

# FITNESS PROGRAMS, WORKSHOPS AND ORIENTATIONS

## Fitness Programs

### FITNESS – TOTAL BODY RENEWAL

Have an experienced personal trainer create a fitness program for you, educate you and motivate you. Twice a week for 8 weeks.

Dates	Day	Time	Instructor	Member	Non-Member
September 7-October 28 November 2-December 16	Tuesday, Thursday	10:00-11:00 am <b>or</b> 11:00 am-12:00 pm	Joel Swets Nicola Mark	Included	N/A

### FITNESS – BOSU 101

Have you ever wondered how the heck you use that 'blue half ball' in your workout or how to get comfortable using it in a group fitness class. This workshop will break down the basics and show you just how to get comfortable with the 'BOSU'. You will gain enough confidence to use it on the floor as well as being able to jump into any of the group fitness classes that use it on a regular basis. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
September 11	Saturday	11:00 am-12:00 pm	Jenna Kurylo	Included	1/\$10

### FITNESS – FREEWHEEL 101

Are you intimidated by the look of the indoor cycling classes or perhaps afraid to try out a class? This workshop will show you that 'freewheeling' classes are for everyone. We will show you how to properly set up your bike, rules of the road, bike safety, and what to expect in the group classes. This workshop will help you achieve success as a participant and help you discover the fun in group cycling. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
September 11	Saturday	9:30-10:30 am	Jenna Kurylo	Included	1/\$10

### FITNESS – INTRODUCTION TO STEP

Have you ever wanted to try a step class but have never gone because you think it's just too complicated? We will break down the complicated choreography and show you the very basics so that you can attend a class feeling confident and have the ability to recognize some of the familiar steps. We will show you how to keep moving in a class – even if the choreography is complicated, so that you can still get a great workout in a fun, energizing environment of step classes. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
September 18	Saturday	11:00 am-12:00 pm	Jenna Kurylo	Included	1/\$10

### EDUCATION – CHRONIC PAIN SELF-MANAGEMENT

This program is presented in partnership with the Centre on Aging and is for people experiencing a wide range of chronic pain conditions. Topics include debunking myths about pain, differences between acute and chronic pain, pacing activity and rest, managing fatigue/sleep, introducing physical activity and exercise, medication usage for chronic pain, communicating effectively with health care providers, and more.

Dates	Day	Time	Instructor	Member	Non-Member
September 21-October 26	Tuesday	9:30 am-12:00 pm		Included	6/\$0

**REGISTRATION FOR SEPTEMBER 9 TO OCTOBER 31 SESSION STARTS AUGUST 9**  
**REGISTRATION FOR NOVEMBER 1 TO DECEMBER 19 SESSION STARTS OCTOBER 4**

**Classes will be cancelled 48 hours prior to start date if insufficient registration is received.**

**Don't delay — register today!**

No classes on statutory holidays

[www.victoriay.com](http://www.victoriay.com)

Charitable Registration No. 10822-5566-RR0001

Downtown Y  
 851 Broughton Street, Victoria BC V8W 1E5  
 Phone: 250.386.7511 Fax: 250.380.1933

**EDUCATION –  
CHRONIC  
DISEASE SELF-  
MANAGEMENT**

This program is presented in partnership with the Centre on Aging and provides an overview of living with one or multiple chronic conditions and is accompanied by the book, *Living a Healthy Life With Chronic Conditions*, 3rd Edition. It is designed to enhance regular treatment and disease-specific education. The program provides participants with the confidence and skills to better manage their health, as well as helpful tips to maintain an active lifestyle.

Dates	Day	Time	Instructor	Member	Non-Member
November 2-December 7	Tuesday	9:30 am-12:00 pm		Included	6/\$0

**SENIORS –  
FUNCTIONAL  
STRENGTH**

A senior strength program designed to encourage functional strength development and independent living. Intended for seniors 75+ or those with a disability.

Dates	Day	Time	Instructor	Member	Non-Member
September 7-October 28	Tuesday,	1:30-2:30 pm	Adrienne Gadd	16/\$70	16/\$125
November 2-December 16	Thursday			13/\$60	13/\$105

**SENIORS –  
HEALTHY  
HEARTBEAT**

Endorsed by the Victoria Medical Society and the First Open Heart Society. Healthy Heartbeat will help maintain your cardiac rehabilitation post-cardiac incident. We welcome other seniors to join this supportive and beneficial exercise class.

