



WE Seniors

Westend Seniors Activity Centre

weseniors.ca

Supplemental Program Guide

SPRING & SUMMER 2019

SEATED STRETCH FIT - MONDAY

As in the Spring & Summer Program Guide – MONDAY SERIES #2

Monday, June 17 – July 22 (5 classes) from 11:00 am – 11:55 am

Cost: \$32

COURSE DESCRIPTION:

Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching will be done completely in a chair, at your own pace, and will promote improved circulation, flexibility, movement and digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!



INSTRUCTOR: Kathy Paterson

As advertised in the May 2019 newsletter, Kathy Paterson will be returning to teach some of her classes at WSAC in June! Please join us in welcoming her back!

In addition to the classes listed in the newsletter, Kathy has added one additional class from the Spring and Summer Program Guide back to the line up – “Seniors Stretch Fit”, in August. A listing of all of the classes that she will be teaching for the next few

SEATED STRETCH FIT - TUESDAY

As in the Spring & Summer Program Guide - SERIES # 2 & # 3

Tuesday, June 18 – July 23 (6 classes) from 10:00 am – 10:55 am

Cost: \$38

Tuesday, Aug. 6 – 27 (4 classes) from 11:00 am – 11:55 am

Cost: \$25

COURSE DESCRIPTION:

Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching will be done completely in a chair, at your own pace, and will promote improved circulation, flexibility, movement and digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!



SEATED STRETCH FIT - WEDNESDAY

As in the Spring & Summer Program Guide – WEDNESDAY SERIES #2

Tuesday, June 19 – July 24 (6 classes) from 11:15 am – 12:10 pm

Cost: \$38

COURSE DESCRIPTION:

Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching done completely in a chair, at your own pace, will promote improved circulation, flexibility, movement & digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!



SIT FIT

As in the Spring & Summer Program Guide –SERIES #2

Thursday, July 4–Aug. 1 (5 classes) from 10:00 am – 10:55 am

Cost: \$32

COURSE DESCRIPTION:



Based on the popular class, “Total Fit”, this **seated class** will get you moving, at your pace. Sit Fit incorporates cardio, core and strength training, in short intervals of each. This class will be a great way to build your physical fitness for those wanting to develop a newer fitness regime in a non-competitive way! All members welcome!

INSTRUCTED BY KATHY PATERSON

SENIORS STRETCH FIT - TUESDAY

As in the Spring & Summer Program Guide – Tuesday SERIES

Tuesday, August 6 – 27 (4 classes) from 10:00 am – 10:55 am

Cost: \$25



COURSE DESCRIPTION:

The perfect way to start the day! The class consists of gentle flexibility inducing stretches, done with easy progression, to soothing music. Studies prove that seniors benefit tremendously from stretching activities. Aging causes stiffness of joints and muscles, which frequently causes pain and poor balance, circulation, digestion, posture and flexibility. The easy remedy is stretching! This relaxing class is for everyone; it will involve standing and prone stretching with mats; however, it can be done with modifications while seated.

***Note: Yoga mat required.**

TOTAL FIT - TUESDAY

SERIES #1

Tuesday, May 28 – July 9 (7 classes) from 9:00 am – 9:55 am

Cost: \$55

SERIES #2:

Tuesday, July 23 – August 27 (6 classes) from 9:00 am – 9:55 am

Cost: \$47

COURSE DESCRIPTION:



It's time to turn it up a notch - an hour spent but not a minute wasted as this class will cover it all! Low impact cardio, resistance for strength, flexibility & functional agility, with a focus on balance and core strength. The warm-up will get you engaged and the cool down will leave you feeling tension release. The fun never stops!

INSTRUCTOR:

Elise Seehagel

You may recognize Elise as a current dance instructor for Westend Seniors! She is thrilled to expand on her instructing repertoire to bring you Total Fit for the Spring and Summer 2019 session.

Elise's passion for dance and fitness started at the young age of five. She began with various styles of dance such as jazz, ballet, lyrical, hip hop and tap, which took her throughout North America.

As time went on, Elise branched out - teaching ballroom and competing professionally. Elise began her professional career in ballroom, training and teaching for an international studio here in Edmonton, and then took her skills to the UK, where she taught and performed in London through 2013.

