
Tu	7:15-8:15pm	Jul 10-Jul 31	\$32/4	75127
Tu	7:15-8:15pm	Aug 7-Aug 28	\$32/4	75232

FITNESS STUDIO

Sa	10:00-11:00am	May 05-Jun 30	\$72/9	75128
Sa	10:00-11:00am	Jul 07-Jul 28	\$32/4	75129
Sa	10:00-11:00am	Aug 4-Sep 1	\$40/5	75233
Tu	10:15-11:15am	May 01-Jun 26	\$72/9	75130
Tu	10:15-11:15am	Jul 03-Jul 31	\$40/5	75131
Tu	10:15-11:15am	Aug 7-Aug 28	\$32/4	75234
Th	10:15-11:15am	May 03-Jun 28	\$72/9	75132
Th	10:15-11:15am	Jul 05-Jul 26	\$32/4	75133
Th	10:15-11:15am	Aug 2-Aug 30	\$40/5	75235
Th	7:30-8:30pm	May 03-Jun 28	\$72/9	75134
Th	7:30-8:30pm	Jul 05-Jul 26	\$32/4	75135
Th	7:30-8:30pm	Aug 2-Aug 30	\$40/5	75236

WALKING/RUNNING

Juan de Fuca Running Club

This West Shore Community Club is for runners looking to run with other people. Members include those who enjoy running for fitness and fun, to those who participate in road races and marathons, duatlons and triatlons. For more information please contact Val Chura at vchura@shaw.ca.

INSTRUCTOR: Val Chura

VARIOUS WEST SHORE LOCATIONS

M/W/Sa	5:30-7:30pm	May 2-Aug 29	\$25/yr	75405
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Hearts in Motion Walking Club

Take the first step towards better health in a fun and social way. Make a commitment to walk twice a week. Enjoy the natural beauty of the JdF Chip and Galloping Goose Trails. This course is offered in cooperation with the Heart & Stroke Foundation.

INSTRUCTOR: Valerie Ko

JDF RECEPTION LOBBY

Tu/Th	9:00-10:00am	May 1-Aug 30	\$10/yr	75403
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Indoor (Concourse) Walking

Come walk Bear Mountain Arena Concourse! Concourse walking is suitable for older adults or for individuals who would benefit from the positive effects of low impact exercise. The program offers a safe, climate controlled environment with level ground for easy walking.

INSTRUCTOR: Jan Dammel

BEAR MOUNTAIN ARENA CONCOURSE

M/W/F	8:45-9:45am	May 2-Aug 31	\$10/yr	75404
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Find us Online

 Facebook
facebook.com/westshorerecreation

 Twitter
@wsrecreation

 E-Mail
reception@westshorerecreation.ca

 Web
www.westshorerecreation.ca

WEIGHT ROOM CLASSES

Breast Cancer Survivor Strength

Let us assist your breast cancer recovery. Build confidence and regain function through specialized therapeutic exercises all under the supportive care of our specially qualified Personal Trainer.

INSTRUCTOR: Dana McLean

JDF WEIGHT ROOM

Tu/Th 8:00-9:00pm	May 22-May 31	\$32/4	75055
M/W 10:00-11:00am	Jul 09-Jul 18	\$32/4	75054

Fit Beginnings

Learn the basics to get comfortable with a workout routine and the equipment. Practice warm-ups, exercise technique, stretches, weight training form and cardio machines.

INSTRUCTOR: Dana McLean

JDF WEIGHT ROOM

Tu/Th 11:00-12:00pm	May 22-May 31	\$32/4	75051
Tu/Th 11:00-12:00pm	Aug 21-Aug 30	\$32/4	75052

Fitness Special

6 weekly group training sessions with a Personal Trainer will motivate you & push you to achieve results. Get the edge on the season! Look & feel your best, whether you want to tone, lose, define or build.

INSTRUCTOR: David Ristau

JDF WEIGHT ROOM

Spring to Fitness
F 4:00-4:45pm May 25-Jun 29 \$40/6 75056

Summer Heat

F 4:00-4:45pm Jul 13-Aug 17 \$40/6 75057

Fitter, Healthier, Stronger

Need a boost to achieve the best you yet? Participate in 2 sessions per week with a Personal Trainer for 6 weeks to reach your ultimate potential in the fitness challenges!

