

ADULT ACTIVITIES

HEALTH AND WELLNESS

HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body. Expect warm up and cool down times with a half hour HIIT session, between, outdoors if possible. Modifications for all fitness levels are provided. Instructor: Kyla Kowalchuk

Oaklands Community Centre 11/\$99 or Drop-In \$11

53912	T, Th	Apr 11–May 16	6–7 pm
53909	T, Th	May 18–Jun 22	6–7 pm
53910	T, Th	Jun 27–Aug 1	6–7 pm
53911	T, Th	Aug 3–Sep 7	6–7 pm

ZUMBA

Join us for one of the fastest growing Latin dance inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss! Instructor: Glenda Rosberg

Oaklands Community Centre 6/\$54 or Drop-In \$11

53913	M	Apr 24–Jun 5	6:15–7:15 pm
53914	M	Jun 12–July 24	6:15–7:15 pm

* No Class May 22 & July 3



PILATES

Pilates is a unique form of exercise that is designed to condition the entire body through the focus of alignment, core strength, breath, and flowing movement. Pilates allows you to move with greater efficiency and form. Instructor: Nicole D'Agati

Oaklands Community Centre 10/\$90 or Drop-In \$11

53924	W	Apr 12–Jun 14	7–8 pm
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GET FIT WITH NORDIC POLE WALKING

Follow a 3-day a week schedule, two days of home workouts and one day with us to learn to Nordic Style pole walk, including hills. Make new friends and improve your posture, pant size, fitness and health. Poles available on program nights, and available for purchase for home use. Borrow poles for free the first night to see if you like pole walking.

Instructor: Linda Schaumleffel

Oaklands Community Centre 6/\$54

53950	T	May 9–Jun 13	6–7:30 pm
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LEARN FOR LIFE

SEEDS OF CHANGE DIY SUN CREAM AND DEODORANT WORKSHOP

Learn how to make natural deodorant and better understand toxic and non-toxic ingredients in commercial deodorants and anti-perspirants. You will also make sun cream (SPF 25) using natural ingredients and zinc oxide. Your skin will have the safest summer ever. Bulk ingredients will also be available at the workshop so you never have to buy sunscreen again. Instructor: Kimiko Foster

Oaklands Community Centre 1/\$60

53022	Su	Apr 9	9 am-12 pm
53928	Su	Jun 25	9 am-12 pm

ADULT ACTIVITIES

YOGA

GENTLE YOGA

Learn the basics of yoga, improve your balance, strengthen your core AND increase your overall body strength! Leave class feeling relaxed and focused. This is a fun, multilevel yoga class that's suitable for all ages. Yoga mats and blocks available. Register for both Monday and Wednesday sessions and pay \$8 per class. Drop-in only, weather dependent, no yoga on Stat holidays.

Instructor: Tanya Roberts

Oaklands Community Centre 11/\$99 or Drop-In \$11

53929 M Apr 3–Jun 26 12:15–1:30 pm

Oaklands Community Centre 6/\$54 or Drop-In \$11

53933 W Apr 5–May 10 9:30–10:45 am

53934 W May 17–Jun 21 9:30–10:45 am

Oaklands Community Centre Drop-In \$11

Outdoors W Jun 28–Aug 30 9:30–10:45 am

* No class Apr 17, May 22, July 12, July 19, Aug 16 & Aug 23

BEDTIME YOGA

Ease tension, release stress, and calm the mind with gentle postures and relaxing breathing practices. This class will help prepare the body, mind and spirit for a restful sleep. Yoga mats and blocks available.

Instructor: Tanya Roberts

Oaklands Community Centre 8/\$72 or Drop-In \$11

53949 M Apr 24–Jun 19 7:45–9 pm

53948 M Jun 26–Aug 28 7:45–9 pm

* No Class May 22, July 3 & Aug 7

REJUVENATION YOGA

A Hatha practice that offers mind, body and spiritual instruction to inspire and rejuvenate. This class will offer a few twists to the classical style. Join in this fresh and fun class to find your flexible body, calm your mind and inspire your spirit. Yoga mats and blocks available. Instructor: Nicole D'Agati

Oaklands Community Centre 8/\$72 or Drop-In \$11

53940 Th Apr 13–Jun 1 7:30–8:45 pm

53941 Th Jun 8–Jul 27 7:30–8:45 pm

DROP-IN

COMMUNITY DINNER AND GAMES NIGHT

Come join us for a community-centred evening the last Sunday of the month except December, July and August. Meet your neighbours, share a meal, and have a laugh while playing cards and board games. All ages welcome. Want to suggest a theme or volunteer? Email community@oaklandsca.com

Oaklands Community Centre

By Donation

Su Mar 26

5:30–7:30 pm

Su Apr 30

5:30–7:30 pm

Su May 28

5:30–7:30 pm

Su Jun 25

5:30–7:30 pm



DROP-IN PUNCHCARDS



1	2	3	4	5
6	7	8	9	10

10 CLASSES FOR \$100
SAVE \$10 OFF REGULAR DROP-IN PRICES

LEAVE YOUR MONEY AT HOME AND ENJOY OUR DROP-IN CLASSES AT A DISCOUNT. WE KEEP YOUR CARD AT THE CENTRE AND IT NEVER EXPIRES.