Since then, Elise has found a passion for the health and wellness industry, and is a CanFit Pro certified instructor. In conjunction with her certification, Elise teaches fitness programs known as MOC Barre Fitness Method, Myofascial Release, and Core Rhythms, which allow her to use her vast dance background, bringing a fun, progressive, and strong technical element to her classes.

Alongside teaching, Elise is a company member of Cuban Movements Dance School, and performs in various events and shows with the company. She enjoys teaching young children, teens and adults of all ages and levels in numerous dance and fitness inspired programs, and continues to share her love for the dance and fitness industry.

TOTAL FIT - THURSDAY

SERIES #1

Thursday, June 13 – July 11 (5 classes) from 9:00 am – 9:55 am

Cost: \$39

SERIES #2:

Thursday, July 25 – August 29 (6 classes) from 9:00 am – 9:55 am

Cost: \$47

COURSE DESCRIPTION:



It's time to turn it up a notch - an hour spent but not a minute wasted as this class will cover it all! Low impact cardio, resistance for strength, flexibility & functional agility, with a focus on balance and core strength. The warm-up will get you engaged and the cool down will leave you feeling tension release. The fun never stops!

INTERMEDIATE YOGA WITH PAT WONG

Friday, May 31 – July 5 (6 classes) from 10:45 am – 11:45 am
Cost: \$50

SERIES #2:

Friday, July 19 – Aug 30 (7 classes) from 10:45 am – 11:45 am
Cost: \$59

COURSE DESCRIPTION:

Yoga has proven benefits for improving overall well-being as it directly relates to the mind, body and soul. If you have been practicing yoga for a while and are ready to take the next level of yogic breathing, relaxation and meditation, then this class is ideal for you.

NOTE: A yoga mat is required.



INSTRUCTOR:

Pat Wong

Pat is a certified yoga instructor with over 12 years of yoga experience and is an avid life-long learner. She has been a substitute yoga instructor at Westend Seniors over the past several months and has been a positive addition to the team. Yoga has helped to keep her mind and body healthy, and she strives to share the same health benefits to students of all levels. Her classes are informative and student-focused, with an emphasis on functional movement and yoga philosophy to help you deepen your practice. Pat's use of creative sequences and other health systems, such as qigong, make for interesting and engaging lessons. In her spare time, Pat enjoys meditating and is a certified meditation instructor.

YIN YOGA

SERIES #1

Thursday, June 13 - July 11 (5 classes) from 11:15 am -12:15 pm
Cost: \$42

SERIES #2:

Thursday, July 25 - Aug 22 (5 classes) from 11:15 am-12:15 pm
Cost: \$42

COURSE DESCRIPTION:

Yin Yoga is such a good compliment to active lifestyles. This balancing and calming practice consists of sustained, passive seated lying down yoga pose holds. Yin Yoga is designed to target deeper, connective tissues around the joints, allowing release, and increasing the range of mobility. Relaxing in the Yin Yoga poses provides an increased sense of calm and balance, a more relaxed body and a centred mind.

NOTE: A yoga mat is required.



INSTRUCTOR:

Linda Vaudan

Many of you may know Linda as a current instructor at WSAC. She graces us with her warm personality on Fridays to instruct Yoga for Balance and Wellbeing and is happy to offer you Yin Yoga for the summer on Thursdays.

Linda has loved yoga since the first pose. She became certified to teach yoga through the Yoga Association of Alberta in 2011. She teaches yoga at many organizations, including the City of Edmonton Recreation Centres, and four Senior Associations in the city. Since 2011, Linda has increased her yoga certifications to include YAA 600 hour Teacher Training, AFLCA Mind/Body Certification, and Yin Yoga Certification, all adding to her abilities to provide healthful, safe, and enjoyable classes.

YOGA FOR ARTHRITIS & PARKINSONS

SERIES #1

Monday, May 27 – June 24 (5 classes) from 2:45 pm – 3:45 pm
Cost: \$35

SERIES #2:

Monday, July 8 – 29 (4 classes) from 2:45 pm – 3:45 pm
Cost: \$28

COURSE DESCRIPTION:



Yoga is one of the best exercises for seniors – especially so for those with Arthritis and Parkinsons. Join this class to increase range of motion, loosen muscles and increase flexibility. You will also focus on improving balance to enhance your quality of life.