INSTRUCTOR: Dana McLean

JDF WEIGHT ROOM

Tu/Th 11:00-12:00pm Jul 10-Aug 16 \$99/12 75053

Forever Active: 50 Plus

Build your bones, tone your muscles! A class for seniors wishing to learn how to use the weight and cardio machines safely and effectively in a friendly group as exercise basics are covered and will be modified for seniors with special considerations such as arthritis or osteoporosis.

INSTRUCTOR: Kaitlyn Waring

JDF WEIGHT ROOM

M/W 1:00-2:00pm	Jun 04-Jun 20	\$48/6	75048
M/W 2:00-3:00pm	Jul 09-Jul 25	\$48/6	75049
W/M 2:00-3:00pm	Aug 08-Aug 27	\$48/6	75050



Get On the Ball

Core strength, do you have it? In these sessions you'll learn how to do ball exercises that will improve your abdominals, back, posture and stability. Sessions are suitable for those with little or no experience with the ball. Balls provided but bring your own if you prefer.

INSTRUCTOR: David Ristau

JDF WEIGHT ROOM

F 6:30-7:30pm	May 25-Jun 29	\$48/6	75058
F 6:30-7:30pm	Jul 13-Aug 17	\$48/6	75059

Gym Divas

Grab your sister, mother, or your BFF and join the girls to learn to 'Pump Iron' and use the weight room to its full potential. We'll teach you how to tone muscle, build bone density, and understand the 7 biggest myths associated with women and weight training.

INSTRUCTOR: Dana McLean

JDF WEIGHT ROOM

Su 7:00-8:00pm	May 27-Jun 17	\$32/4	75060
Su 7:00-8:00pm	Jul 15-Aug 19	\$48/6	75061

Outdoor TRX Boot camp

Join us for an outdoor fitness class utilizing the TRX! Try new exercises and exercise combinations, all you need are a mat & a smile. All fitness levels welcome.

INSTRUCTOR: David Ristau

JDF WEIGHT ROOM

M 4:00-4:45pm	May 07-Jun 25	\$56/7	75080
M 4:00-4:45pm	Jul 02-Aug 20	\$56/7	75081
W 4:00-4:45pm	May 09-Jun 27	\$64/8	75082
W 4:00-4:45pm	Jul 04-Aug 22	\$64/8	75083

Teen Power Hour

Boost your confidence, look and feel your best. Your Personal Trainer will teach you the workings of the weight room & set up a safe, supervised exercise program. Participate in this program to receive a teen weight room training card.

JDF Weight Room

Su 11:00-12:00pm	Jun 17-Jul 29	\$48/6	75062
Su 11:00-12:00pm	Aug 05-Aug 26	\$32/4	75063

DROP-IN WEIGHT ROOM CLASSES

Drop in only available if classes have met minimum registration and space permits. Priority is given to registered patrons.

No Excuses Workout

Drop In Available: \$4 per class

Forget about your excuses and help maintain your general fitness with this twice weekly, 30 minute express workout! This program will require minimal equipment so you can take it on the road with you and fit it into your busy and active life!

JDF WEIGHT ROOM

INSTRUCTOR: David Ristau

MW 5:00-5:30pm	May 07-Jun 27	\$60/15	75064
MW 5:00-5:30pm	Jul 02-Aug 22	\$60/15	75065

INSTRUCTOR: Spencer Campbell/Nick Gottfried
Tu/Th 5:00-5:30pm May 08-Jun 28 \$64/16 75066

Sunrise Circuit

Drop In Available: \$4 per class

Are you an early riser looking for an intense but quick workout? Join us bright and early for a 30 min, full body workout. Get fit fast and improve your cardio, strength & flexibility with one of the most efficient styles of training - a perfect fit for your busy life!

JDF WEIGHT ROOM

Su 9:15-9:45am	May 06-Jun 24	\$32/8	75068
Su 9:15-9:45am	Jul 08-Aug 26	\$32/8	75069

INSTRUCTOR: Dana McLean
Tu/Th 6:30-7:00am May 08-Jun 28 \$64/16 75070
Tu/Th 6:30-7:00am Jul 03-Aug 23 \$64/16 75071

TRX Suspension Training

With WSPR Pass \$4, No Pass \$8

Pass holders can register for 50% off!

TRX Training is designed to build power, balance, strength and flexibility for all ages and fitness levels. It's a total-body training system using leveraged body weight at the intensity you choose.

