

Annapolis County Recreation Fall 2011-Community Fitness Programs

Fall Programs September—December 2011

Created August 2011

Fitness Classes

Ladies Fitness

Come and join us for a great energizing workout. We will all begin with the basics, and grow fitter together! The class is suited for all levels of fitness and no experience necessary!

2 program locations:

PORT GEORGE

Instructor: Barbara Nicholls

Date: *Tuesdays, starting September 13th* (12 Weeks)

Time: 6:30pm

Place: Port George Regional Recreation Centre

Fees: \$70



NICTAUX

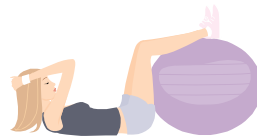
Instructor: Barbara Nicholls

Date: *Thursdays, starting September 15th* (12 weeks)

Time: 6:30pm

Place: Nictaux Christian Family Centre

Fees: \$70



Stability Ball

Bring a ball and join us for a strengthening and stretching workout. Focusing on core stability, strengthening major muscle groups especially abdominals and lower back which enhances posture and alleviates weak muscle and joint conditions. Excellent for all fitness levels.

2 program locations:

WILMOT

Instructor: Barbara Nicholls

Date: *Mondays, starting September 12th* (12 Weeks)

Time: 6:30pm

Place: Wilmot Community Hall

Fees: \$90

PARADISE

Instructor: Barbara Nicholls

Date: *Wednesdays, starting September 14th* (12 Weeks)

Time: 6:30pm

Place: Paradise Community Hall

Fees: \$90

Older Adult Fitness

This is a class for older adults looking to get more active and /or stay active this fall. Our instructor will work with the needs of her participants to make this a fun and enjoyable class!

2 program locations:

NICTAUX

Instructor: Barbara Nicholls

Date: *Tuesdays & Thursdays, starting September 13th* (12 weeks)

Time: 9:00am

Place: Nictaux Christian Family Centre

HAMPTON

Instructor: Barbara Nicholls

Date: *Tuesdays & Thursdays, starting September 13th* (12 weeks)

Time: 10:45am

Place: Hampton Community Hall

Fees: \$75 for 10 classes or \$140 for all 24 classes



ZumbaGold

ZumbaGold is a fun, effective fitness class formatted for the active older participant and those new to fitness. This 45 minute class feels like a Latin dance party. This will be the most enjoyable part of your day.

2 program locations:

NICTAUX

Instructor: Holly Walker

Date: *Mondays & Fridays*, starting September 12th (12 weeks)

Time: 11:00am

Place: Nictaux Christian Family Centre

MELVERN SQUARE

Instructor: Holly Walker

Date: *Mondays & Fridays*, starting September 12th (12 weeks)

Time: 9:30am

Place: Melvern Square Community Hall

Fees: *\$72/12 classes*

or

\$132/all 24 classes



Walk & Talk Program

Join us for a great combo to help kick start your day! It starts off with a nutrition and wellness talk to help inspire you to start living a healthier lifestyle. Then participants will head out (or Walk inside depending on weather) for a group walk.

Programs Locations:

MONDAYS (Starts September 12th):

Nictaux Christian Family Centre- 9:00am

WEDNESDAYS (Starts Sept. 14th):

Hampton Community Hall 9:00am

Wilmot Community Hall - 10:45am

FRIDAYS (Starts September 16th):

Port George Community Hall - 9am

Lawrencetown Legion - 10:45am

Fees: *\$70/ 12 sessions*



Don't cancel my class!

Excellent classes with fantastic instructors can get cancelled if you wait to register. We like to have at least 10 people to run a class so call your friends and family and get them to sign up to get fit as well! Don't wait until the last minute!

County of 
Annapolis

You MUST
Pre-Register for all
of our programs!

For more
information please
call, 532-3144 or
email:

borde@annapoliscounty.ns.ca

FALL YOGA

Simply Being Yoga

Namaste, Shelley, 532-7684 or sdmurchison@gmail.com

Offering classes beginning the week of Sept. 12 at the following locations:

BDC Building (26 Bay Rd. Bridgetown)

- Monday 10am
- Tuesday 6:30pm
- Wednesday 6pm'
- Friday 10am

Granville Centre Community Hall

Tuesday 2pm Easy Does it Chair Yoga

Melvorn Square Community Centre

- Thursday 10am
- Thursday 1pm Easy Does it Chair Yoga



Yoga for All

Julie Palmer, 467-3151 or jpalmer@eastlink.ca & Andrea Wegerer, 532-0266 or awegerer@gmail.com

Caledonia Legion

Monday 10am Chair Yoga - Andrea

Annapolis Royal Baptist Church

- Monday 5:30pm All Levels - Julie
- Wednesday 10am All Levels - Julie
- Friday 10am Chair Yoga - Julie

Maitland Bridge Community Hall

Wednesday 6:30pm All Levels - Andrea

Oakdene Centre

Thursday 6pm All Levels - Julie



Still Point Yoga

Christine Wright, 638-3202 or wrightchristine27@gmail.com

Deep Brook Colonial Arms

Monday & Wednesday 9:30am

Other Fitness Classes around the County...



Deep Brook Colonial Arms

Instructor: Christine Wright, 638-3202 or wrightchristine27@gmail.com

- Tuesday 9:30am
- Thursday 10:30am

Paradise Community Hall

Instructor: Holly Walker, 584-7177 or holly@groupeffortfitness.ca

Tuesday & Thursday 6:40pm

Granville Ferry - Champlain Elementary School

Instructor: Holly Walker, 584-7177 or holly@groupeffortfitness.ca

Thursday 5:00pm



Seniors Workout

Instructor: Christine Wright, 638-3202 or wrightchristine27@gmail.com

Annapolis Royal Anglican Church

Monday 9:30am

