



FALL PROGRAMS

YOGA

TENNIS

FITNESS

PD DAY CAMPS

Registration available online now at www.waegwoltic.ca.

WELCOME TO FALL PROGRAMS!!

First Session: September 11th – October 27th (7 week)

Second Session: Oct 30th – December 15th (7 week)

Members will receive a discount off for registering for all 14 weeks of our Fall Sessions!

What a summer we've had at The Waeg! Our incredible community and programming offerings continues to grow, and we've been working hard to ensure that our club strives to be the best in both offerings and atmosphere.

We've got loads of returning favourites, as well as new offerings for adults interested in programs. If you haven't already, check out our Core 45 and Barre 45 programs, plus Waeg favourites such as our morning and evening yoga offerings. We also have new yoga programs on offer from instructors Jolanta Grossman and Nicole Davidson.

All of our fall programming and events require that you register in advance. To ensure that we can confirm the level of interest required to make these programs a success, we ask that you register as soon as possible. Registration for all programs can be completed online. Simply sign-in through the member portal at www.waegwoltic.ca, and click "REGISTRATION" near the top right of your browser.

For our Fall Programs, members are encouraged to register guests for the programs they are participating in. You can register a guest for a program online, or call our Main Office at 902.429.2822 (ext.1). If you would like help with registration, please contact the Main Office 902 429 2822 (ext.2) and ask for Katelyn.

FAIR WEATHER PROGRAMMING

All of our fall tennis programs are run exclusively on outdoor courts. In case of rain, a make-up class will be scheduled by the instructor based on the availability of the courts and the participants. Only one make-up class per week will be scheduled for the fall session. No refunds will be issued.

USING PROGRAM CREDITS

All Waeg credits accumulated over the 2017 season must be used by the end of December, 2017. Remaining program credits can be used for any of our fall programs. Credits can now be used online for registering for programming – for this, it is required that the "registrant" (but not the "participant") is the same as the "registrant" under whom the original program was booked. For help with using program credit towards a fall program, please contact the Main Office during regular office hours.

FITNESS & RECREATION

EARLY MORNING FITNESS – FLEX PROGRAM

Wake up. Work out. Kick start your day with our new Early Morning Fitness FLEX Program!

This program is open to all ages and fitness levels, and is conducted in a supportive, teamwork environment that ensures that everyone feels challenged and no one gets left behind. Our instructor will tailor each day's workout to the individual needs of each participant to ensure that everyone can achieve their own personal fitness goals.

This program uses a range of circuits to improve cardiovascular and muscular endurance, core strength and muscle toning. When the weather's nice, participants head outside to work out in the fresh air and take advantage of our beautiful property.

FLEX Pricing: Does your schedule make it tricky to attend all classes? Our **FLEX** plans allow you to pick which **Monday, Wednesday, or Friday** classes you wish to attend within the 8-week session. *Your fitness strategy, made simple.*



Instructor: Kim Houston

SESSION - FALL 1	DATES	DAY	TIME	FEE	
<i>Early Fit FLEX 8</i>	<i>Sept 11 - Nov. 3</i>	<i>8 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$112 +tax</i>	<i>14.00/class</i>
<i>Early Fit FLEX 16</i>	<i>Sept 11 - Nov. 3</i>	<i>16 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$192 +tax</i>	<i>12.00/class</i>
<i>Early Fit FLEX 20</i>	<i>Sept 11 - Nov. 3</i>	<i>20 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$230 +tax</i>	<i>11.50/class</i>
<i>Early Fit FULL SESSION</i>	<i>Sept 11 - Nov. 3</i>	<i>24 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$252 +tax</i>	<i>10.50/class</i>

