

HEALTHY LIFESTYLES FOR SENIORS

SENIORS' STRENGTH TRAINING

	Dates	Day	Time	Instructor	Location	Member	Non-Member
Doctor's approval required.	April 28-June 16 June 30-August 18	Monday ♦	10:00-11:00am	Ronit Reis	DTY	included	7/\$30 7/\$30
	April 30-June 18 July 2-August 20	Wednesday ♦	10:00-11:00am	Randy Wood	DTY	included	8/\$35 8/\$35
	May 2-June 20	Friday ♦	10:00-11:00am	Clive Reis	DTY	included	8/\$35

♦Drop-in option available \$9.50 including GST

SENIORS' AGILITY & STRETCH

	Dates	Day	Time	Instructor	Location	Member	Non-Member
	On-going	Monday ♦ & Thursday ♦	1:00-1:30pm 1:00-1:30pm	Donna Porter Randy Wood	DTY	included	Drop-in fee

♦Drop-in option available \$9.50 including GST

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	Location	Member	Non-Member
We require an interview and doctor's approval	April 28-June 16 July 7-August 18	Monday, Wednesday, Friday	11:00-11:55am	DTY	Included	23/\$63 23/\$63

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 Greater Victoria, and the Vancouver Island Health Authority. You begin this program with an individualized assessment interview and exercise prescription in our individual conditioning area (scheduled outside of class time). 12 weeks.

	Day	Time	Instructor	Location	Fee
For those who have had a cardiac event or who have heart disease risks.	Tuesday & Thursday	10:00-11:30am	Marge Yanda	DTY	\$350

Start any time! Please call 418-1843. Price includes GST.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y