JDF WEIGHT ROOM

INSTRUCTOR: Shirley McCuaig

M 9:45-10:30am	May 07-Jun 25	\$56/7	75072
M 9:45-10:30am	Jul 02-Aug 20	\$56/7	75073

INSTRUCTOR: David Ristau
M 6:00-6:45pm May 07-Jun 25 \$56/7 75074
M 6:00-6:45pm Jul 02-Aug 20 \$56/7 75075
W 6:00-6:45pm May 09-Jun 27 \$64/8 75076
W 6:00-6:45pm Jul 04-Aug 22 \$64/8 75077
F 9:45-10:30am May 11-Jun 15 \$64/8 75078
F 9:45-10:30am Jul 06-Aug 24 \$64/8 75079

The Biggest Loser Winner



Level 1 – Getting started!

Need to lose weight - this program is for you! This exercise program for beginners will help you

lose weight and begin a healthier lifestyle.

Our Fall winner lost 31.6lbs; 14.9% of her initial body weight. We'll motivate you, check your weight & measurements, monitor your fitness level and attendance. You'll receive 2 - 1 hour group sessions each week with a personal trainer. In total you'll have 16 - 1 hour training sessions. valued at over \$415. Fee includes admission to the Weight Room during your training sessions. Please complete a Par Q form prior to start of class. Doctor's written permission may be required. Plan to attend a free nutrition session May 6 or July 8 in the Fieldhouse.

INSTRUCTOR: Personal Trainers

JDF WEIGHT ROOM

Spring

M/W	9:15-10:15am	May 07-Jul 02	\$215/16	75102
M/W	4:15-5:15pm	May 07-Jul 02	\$215/16	75093
M/W	5:30-6:30pm	May 07-Jul 02	\$215/16	75094
M/W	7:00-8:00pm	May 07-Jul 02	\$215/16	75095
M/W	8:30-9:30pm	May 07-Jul 02	\$215/16	75096
Tu/Th	9:15-10:15am	May 08-Jun 28	\$215/16	75097
Tu/Th	4:15-5:15pm	May 08-Jun 28	\$215/16	75098
Tu/Th	5:30-6:30pm	May 08-Jun 28	\$215/16	75099
Tu/Th	7:00-8:00pm	May 08-Jun 28	\$215/16	75100
Tu/Th	8:30-9:30pm	May 08-Jun 28	\$215/16	75101

Summer

M/W	9:15-10:15am	Jul 02-Aug 22	\$215/16	75108
M/W	5:30-6:30pm	Jul 02-Aug 22	\$215/16	75103
M/W	7:00-8:00pm	Jul 02-Aug 22	\$215/16	75104
M/W	8:30-9:30pm	Jul 02-Aug 22	\$215/16	75105
Tu/Th	9:15-10:15am	Jul 03-Aug 23	\$215/16	75109
Tu/Th	5:30-6:30pm	Jul 03-Aug 23	\$215/16	75106
Tu/Th	7:00-8:00pm	Jul 03-Aug 23	\$215/16	75107
Tu/Th	8:30-9:30pm	Jul 03-Aug 23	\$215/16	75110

Level 2 – The next level!

Join us for level 2 of the program you already know and love; The Biggest Winner Level 2! Your favourite trainers will kick it up a notch as they modify the workout routines to make it fresh and new. This program is for graduates of The Biggest Winner who still have a few pounds to lose.

Spring

M/W	7:00-8:00pm	May 07-Jul 02	\$215/16	75087
Tu/Th	6:00-7:00pm	May 08-Jun 28	\$215/16	75086
W/F	9:15-10:15am	May 09-Jun 29	\$215/16	75089

Summer

M/W	7:00-8:00pm	Jul 02-Aug 27	\$215/16	75091
Tu/Th	6:00-7:00pm	Jul 03-Aug 23	\$215/16	75090
W/F	9:15-10:15am	Jul 04-Aug 24	\$215/16	75092

PERSONAL TRAINING

Personal Training at West Shore Parks & Recreation is designed with you in mind. We pride ourselves in using a 'results based' approach to help you achieve your goals. Our qualified team of Personal Trainers will customize a program to meet your needs, from beginners or seasoned athletes. We can help you reach your fitness goals! Work one on one, with a friend or family member or even a group of up to 6 people. You'll receive expert exercise guidance and support.

Call 250-474-8617 for an appointment!

All Training appointments require 24 hours cancellation notice and are valid for 6 months from date of purchase.