SESSION - FALL 2	DATES	DAY	TIME	FEE	
<i>Early Fit FLEX 6</i>	<i>Nov 6 - Dec 15</i>	<i>6 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$84 +tax</i>	<i>14.00/class</i>
<i>Early Fit FLEX 12</i>	<i>Nov 6 - Dec 15</i>	<i>12 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$144 +tax</i>	<i>12.00/class</i>
<i>Early Fit FLEX 15</i>	<i>Nov 6 - Dec 15</i>	<i>15 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$172 +tax</i>	<i>11.50/class</i>
<i>Early Fit FULL SESSION</i>	<i>Nov 6 - Dec 15</i>	<i>18 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$189+tax</i>	<i>10.50/class</i>

Please Note:

- *Non-members are subject to a \$20 administration fee for each session of this program*
- *Those who wish to attend more classes than the number for which they've registered can attend additional classes at a rate of \$14 per class.*

CORE 45

Kick start your week with Core 45! This fat-burning, body-sculpting class that allows individuals, from novice to athlete, to benefit from an activity which translates directly into their daily lives. This high-intensity class varies each time and mixes body weight exercises with cardio. Our Core 45 instructors will push our participants harder than they'd push themselves knowing that long-term participation will greatly improve both mental and physical well-being. A two-instructor approach allows for one-on-one encouragement along with close monitoring of progress and form. We want you to have tons of fun, but be prepared to sweat! You will walk away feeling energized and more confident, ready to take on daily activities with self-assurance. Core training, balance and flexibility are all included to create a total well-rounded program.

Instructor: Michael Harvey

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 11 – OCT 23	MONDAY	7 – 7:45PM	M.P. BUILDING	\$98 +tax
B: OCT 30 - DEC 11	MONDAY	7 – 7:45PM	M.P. BUILDING	\$98 +tax
FULL: SEPT 11 – DEC 11	MONDAY	7 – 7:45PM	M.P. BUILDING	\$163 +tax

BARRE 45

If you haven't tried Barre, it's an absolute must for your fitness routine. Enjoy this 45-minute unique, high-energy class that fuses legendary fitness techniques from Pilates, dance, yoga and interval training. You will streamline, firm, tighten and tone your entire body while creating balance, awareness, flexibility and cardiovascular endurance. No experience is necessary and this class is open to all fitness levels!

Instructor: Elana Liberman

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 12 – OCT 24	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$98 +tax
B: OCT 31 - DEC 12	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$98 +tax
FULL: SEPT 12 – DEC 12	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$163 +tax

PARENT & TOT YOGA

From six weeks on, you and your baby are ready to return to your yoga practice. Benefits includes relieve stress in neck and shoulders, rediscovering your abdominal and strengthening pelvic floor. A small play space will be set up in the corner to

accommodate older babies who may get distracted. For parents of all levels and babies of all ages! Recommended for children ages 6 weeks to 2.5 years.

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 11—OCT 23	MONDAY	9:15—10:15AM	M.P. BUILDING	\$98 +tax
B: OCT 30 - DEC 11	MONDAY	9:15 - 10:15AM	M.P. BUILDING	\$98 +tax
FULL: SEPT 11 - DEC 11	MONDAY	9:15 - 10:15AM	M.P. BUILDING	\$163 +tax

EARLY MORNING YOGA

Join us for an invigorating morning practice to start your day, escape the chilly weather, and restore balance and physical presence. This all-levels class consists of a flowing practice designed to build strength, balance and flexibility. Come wake up your body, settle your mind and find your breath.

Interested in taking this class but require a different time? Please let us know by contacting Katelyn at 902.429.2822 (ext. 2) or at katelyn@waegwoltic.ca.

Instructor: Coleen Nolan

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 14—OCT 26	THURSDAY	6:30—7:30AM	M.P. BUILDING	\$98 +tax
B: NOV 2 - DEC 14	THURSDAY	6:30 - 7:30AM	M.P. BUILDING	\$98 +tax
FULL: SEPT 14 - DEC 14	THURSDAY	6:30 - 7:30AM	M.P. BUILDING	\$163 +tax

KICK START YOGA

This yoga program will start by building a foundation in alignment and balance and develop into strengthening core muscles and full body applications of flow-inspired yoga. WHILE These movement-based classes require some strength and flexibility, all yoga poses are adaptable to any level. Our instructor, Nicole Kurceba, is an experienced yoga instructor who has taught around the world. She has learned through sport, travel, and from teaching alls yoga levels that each body is unique and each person needs to explore their strengths and weaknesses thoughtfully to improve their well-being.

