



# *Winter Programs*

*3 yoga options*

*Chi-gong &  
Meditation*

*...much more!*



# WINTER PROGRAMS! REGISTER NOW!

First Session: *January 15<sup>th</sup> – March 9<sup>th</sup> (8 week)*  
Second Session: *March 26<sup>th</sup> – May 11<sup>th</sup> (7 week)*

*Members will receive a discount off for registering for all 15 weeks of our Winter Sessions!*

Hello, Waeg members!

As 2017 wraps up, we're thrilled to be able to reflect on what's been another year of positive steps forward for programming at The Waeg. We're looking ever-forward to the future, and to continue building on programming that offers our members easy access to a holistic approach to both physical and mental health & wellness.

We strive to provide programs and special events that will keep you fit, peak your curiosity, stimulate your mind, body, and provide a forum for meeting others and enjoying the company of the great friends and neighbours that are waiting here for you at The Waeg.

Interested in a program or special event you've not seen offered at The Waegwoltic? Contact us at [communications@waegwoltic.ca](mailto:communications@waegwoltic.ca) and tell us what you're interested in! We're thrilled to hear ideas from you, our members. This space that we all call our "home away from home" is yours, and we hope you'll join us in collaborating on how we can make the most of it!

Thanks, as always, to you, for your participation, enthusiasm, and feedback. See you soon!

## SPECIAL EVENTS

We've already got loads of special events planned for 2018, including the return of our **Wine & Art** events with Kyle Jackson, our **Learn Spanish for Travel** workshops with Monica Rojo, and events to showcase great music, great drinks, and our Chef's incredible talent.

For now – *mark your calendars* for a very special event on **Friday, February 16<sup>th</sup>** in our clubhouse. We'll keeping the details close to the chest for now, but you can expect champagne, fancy cocktails, incredible live swing music, and the best company around!

Details for each of these events will follow, soon!



# FITNESS PROGRAMS

## 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 enjoy 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 session. *Your fitness strategy, made simple.*



*Instructor: Kim Houston*

*\*This program falls outside of our regular winter session dates. Please pay careful attention to the dates and times.*

SESSION - <i>WINTER 1</i>	DATES	DAY	TIME	FEE	
<i>Early Fit FLEX 9</i>	<i>Jan 8th– March 9<sup>th</sup></i>	<i>9 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$128+tax</i>	<i>14.25/class</i>
<i>Early Fit FLEX 16</i>	<i>Jan 8th– March 9<sup>th</sup></i>	<i>18 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$220+tax</i>	<i>12.25/class</i>
<i>Early Fit FLEX 20</i>	<i>Jan 8th– March 9<sup>th</sup></i>	<i>22 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$258+tax</i>	<i>11.75/class</i>
<i>Early Fit FULL SESSION</i>	<i>Jan 8th– March 9<sup>th</sup></i>	<i>27 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$290+tax</i>	<i>10.75/class</i>

SESSION - <i>WINTER 2</i>	DATES	DAY	TIME	FEE	
<i>Early Fit FLEX 8</i>	<i>March 19<sup>th</sup> – May 11th</i>	<i>8 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$114 +tax</i>	<i>14.25/class</i>
<i>Early Fit FLEX 16</i>	<i>March 19<sup>th</sup> – May 11th</i>	<i>16 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$196+tax</i>	<i>12.25/class</i>
<i>Early Fit FLEX 20</i>	<i>March 19<sup>th</sup> – May 11th</i>	<i>20 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$235 +tax</i>	<i>11.75/class</i>
<i>Early Fit FULL SESSION</i>	<i>March 19<sup>th</sup> – May 11th</i>	<i>24 workouts</i>	<i>6:30 – 7:30am</i>	<i>\$258+tax</i>	<i>10.75/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*

<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>PRICE</b>
A: JAN 15 <sup>TH</sup> – MARCH 5 <sup>TH</sup>	MONDAY	7 – 7:45PM	M.P. BUILDING	\$100 <i>+tax</i>
B: MARCH 26 <sup>TH</sup> – MAY 7 <sup>TH</sup>	MONDAY	7 – 7:45PM	M.P. BUILDING	\$89 <i>+tax</i>
FULL: JAN 15 <sup>TH</sup> – MAY 7 <sup>TH</sup>	MONDAY	7 – 7:45PM	M.P. BUILDING	\$170 <i>+tax</i>

## 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: Sabrina Fava*

<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>PRICE</b>
A: JAN 16 <sup>TH</sup> – MARCH 6 <sup>TH</sup>	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$112 <i>+tax</i>
B: MARCH 27 <sup>TH</sup> – MAY 8 <sup>TH</sup>	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$98 <i>+tax</i>
FULL: JAN 16 <sup>TH</sup> – MAY 8 <sup>TH</sup>	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$185 <i>+tax</i>

# MIND, BODY AND BALANCE

## 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. 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: JAN 15 <sup>TH</sup> – MARCH 5 <sup>TH</sup>	MONDAY	9:15 – 10:15AM	M.P. BUILDING	\$112 <i>+tax</i>
B: MARCH 26 <sup>TH</sup> – MAY 7 <sup>TH</sup>	MONDAY	9:15 – 10:15AM	M.P. BUILDING	\$98 <i>+tax</i>
FULL: JAN 15 <sup>TH</sup> – MAY 7 <sup>TH</sup>	MONDAY	9:15 – 10:15AM	M.P. BUILDING	\$185 <i>+tax</i>

## MORNING YOGA FLOW

Wake up on the right side of the bed every Wednesday with morning yoga! This yoga program is an all levels morning class to get your body moving and ready for the day. You'll be challenged to strengthen the body and encouraged to have fun, relax and heal. 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: JAN 17 <sup>TH</sup> – MARCH 7 <sup>TH</sup>	WEDNESDAY	9:15 – 10:15AM	M.P. BUILDING	\$112 <i>+tax</i>

## 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*

<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>PRICE</b>
A: JAN 16 <sup>TH</sup> – MARCH 6 <sup>TH</sup>	TUESDAY	7 – 8PM	M.P. BUILDING	\$112 <i>+tax</i>
B: MARCH 27 <sup>TH</sup> – MAY 8 <sup>TH</sup>	TUESDAY	7 – 8PM	M.P. BUILDING	\$98 <i>+tax</i>
FULL: JAN 16 <sup>TH</sup> – MAY 8 <sup>TH</sup>	TUESDAY	7 – 8PM	M.P. BUILDING	\$185 <i>+tax</i>

## QI GONG & MEDITATION

The gentle, energy-enhancing Qi 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*

<b>DATES</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>PRICE</b>
B: JAN 18 <sup>TH</sup> - MAR 8 <sup>TH</sup>	THURSDAY	10:30AM - 11:30AM	M.P. BUILDING	\$84 +TAX

## 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](mailto:jritchie@capilanou.ca).