Private Training Sessions

One on One (1 Hour)

\$50 for 1 session

\$129 for 3 sessions

\$245 for 6 sessions

\$389 for 10 sessions

\$699 for 20 sessions

Semi-Private Training

2 People (1.5 Hour)

\$39 a person for 1 session

\$89 a person for 3 sessions

\$175 a person for 6 sessions

Group Training Sessions

3-6 People (1.5 Hour)

\$25 a person for per session

Personal Training Package

Combine a comprehensive fitness assessment and customized personal training program design to jump start your fitness program.

\$105 for 2 sessions

\$185 for 4 sessions

Get Started 6 PACK!

The first session will educate you on the components of your workout, the second will assess your basic fitness level, and sessions 3-6 will see you working with your Trainer to build a custom individualized program to help you achieve your goals! Note: Session 1 & 2 are 30minutes, sessions 3-6 are 1 hour.

\$199 for 6 Sessions

Fast Track It!

This results based Personal Training package provides you with 2 one hour sessions per week for 4 weeks with your Trainer to maximize the effectiveness of your workout.

\$319 for 8 Sessions

Nutritional Coaching

Smart food choices and physical activity go hand in hand to create a healthy lifestyle. Whatever your goals may be our certified Sports Nutrition Specialist can help you customize a plan that will help you get there.

Cost: \$50/session



"A personal trainer is more than just a person who teaches you how to use equipment, corrects your form, or counts your repetitions... An exceptional trainer (like Dana) embraces your journey, and makes it their own. My workouts are demanding and intense, but they are also some of the best hours of my week. I work out in an amazing facility and walk away from each session with a sense of accomplishment. I'm lifting weights and moving my body in ways I never thought possible.

I feel lucky to train under the leadership of the West Shore Parks & Recreation team. These community leaders promote healthy lifestyles and genuinely care that you feel supported and, accomplish your goals."

– Tania Bonfield Times Colonist Health Club Challenge Participant

WEIGHT ROOM ORIENTATIONS

Sign up for an introduction to the weight room that gives you the basics of using the equipment plus tips on working out safely and effectively. Orientations are taught by Personal Trainers. Please call to book your appointment in advance.

Individual Orientation

To schedule an individual appointment, please call 250-474-8617.

Cost: \$21/session.

Adult Group Orientation

INSTRUCTOR: Dana Mclean

JDF WEIGHT ROOM

Su	6:00-7:00pm	May 06	\$15/1	75036
Su	6:00-7:00pm	Jun 03	\$15/1	75037
Su	6:00-7:00pm	Jul 08	\$15/1	75038
Su	6:00-7:00pm	Aug 12	\$15/1	75039

Teen Group Orientation

INSTRUCTOR: David Ristau

JDF WEIGHT ROOM

F	5:00-6:00pm	May 11	\$15/1	75040
F	5:00-6:00pm	Jun 15	\$15/1	75041
F	5:00-6:00pm	Jul 13	\$15/1	75042
F	5:00-6:00pm	Aug 17	\$15/1	75043

Teen Regional Orientation

Upon completion of this course, participants may access the following Weight Rooms: West Shore Recreation, Esquimalt Recreation, City of Victoria Recreation and Saanich Recreation Centres. Participants will be given a credit toward the teen orientation program at Oak Bay and Panorama Recreation Centres. Please check specific rules, guidelines and rates of the Weight Room you plan on attending.

INSTRUCTOR: David Ristau

JDF WEIGHT ROOM

F	5:00-6:00pm	May 18-May 25	\$20/2	75044
F	5:00-6:00pm	Jun 22-Jun 29	\$20/2	75045
F	5:00-6:00pm	Jul 20-Jul 27	\$20/2	75046
F	5:00-6:00pm	Aug 24-Aug 31	\$20/2	75047

Can-Fit Pro Fitness Instructor Specialist

This is a comprehensive 25-hour course that will increase your knowledge and confidence level to lead a group fitness class to music. For course dates or to register, contact Can-Fit Pro at 1-800-667-5622 or info@canfitpro.com.

REHABILITATION

Comprehensive Exercise Rehabilitation Services

Aquatic, Active & Cardiac programs for those recovering from an injury, illness or cardiac event. Do you need specialized exercises to assist your recovery? Individuals receive a personalized reconditioning program, one on one attention, ongoing supervision, encouragement & support to help you regain function, strength, balance, mobility, flexibility & quality of life.

