



FITNESS THAT'S FUN & FLEXIBLE

WELLNESS PROGRAM

THE WELLNESS CENTRE

The programming at the Wellness Centre emphasizes fitness that is functional, fun and related to everyday movement. The Wellness Centre is uniquely designed for the adult 50 years and older, keeping in mind that overall health and well-being is physical as well as mental. Small classes, personal attention and monitoring set us apart. Individual programs developed by the Centre's professionals emphasize brain health, physical movement, strength, balance, posture and flexibility. The focus is on empowering and maintaining general health and enhanced quality of life as well as prevention and rehabilitation of injuries, back and joint problems and fall prevention.

"Exercise is the key to staying strong, energetic, independent and healthy as you age. You must keep your body fit if you want to be able to enjoy other aspects of your busy life," says Annette Vezina, Program Manager, Wellness Centre. The Wellness Centre has a wide array of classes and specialized gym programs that will help you attain your fitness goals.

Sponsored in part by the Maurice Gross Family Foundation

WELLNESS POLICY

A fitness assessment is mandatory, at a nominal fee of \$20, for anyone who wishes to participate in wellness programs and activities.

In some cases, codes for wellness classes are not listed because our professionals work with you to find the best class to fit your needs and interests.

FITNESS

CONTACT
ANNETTE VÉZINA
514.342.1234
LOCAL 7305

MOVE AND GROOVE! AEROBIC DANCE CLASSES

These fun-filled aerobic classes will leave you energized for the day! Improve strength, cardio endurance, posture, balance, stability and brain function while engaging in fun cardio dance steps, functional muscular conditioning and stretches.

ZUMBA!

An aerobic class that feels like a party! Experience a very dynamic, exotic and powerful feeling as you flow and move through Latin and world music!

Monday April 24 to June 19
9:20 - 10:20 am • 8 sessions • \$52

Monday July 10 to August 21
9:20 - 10:20 am • 7 sessions • \$46

CHAIR AEROBICS

All exercises are performed seated in a chair and include movements that improve coordination, flexibility, posture and mobility.

Tues & Thurs April 25 to July 6
11:30 am - 12:30 pm • 21 sessions • \$84

Tues & Thurs July 11 to August 24
11:30 am - 12:30 pm • 14 sessions • \$56

CARDIO DANCE

Simple yet stimulating cardiovascular aerobic dance exercises are followed by balance training, strength and posture exercises, as well as relaxing stretches done seated.

Mon & Wed April 24 to July 5
10:30 - 11:30 am • 18 sessions • \$72

Mon & Wed July 10 to August 23
10:30 - 11:30 am • 14 sessions • \$56

CARDIO MIX

Keep the mind sharp and the heart strong with this energy boosting class! Includes mat work, weighted balls, bars, kettle bells and balance pads.

Tues & Thurs April 25 to July 6
8 - 9 am • 21 sessions • \$84

Tues & Thurs July 11 to August 24
8 - 9 am • 14 sessions • \$56

MORNING ENERGY

Improve cardio, posture, balance and whole body strength. Includes mat work, kettle bells, weighted balls, bars and balance pads.

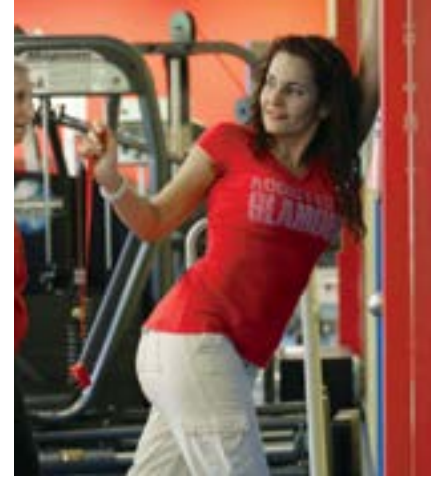
Tues & Thurs April 25 to July 6
9:10 - 10:10 am • 21 sessions • \$84