Instructor: Nicole Kurceba

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 13—OCT 25	WEDNESDAY	9:15—10:15AM	M.P. BUILDING	\$98 +tax
B: NOV 1 - DEC 13	WEDNESDAY	9:15 - 10:15AM	M.P. BUILDING	\$98 +tax
FULL: SEPT 13 - DEC 13	WEDNESDAY	9:15 - 10:15AM	M.P. BUILDING	\$163 +tax

NEW BEGINNINGS YOGA - **INTRODUCTORY PRICE!**

Join us for a wonderful weekly introductory yoga class with Jolanta Grossman. This class is aimed at those interested in starting yoga later in life. This program will guide participants towards a holistic approach to incorporating yoga into their lives, and set new aspiring yogis on the right path. Jolanta has studied in many different yoga traditions and her classes are always an exciting fusion of different styles. She is experienced in catering classes to the individual needs of each participant, and designs her classes to help you improve not only your health, but also to help you stay vital and strong—in body *and* mind—and flexible for years to come. Participants of all levels of experience are welcome to attend.

Instructor: Jolanta Grossman

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 12 – OCT 24	TUESDAY	11AM – 12PM	M.P. BUILDING	\$76 +tax
B: OCT 31 - DEC 12	TUESDAY	11AM – 12PM	M.P. BUILDING	\$76 +tax
FULL: SEPT 12 – DEC 12	TUESDAY	11AM – 12PM	M.P. BUILDING	\$152 +tax

TUESDAY EVENING YOGA

Back again by popular demand, join us at the Waeg on Tuesday evenings for a soul-replenishing yoga flow class. Using breathing techniques and flowing from one pose to the next, participants will regain presence, strength, and ease of movement. Let go of your day and release into this energy-replenishing flow as you find a true sense of calmness and wellbeing within. All levels welcome! Barb Cameron's program offers the experience of a variety of yoga styles; from yoga flow and alignment to a yin/yang class, as well as the restorative practice of Yoga Nidra.

Instructor: Barb Cameron

DATES	DAY	TIME	LOCATION	PRICE
A: SEPT 12 – OCT 24	TUESDAY	7 – 8PM	M.P. BUILDING	\$98 +tax
B: OCT 31 - DEC 12	TUESDAY	7 – 8PM	M.P. BUILDING	\$98 +tax
FULL: SEPT 12 – DEC 12	TUESDAY	7 – 8PM	M.P. BUILDING	\$163 +tax

CHI GONG & MEDITATION

The gentle, energy-enhancing Chi Gong is simple and enjoyable yet can have profound health benefits. These exercises are especially good for the joints and greater vitality, balance, coordination and flexibility for everyday life, yoga, tennis, gardening, or walking with less pain and greater ease. (*cont'd next page*)

This instruction is combined with an emphasis of the values of meditation and learning how to bring increased awareness into our daily lives. Even these short sessions can have profound health benefits, as well as being able to calm a speedy mind, especially in this digital age when our attentions spans are challenged as never before.

This course is open to people of all ages and levels of experiences

Instructor: Charles Blackhall

DATES	DAY	TIME	LOCATION	PRICE
B: NOV 2 - DEC 14	THURSDAY	10:30AM - 11:30AM	M.P. BUILDING	\$70 <i>+tax</i>

BOOK CLUB

Join our book club! Meetings will be open to both members and their guests. Meetings will take place the last Tuesday of every month at 7:00pm in the Main Clubhouse. If you are interested in joining the Waeg's Book Club, please R.S.V.P by emailing jritchie@capilanou.ca.



Contact us about hosting your

Catered Events

email: lisa@waegwoltic.ca

call: 902.429.2822 (ext. 1)