NOTE: Rehabilitation appointments require payment in full prior to booking. An assessment & written medical referral are required before participation.

Active Rehabilitation

Active exercise therapy programs are specifically designed to stretch, strengthen and regain functionality of the affected body parts to help you recapture your quality of life.

Water Rehabilitation

Water exercise therapy programs are beneficial in reducing pain and discomfort, promoting earlier recovery, increasing range of motion, improving muscle conditioning and decreasing impact on joints.

Active & Water Rehabilitation

Cost: \$52/session

Aqua Therapy

This water therapy class is for people graduating from one-on-one rehabilitation sessions or those who require the support and guidance of the Exercise Rehabilitation Specialist. One hour pool exercise sessions will include individual attention and program adaptation to give the best chance for improvements in strength, fitness and function.

Drop in available: \$9 each or \$72/8

INSTRUCTOR: Kaitlyn Waring

JDF Pool

W/M	2:00-3:00pm	May 02-May 30	\$65/8	74968
M/W	2:00-3:00pm	Jun 04-Jun 27	\$65/8	74969
W/M	1:00-2:00pm	Jul 04-Jul 30	\$65/8	74970
W/M	1:00-2:00pm	Aug 01-Aug 29	\$65/9	74971

Recovery

Gain strength, mobility, balance & flexibility so you can keep up with your life. Suitable for beginners or those with special medical limitations. Sessions are supervised by an Exercise Rehabilitation Specialist and include exercises to help you feel your best!

INSTRUCTOR: Kaitlyn Waring

JDF Weight Room

M/W	1:00-2:00pm	Jun 04-Jun 20	\$48/6	74972
M/W	2:00-3:00pm	Jul 09-Jul 25	\$48/6	74973
W/M	2:00-3:00pm	Aug 08-Aug 27	\$48/6	74974

Take Heart

For people who have had a cardiac event or those who have heart disease risks. Take Heart is a partnership between VIHA, the Victoria Inter-Municipal Recreation Centres & YM-YWCA. For Take Heart information call Rob Wilson 250-474-8694 or rwilson@westshorerecreation.ca

Program Service Provider: Linda Owen

\$359/24 group sessions

\$60/month maintenance

Rehab Specialists

Our professional team of Exercise Rehabilitation Specialists can help you with a specialized program that is just right for you.

Kristy Webster

BSc Exercise Science, CFP-PTS
*Fitness & Wellness Programmer
Kinesiologist*

250-474-8617

kwebster@westshorerecreation.ca

Kaitlyn Waring

BAET CAT(C)
*Exercise Rehabilitation Specialist
Certified Athletic Therapist*

250-478-8384 EXT 2208

rehab@westshorerecreation.ca

Linda Owen

MSc Exercise Physiology
Take Heart Cardiac Exercise Rehabilitation

ASSESSMENTS

Fitness & Lifestyle Assessment

1.5 hours

This comprehensive appraisal includes measures of the basic fitness components including body composition, sub-maximal cardiovascular endurance, muscular strength and endurance and flexibility. General recommendations will be provided about how to improve your fitness level.

\$75/1 session

Health Check Up

45 Minutes

This evaluation measures body composition, waist girth, resting heart rate, blood pressure and flexibility to assess your current health status and understand the relevance of these parameters.

\$39/1 session

Body Composition

30 Minutes

An effective balance between body mass and fat mass can minimize health risks and maximize performance. The distribution and amount of your body fat will be evaluated using skin fold calipers and girth measurements.

\$25/1 session

Cardio Fitness Evaluation

30 Minutes

Aerobic fitness is evaluated based on your age and gender to measure the combined efficiency of your heart, lungs and bloodstream in getting oxygen to your muscles and putting it to work. This evaluation measures sub-maximal cardiovascular endurance, resting heart rate & blood pressure.

\$25/1 session



To Register Online call reception **250-478-8384** to receive your family **Barcode and PIN #**
See details on page 72.

YOGA & PILATES

Gentle Yoga

This is a nurturing class to release tension and stress. Restorative yoga poses use the breath to create a free flow of energy in the body. Gain body awareness and a sense of deep relaxation, allowing the body to heal.