Tues & Thurs July 11 to August 24
9:10 - 10:10 am • 14 sessions • \$56

SWIM / AQUA FITNESS

This stimulating workout challenges all muscle groups using water and water dumbbells as resistance. Ideal for participants who are overweight or suffer from arthritis. **YM-YWHA, 5400 Westbury Avenue.**

Tues & Thurs April 25 to August 31
8 - 9 am • \$50 (4 months)



CUMMINGS BOXING

Focus on coordination and balance in this high energy class. Training includes integration of upper and lower body as well as lateral movements. Breathing technique and proprioceptive exercises also highlighted.

Mon. April 24 to August 28
10:30 am - 12 pm • 18 sessions • \$270
Lucia Larcinese
Centre Claude Robillard
(Transportation from Cummings Centre provided)

Friday April 28 to September 1
10:30 am - 12 pm • 19 sessions • \$285
Lucia Larcinese
Cummings Centre, 5700 Westbury Ave.

Mon. and Fri. April 24 to September 1
10:30 am - 12 pm • 32 sessions • \$525
Lucia Larcinese



Provides members of the community, in particular seniors and families who are struggling to cope during these tough economic times, with an opportunity to get free, hot, nutritional, kosher meals in a welcoming and comfortable environment.

Le Café serves hot meals at no charge Tuesdays and Thursdays, from 5 - 6:30 p.m. at 5700 Westbury Avenue.

For further information call

514-342-1234

FITNESS

CONTACT
ANNETTE VÉZINA
514.342.1234
LOCAL 7305



SHAPE & ALIGN! YOGA AND PILATES CLASSES

YOGA

Yoga creates strength, awareness and harmony in the mind, body and soul. Practice simple Yoga moves and postures, and learn basic breathing and relaxation techniques. Improve sleep, relieve tension and boost energy levels. Excellent for improving balance.

CHAIR YOGA

Thurs April 27 to July 6
12:45 - 1:45 pm • 10 sessions • \$60

Thurs. July 13 to August 24
12:45 - 1:45 pm • 7 sessions • \$42

BEGINNERS

Wed April 26 to July 5
9:20 - 10:20 am • 10 sessions • \$60

Wed July 12 to August 23
9:20 - 10:20 am • 7 sessions • \$42

Mon & Wed April 24 to July 5
3 - 4:30 pm (Mon) 2:15 - 3:45 pm (Wed)
18 sessions • \$162
This course is given in French.

INTERMEDIATE

Tues & Thurs April 25 to July 6
10:20 - 11:20 am • 21 sessions • \$126

Tues & Thurs July 11 to August 24
10:20 - 11:20 am • 14 sessions • \$84

PILATES

Pilates makes you acutely in tune with your body by emphasizing proper breathing and correct spinal and pelvic alignment. Pilates elongates and strengthens, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured.

Group A -
Mon & Wed April 24 to July 5
9:20 - 10:20 am • 18 sessions • \$180

Mon & Wed July 10 to August 23
9:20 - 10:20 am • 14 sessions • \$140

Group B -
Tues & Thurs April 25 to July 6
9 - 10 am • 21 sessions • \$210

Tues & Thurs July 11 to August 24
9 - 10 am • 14 sessions • \$140

Evening -
Mon & Wed April 24 to July 5
5 - 6 pm • 18 sessions • \$180

TRAIN YOUR BRAIN

WEL 381

MEDITATION FOR BRAIN HEALTH

Learn strategies for deep relaxation and stress management using the Shambhala method of meditation.

Tuesday April 25 to June 27
11 am - 12:30 pm • 10 sessions • \$180
Francesca Dalio,
Shambhala Meditation Instructor

WEL 3044

THE BRAIN WORKOUT

Brain plasticity means that it is never too late to learn new information, change thought processes and boost brain power. Challenge your processing speed, logical reasoning, memory and other cognitive skills during this four-part series.