Dates	Day	Time	Instructor	Member	Non-Member
September 8-October 29	Monday,	11:00-11:55 am	Donna Porter	Included	21/\$59
November 1-December 17	Wednesday,		Jenna Kurylo		22/\$61
	Friday		Litzia Eccleston		

**TAKE HEART  
CARDIAC  
REHABILITATION**

The Take Heart Program is a Vancouver Island community-based cardiac exercise program developed in partnership with the inter-municipal recreation centres, the YMCA-YWCA of Gr. Victoria, and VIHA. Start any time! Please call 250-418-1843 for more information.

Dates	Day	Time	Instructor	Member	Non-Member
September 7-November 25	Tuesday, Thursday	10:00-11:30 am	Marjorie Yanda	\$350	\$350

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**FITNESS PROGRAMS, WORKSHOPS  
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**Workshops**
**WORKSHOP –  
 HIGH BLOOD  
 PRESSURE AND  
 EXERCISE**

Do you have high blood pressure? Did you know that some forms of exercise are actually dangerous for you? During this seminar participants will: Learn what type of exercise can drastically reduce blood pressure. Discover dangerous exercises and movements you have to avoid. Take away simple, easy to follow guidelines that you can apply to any exercise program immediately.

Dates	Day	Time	Instructor	Member	Non-Member
September 15	Wednesday	7:00-8:00 pm	Astrid Whiting	Included	1/\$10

**WORKSHOP –  
 7 FITNESS  
 STRATEGIES THAT  
 GUARANTEE  
 SUCCESS**

Are you exercising but not getting the results you want? Discover the 7 elements that must be part of your exercise program if you want to succeed. Whether you exercise in the gym, in a group, at home, or by yourself, you'll be able to apply these essential principles immediately to your routine.

Dates	Day	Time	Instructor	Member	Non-Member
October 5	Tuesday	7:00-8:30 pm	Astrid Whiting	Included	1/\$10

**WORKSHOP –  
 WHOLE BODY  
 TRAINING WITH  
 INTENSITY**

The results you are getting in your weight training or cardiovascular training program are controlled and limited by the intensity by which you train. Find out how you improve your efficiency and results by working out less in the gym and resting more between workouts.

Dates	Day	Time	Instructor	Member	Non-Member
October 19	Tuesday	7:00-8:30 pm	Blaise Eagleheart	Included	1/\$10

**WORKSHOP –  
 PROPER  
 RUNNING  
 TECHNIQUES**

How do I run faster and also prevent injuries? Prepare for your best 10k ever. An interactive session with K. Scott Simpson, Physiotherapist for Team Canada and former national 10k running champion.

Dates	Day	Time	Instructor	Member	Non-Member
October 26	Tuesday	7:00-8:30 pm	K Scott Simpson	Included	1/\$10

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**WORKSHOP –  
QUANTUM CORE**

Core training requires an integrated approach that includes awareness of self-talk, nutrition, and the most effective exercises to meet your needs.

Dates	Day	Time	Instructor	Member	Non-Member
November 2	Tuesday	7:00-8:00 pm	Matthew Ashdown	Included	1/\$10

**WORKSHOP –  
TRADITIONAL  
CHINESE  
MEDICINE AND  
WEIGHT LOSS**

Chinese Medicine uses principles of balance to correct minor imbalances in our bodies. Come learn how you can begin to understand and notice when your body is getting out of balance. Learn strategies to overcome excess weight, unwanted body shape and more importantly feel more vibrant by minor changes that can last a life time.

Dates	Day	Time	Instructor	Member	Non-Member
November 16	Tuesday	7:00-8:00 pm	Claire Lipke	Included	1/\$10

**FITNESS PROGRAMS, WORKSHOPS  
AND ORIENTATIONS**
**Orientations**
**ORIENTATIONS  
FOR MEMBERS**

Member-included individual orientations to our fitness equipment are available upon request. You will receive a personalized basic training exercise program which may include cardio, strength and stretching areas as per your needs. A clear "Physical Activity Readiness Questionnaire" is needed prior to developing the exercise program. Please inquire at the Membership Services desk at any time to book an appointment.

Member	Non-Member
Included	N/A

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