INSTRUCTOR: Patricia O'Brien

JDF UPPER CLUBHOUSE

W	5:45-7:10pm	May 09-Jun 27	\$80/8	75151
W	5:45-7:10pm	Jul 04-Jul 25	\$40/4	75152
W	5:45-7:10pm	Aug 1-Aug 29	\$50/5	75238
Tu	9:30-11:00am	May 08-Jun 26	\$80/8	75155

Yoga Easy

Easy Yoga is a weekly time-out that will energize your body and calm your mind. Nothing fancy, no difficult exercises, just plain easy yoga that anyone can do and benefit from.

INSTRUCTOR: Patricia O'Brien

JDF UPPER CLUBHOUSE

F	9:15-10:15am	May 11-Jun 29	\$80/8	75156
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Yoga - Iyengar

Yoga is a journey to health and deeper meaning in our lives. Postures promote freedom of movement, strength, stability and alignment. These classes are for on-going Iyengar Yoga students and beginners without major health issues. Taught by certified Iyengar instructors.

INSTRUCTOR: Linda Benn

JDF UPPER CLUBHOUSE

M	9:00-10:30am	May 07-Jun 25	\$70/7	75139
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Yoga - 50 Plus

This class caters to the needs of beginners and helps relieve common health concerns. Restore vitality; expand the mind and spirit, and bring growth rather than deterioration into the aging process. You are never too old to do Iyengar Yoga.

INSTRUCTOR: Linda Benn

JDF UPPER CLUBHOUSE

M	10:30-12:00pm	May 07-Jun 25	\$70/7	75137
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Find your Yoga!

JUST THE RIGHT FIT

Easy

Nothing fancy, no difficult exercises, just plain easy yoga. A weekly time-out to energize your body and calm your mind.

OR

Gentle

A gentle approach with for those seeking a restorative class to release tension and stress. Gain body awareness and a sense of relaxation.

SOMETHING SPECIFIC

50 Plus

A beginners class to help relieve common health concerns. Bring growth rather than deterioration into the aging process with Yoga's preventive qualities.

OR

Prenatal

Relax, rejuvenate and relieve the discomforts of pregnancy and nurture you and your growing baby. Strengthen and open the body to meet the changes of pregnancy with calm and learn techniques to assist with labour.

SOMETHING MORE

Iyengar

Yoga is a journey to health and deeper meaning in our lives. Postures promote freedom of movement, strength, stability and alignment.

OR

Hatha

Linking movement and breath, gentle and more vigorous sequences encourage flexibility, strength, balance, and body awareness. Manage stress and support wellness.

Yoga - Hatha

Linking movement and breath, gentle and more vigorous sequences encourage flexibility, strength, balance, and body awareness. Learn tools that can be applied on and off the yoga mat to manage stress and support wellness, including breathing practices and meditation.

JDF UPPER CLUBHOUSE

INSTRUCTOR: Patricia O'Brien

Th 9:30-11:00am May 03-Jun 28 \$90/9 75168

INSTRUCTOR: Laura Butler

W 7:30-8:30pm May 02-Jun 27 \$90/9 75170

W 7:30-8:30pm Jul 04-Jul 25 \$40/4 75171

W 7:30-8:30pm Aug 1-Aug 29 \$50/5 75239

INSTRUCTOR: Tanya Roberts

Th 7:15-8:30pm May 03-Jun 28 \$90/9 75172

Th 7:15-8:30pm Jul 05-July 26 \$40/4 75173

Th 7:15-8:30pm Aug 2-Aug 30 \$50/5 75240

Yoga - Prenatal

Yoga is a wonderful way to nurture you and your growing baby. Gentle movements strengthen and open the body to meet the changes of pregnancy. Postures include variations for all stages of pregnancy. Relax, rejuvenate and relieve the discomforts of pregnancy.

INSTRUCTOR: Christina King

JDF UPPER CLUBHOUSE

Th 5:30-7:00pm May 03-Jun 28 \$90/9 75143



Yoga - Hatha Home School

This class will help children express themselves through movement. Your child will learn life skills in body awareness, emotional-control through animated movement, breathing exercises and pretending. Participants will have fun and develop abilities in calmness, strength, flexibility and focus.

INSTRUCTOR: Patricia O'Brien

JDF UPPER CLUBHOUSE

M 1:00-2:00pm May 07-Jun 25 \$80/8 75226

Yoga - Yin

Yin yoga is a practice of longer-held floor poses that stimulate the deeper connective tissues of the body. This quiet, yet powerful practice focuses on the hips, legs and spine, releasing tension and increasing mobility and flexibility in the joints.