Tuesday May 2 to 23
2 - 3:30 pm • 4 sessions • \$38
Annette Vezina, BSc.

**FITNESS CLASS
FREE TRIAL**
Contact Annette
514.342.1234
local 7305

FITNESS

CONTACT
ANNETTE VÉZINA
 514.342.1234
 LOCAL 7305

BALANCE DOESN'T JUST HAPPEN – EXERCISES TO IMPROVE STABILITY & MOBILITY

BALANCE & MOBILITY TRAINING

Improve your overall strength, coordination, mobility, agility and balance through exercises that work all muscle groups. Gain self-confidence and increase mobility so that daily activities can be done with ease and energy.

Group A -
Mon & Wed April 24 to July 5
 11:40 am - 12:40 pm • 18 sessions • \$72
Mon & Wed July 10 to August 23
 11:40 am - 12:40 pm • 14 sessions • \$56

Group B -
Mon & Wed April 24 to July 5
 11:35 am - 12:35 pm • 18 sessions • \$72
Mon & Wed July 10 to August 23
 11:35 am - 12:35 pm • 14 sessions • \$56

POSTURE & BALANCE TRAINING

While posture is an often neglected part of physical training programs, it provides a myriad of benefits and can boost both your physiological functions and your confidence. This class will focus on muscular conditioning as well as specific exercises for improving posture and balance.

Mon & Wed April 24 to July 5
 10:30 - 11:30 am • 18 sessions • \$72

Mon & Wed July 10 to August 23
 10:30 - 11:30 am • 14 sessions • \$56

ADPF 3046 NEW!

MOVE TO MUSIC FOR MOBILITY

Dancing improves a variety of physical functions such as coordination, agility, flexibility, balance and spatial awareness. Under the supervision of a qualified dance expert, learn basic dance steps to various forms of dance. Enjoy the feeling of moving freely to music while boosting self-confidence and self-esteem.

Friday, April 28 to July 7
 1 - 2 pm • 11 sessions • \$60
 Maryse Loiselle

WEL 3045

AIKI-FORM

Practice relaxed, centered, defensive movements with a partner. Standing or sitting, the idea is to get out of the way of an attack, making power with body movement and breathing. The key elements of Aiki-Form are breathing, balance, intention and harmony of movement.

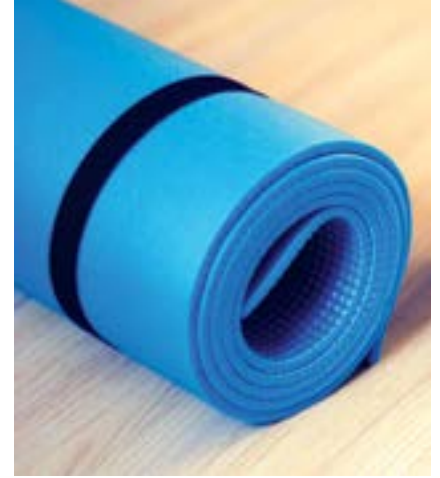
Friday April 28 to July 7
 10 - 11 am • 11 sessions • No charge
 Réjean Larouche

WEL 304

TAI CHI

Develop strength, balance and coordination. Improve mental focus and agility. Movements flow with grace and fluidity.

Thursday April 27 to July 6
 10 - 11 am • 10 sessions • \$180
 Andrew Dearlove,
 Master Tai Chi Instructor



TRIM, TONE & BUILD BONE – STRENGTHENING CLASSES

Muscular conditioning is essential in order to maintain muscle mass and strength, improve bone health, posture and balance. The following classes will focus full body exercises where light to medium resistance is used to challenge the muscles and improve overall conditioning and functional strength.

TOTAL STRENGTH - BEGINNER NO MAT WORK

This muscular conditioning class is structured to accommodate a beginner to intermediate level clientele.