***Note: Yoga mat required.**

BACK & BODY CARE YOGA

SERIES #1

Wednesday, May 29 – June 26 (5 classes) from 2:30 pm – 3:30 pm
Cost: \$35

SERIES #2:

Wednesday, July 3 – July 31 (5 classes) from 2:30 pm – 3:30 pm
Cost: \$35

COURSE DESCRIPTION:



If you have suffered a chronic injury or live with severe pain, you owe it to yourself to meet Freya. The course will focus on care for the body through yoga, with a primary focus on your back. It will help you to improve posture, reduce pain, rebuild your confidence and improve your quality of life. The body is meant to move – this course will help you get back to it!

***Note: Yoga mat required.**

INSTRUCTOR:

Freya Sean Giroux First Nation, Treaty 8

Freya is a choreographer, performer, and instructor based in Edmonton. Dancing from the age of 8 and teaching since 1986 - over 30 years... Freya's whole life has been devoted to the betterment of the body and the creation of new works.

She holds many certifications ranging from a Dance Degree, advanced I.S.T.D., advanced Cecchetti, level 2 gymnastic coach, level 3 Raqs Sharqi (belly dance) Mat Works Pilates, M.O.C. Bar, 1500 Hours Hatha, Flow, Power, Prenatal, Kundalini Yoga, Personal trainer, YMCA FIC trainer and much more.

You may already know Freya! She has been working as a yoga instructor at Westend Seniors Activity Centre for many years. She has a true commitment to her students and is a very kind soul. If you are in one of her classes you are in good hands!

COME TRY SOMETHING NEW!

The following classes still have space available!

Please refer to our Spring and Summer Program Guide for more information.

ART

TUESDAY

Card Making

WEDNESDAY

Art of Redesigning Jewellery – Level 1 & 2

WEDNESDAY

Watercolor for the Beginner – Series 2 & 3

THURSDAY

Acrylics With Lori – Series 2 & 3

DANCE

TUESDAY

Ballroom & Latin Beyond Basics – Series 2

TUESDAY

Clogging – Beginner, Intermediate & Experienced Levels – Series 2

WEDNESDAY

Line Dancing - Beginner, Intermediate & Experienced Levels – Series 2

THURSDAY

BeMoved – Series 2

LIFELONG LEARNING

MONDAY

Computer 101: Basics

TUESDAY

Windows Basics

WEDNESDAY

Kijiji Basics

WEDNESDAY

Learning French

WEDNESDAY

Mastering Your iPhone

THURSDAY

Spanish – Beginner, Intermediate & Experienced Levels

FRIDAY

Mastering Your Android Phone

FRIDAY

DVD Lecture Series – Turning Points in Middle Eastern History

FRIDAY

iPad for the Beginner

COME TRY SOMETHING NEW!

The following classes still have space available!

Please refer to our Spring and Summer Program Guide for more information.

FITNESS

MONDAY

Zumba Gold – Series 2 & 3 @ 9:00 am – moved to the gym to accommodate more members!

Zumba Gold – Series 2 & 3 @ 10:00 am – moved to the gym to accommodate more members!

TUESDAY

Interval Strength Training – Series 2 & 3

WEDNESDAY

Essentrics Stretch & Tone – Series 2 & 3 - moved to the gym to accommodate more members!

Age Reversing Essentrics – Series 2 & 3

Barre – Series 2

Essentrics Stretch & Tone – Series 2

THURSDAY

Interval Strength Training (Thursday) – Series 2 & 3

YOGA

MONDAY

Gentle Yoga - Beginner – Series 2 & 3

MONDAY

Pilatoga - Beginner – Series 2 & 3

MONDAY

Pilatoga – Intermediate – Series 2 & 3

TUESDAY EVENING

Gentle Yoga & Breathwork (Pranayama) – Series 2 & 3

WEDNESDAY

Gentle Yoga - Beginner – Series 2 & 3

THURSDAY

Chair Yoga – Series 2

THURSDAY

Restorative Hatha Yoga – This class is usually full – please register early to avoid disappointment!

FRIDAY

Gentle Yoga - Beginner – Series 2 & 3

FRIDAY

Yoga for Balance and Wellbeing – Series 2 & 3