INSTRUCTOR: Laura Butler

JDF UPPER CLUBHOUSE

F 6:15-7:30pm May 04-Jun 29 \$80/8 75207

Yoga for Athletes

Yoga is an excellent complement to athletic training. Whether you are a professional golfer, weight lifter or weekend triathlete, yoga stretches tight muscles and releases tension in the body, as well increases flexibility and mobility in stiff joints.

INSTRUCTOR: Laura Butler

FITNESS STUDIO

Sa 3:00-4:00pm May 05-Jun 30 \$80/8 75208

Strength and Tone Pilates

Strengthen tone and rejuvenate while you enjoy this fun, fabulous Pilate's class! Enjoy an upbeat, holiday-like atmosphere with catchy music and exercises that will make you feel muscles in your body you never even knew you had!

INSTRUCTOR: Laura Phelps

SENIORS MULTIPURPOSE ROOM 101

Th 7:00-8:00pm May 03-Jun 21 \$80/8 75163

Th 7:00-8:00pm Jul 12-Aug 2 \$40/4 75164

Th 7:00-8:00pm Aug 9-Aug 30 \$40/4 75241

Strength and Tone Pilates

Level 1.5

Enjoy an upbeat, festive atmosphere with music and creative choreography. Strengthen, stretch and tone every muscle in your body! Though more challenging than Yogilates Level 1, it is adaptable to all levels.

INSTRUCTOR: Laura Phelps

FEEL GOOD YOGA

Tu 9:30-10:30am May 08-Jun 26 \$80/8 75166

Tu 9:30-10:30am Jul 03-Aug 21 \$80/8 75167

Yogilates

Level 1

This class is a fusion blend of yoga, Pilates and fitness conditioning that challenges strength, balance and flexibility. Participation in this class will increase stamina, focus the mind and rejuvenate the spirit. Indulge in a fun, fresh approach to these time-honoured techniques.

INSTRUCTOR: Laura Phelps

SENIORS MULTIPURPOSE ROOM 101

Th 5:30-6:45pm May 03-Jun 21 \$80/8 75159

Th 5:30-6:45pm Jul 12-Aug 2 \$40/4 75160

Th 5:30-6:45pm Aug 9-Aug 30 \$40/4 75242

Yogilates

Level 2

Though 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: Laura Phelps

FEEL GOOD YOGA

M 5:40-6:55pm May 07-Jun 25 \$80/8 75161

M 5:40-6:55pm Jul 02-Aug 20 \$80/8 75162

HEALTH

Corporate and Workplace Wellness

Let us help you improve the health, attendance, morale and well-being of your staff! Work with us to develop on & off site programs, fitness challenges & memberships to optimize your office health. Join the wellness revolution today by contacting Kristy Webster at 250-474-8617 to discuss and develop the right option for your business.

Be Alive with MS

This seminar will discuss the battles & triumphs of dealing with the many aspects of being an MS patient. The importance of exercise and nutrition and types of exercises for different severities of MS will be covered as well as developing a safe but effective schedule for continued good health.

INSTRUCTOR: Robert Fraser

JDF SPINNAKER ROOM

Tu 7:00-9:00pm Jul 31 \$5/1 75029

Chronic Conditions & Exercise

Join our Exercise Specialist for a session on how conditions affect you and your fitness program. Learn the secret to managing your condition through exercise as well as what exercises are safe for you.

INSTRUCTOR: Kaitlyn Waring

JDF BOARDROOM

Osteoporosis

Tu 12:30-1:30pm Jul 03 \$10/1 75025

Hypertension

Tu 12:30-1:30pm Jul 10 \$10/1 75022

Diabetes

Tu 12:30-1:30pm Jul 17 \$10/1 75023

Arthritis

Tu 12:30-1:30pm Jul 24 \$10/1 75024

Foam Roller Massage Workshop

A massage a day keeps the pain away. Improve flexibility, function, performance and reduce injuries with a simple foam roller. Through Self-Myofascial Release, or 'Self-Massage', reduce muscle tension & tenderness and promote circulation, healing and recovery.

INSTRUCTOR: Kaitlyn Waring

JDF SPINNAKER ROOM

Tu	12:30-1:30pm	May 22-May 29	\$16/2	75027
Tu	12:30-1:30pm	Aug 21-Aug 28	\$16/2	75028

Homeopathy for Pets

Homeopathy is a safe, inexpensive and effective alternative to help your pets have a healthier life. Whether your pet has an acute injury or a longer term more chronic problem the appropriate use of homeopathic support can stimulate your pet's natural healing ability.