Tues & Thurs April 25 to July 6
 10:20 - 11:20 am • 21 sessions • \$88

Tues & Thurs July 11 to August 24
 10:20 - 11:20 am • 14 sessions • \$60

TOTAL STRENGTH – INTERMEDIATE / ADVANCED WITH MAT WORK

This muscular conditioning class incorporates more dynamic movements geared to an intermediate to advanced level clientele.

Mon & Wed April 24 to July 5
 8:10 - 9:10 am • 18 sessions • \$76

Mon & Wed July 10 to August 23
 8:10 - 9:10 am • 14 sessions • \$60

HEALTH & WELLNESS WORKSHOPS

CONTACT
ANNETTE VÉZINA
514.342.1234
LOCAL 7305

OUTDOOR CLUBS

WEL 360 / WEL 361 / WEL 362

HIKING CLUB

Outdoor enthusiasts meet on Fridays for invigorating hikes through various regional parks (such as Mont St-Bruno, Mont St-Hilaire, Val David/Far Hills, Doncaster and Ste-Agathe). Trails vary in level of difficulty. The registration fee includes bus transportation, but excludes park entrance fees (\$5 - \$8). Trails may vary from well-groomed to rustic.

Outings will begin Friday, April 28, weather & conditions permitting.

Fridays

8 am - 4 pm

PAYMENT OPTIONS:

\$112 for 6 outings

\$82 for 4 outings

\$66 for 3 outings

WELLNESS CLINICS

BLOOD PRESSURE

A retired registered nurse will be on duty to take your blood pressure and answer your questions. FREE!

Tuesday

10:30 am - 12 pm

No appointment necessary



NEW!

IN-HOME EXERCISE TRAINING WE COME TO YOU!

Inactivity and muscle loss can rob one of independence and life's little pleasures. Our team of trainers, specialized in senior fitness, will bring their expertise to your home and help you build functional strength, mobility, endurance and confidence.

For information and rates, call 514.342.1234 local 7326.

FITNESS WORKSHOPS

WEL 2041

THERAPEUTIC FITNESS

An introduction to therapeutic exercise, defined as movements of the body that improve health and well-being, restore function of the musculoskeletal system, and improve mood and focus. Learn the basic techniques that can be done at home.

Thurs. May 11 & 18

2 - 3:30 pm • 2 sessions • \$25

Judy Caulfield

**ADVANCE
REGISTRATION
IS REQUIRED FOR ALL
WORKSHOPS**



CUMMINGS CENTRE LA BOUTIQUE ALL NEW MERCHANDISE!

Mon - Thurs: 9:30 am - 4 pm

Fri: 9:30 am - 12 pm

- Free gift wrapping
- Member discount*

Support Cummings Centre Programs

5700 Westbury Ave.

**For more information call
514.342.1234**

*The first Monday of every month

WORKOUT STUDIO

CONTACT
ANNETTE VÉZINA
514.342.1234
LOCAL 7305



NEW & IMPROVED

FUNCTIONAL CIRCUIT TRAINING

WORKOUT STUDIO

Train smarter, not harder. Let our newly updated Workout Studio help you improve overall cardiovascular health, muscle strength, balance, posture and agility by working through a series of functional training stations.

By performing these functional exercises, you will be mimicking movement that you do, out in the real world, therefore reaping full body benefits.

*A fitness assessment is mandatory at a fee of \$20 for anyone who wishes to participate in the Workout Studio program.



NEW!

"ONE ON ONE" TRAINING

This service is designed to help individuals who may need a one to one support throughout their workout. Rates apply.

For more information contact Annette Vézina 514.342.1234 local 7305

HOURS OF OPERATION

Monday to Thursday 8 am - 4 pm

Friday 8 am - 12 pm

Days and times by appointments

FEES

\$250 for full year, pro-rated at time of registration

Workout Studio registration is an annual fee for the year ending in August 2017.

Payable in full or with cheques dated: April and June 15, 2017.

A multiple use card is available for the Workout Studio allowing you 15 sessions for \$85. Valid for one year from the purchase date.