INSTRUCTOR: Alanda Carver

JDF SPINNAKER ROOM

Su	1:00-3:00pm	Jun 23-Jun 30	\$40/2	75032
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Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on 'life force energy' and is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

INSTRUCTOR: Alanda Carver

JDF SPINNAKER ROOM

Su	1:00-3:00pm	Aug 12-Aug 25	\$60/3	75031
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Stress Less

While we often wish we could will our stresses away, stress is a part of life for most of us. The difference is how we deal with it. By making life balance a priority and making time for some of the little things, your stress will feel less overwhelming and have less of a negative effect on your health.

JDF BOARDROOM

Su	3:30-5:30pm	Aug 12	\$16/1	75035
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Westshore Karate

Learn self-defence, develop self-discipline, have fun and increase your fitness with Shukokai Karate. No experience necessary. For more information, contact Rob or Sarah at 250-889-3343 or email westshorekarate@gmail.com.

INSTRUCTOR: Rob Walker and Sarah Walker

JDF FIELDHOUSE

M	6:30-8:00pm	May 07-Jun 24	\$84/7	75014
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NUTRITION

Eat Clean, Go Green

It's a way of life that keeps you lean, healthy and full of energy! Clean eating is to eat as Mother Nature intended us to eat: wholesome & natural, consisting of fruits, vegetables, whole grains, lean proteins and complex carbohydrates.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su	3:30-5:30pm	Jul 15	\$16/1	75020
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Gluten Free for Life

Celiac disease? Gluten sensitivity? Wheat allergic? Why the gluten-free diet? This class provides the details from diagnosis to diet that will empower you with information, ideas and optimism! The first session will be at West Shore Recreation, the second session will take place at the Market on Millstream.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su	3:30-5:30pm	Aug 19-Aug 26	\$32/2	75021
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Healthy Eating on Holidays

Are you tired of counting protein grams, carbohydrate servings and calorie after calorie while you are supposed to be relaxing? Good food does not need to be complicated. Let us show you how to take the stress out of your choices.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su	2:30-4:30pm	May 27	\$16/1	75018
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Weight Management Made Simple

Exercise and Healthy eating go hand in hand to make for successful Weight Management. Being the best 'Healthy You' you can be does not need to be complicated. No fancy names, no complicated math formulas, no interpreter needed.

INSTRUCTOR: Dana McLean

JDF BOARDROOM

Su	2:30-4:30pm	Jun 03	\$16/1	75019
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WELLNESS

Meditation:

Five Minutes in a Chair

The 'Five Minute Meditation' is designed for your life. Working with posture and mindfulness, it allows us to settle and rejuvenate in only minutes. Learned in a chair, the practice is easily done at home or work.

INSTRUCTOR: Neil McKinlay

JDF UPPER CLUBHOUSE

M	7:00-9:00pm	May 28-Jun 04	\$36/2	75204
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Relax Into Sleep

Stressed? Trouble sleeping? This workshop presents practices that help us identify and release bodily tension. The result is a heightened sense of well-being that allows us to get on with our day - or fall into sleep.

INSTRUCTOR: Neil McKinlay

JDF UPPER CLUBHOUSE M

M	7:00-9:00pm	May 07-May 14	\$36/2	75224
M	7:00-9:00pm	Jul 09-Jul 16	\$36/2	75225

Tai Chi Yang Style

24 Movements

Learn how to relax and cultivate a peaceful mind through the slow and gentle movements of the Yang style Tai Chi. Also enjoy the great health benefits of improved circulation, balance, coordination, and posture; increased strength and flexibility.

INSTRUCTOR: Valerie Chu

JDF GALLEON ROOM

M	7:30-8:30pm	May 07-Jun 25	\$70/7	75197
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Taoist Tai Chi

Taoist Tai Chi is a centuries old Chinese art which promotes flexibility, balance, stamina, strength, relaxation, and better health. This is an introduction to the Taoist Tai Chi set of movements and is suitable for all abilities.

INSTRUCTOR: TBA TBA

JDF UPPER CLUBHOUSE

Tu	7:30-8:30pm	May 08-Jun 26	\$56/8	75195
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To Register Online call reception **250-478-8384** to receive your family Barcode and PIN # See details on page 72.