

## HEALTHY LIFESTYLES FOR SENIORS

### SENIORS' STRENGTH TRAINING

	Dates	Day	Time	Instructor	Location	Member	Non-Member
Doctor's approval required.	January 7-February 25 March 3-April 21	Monday♦	10:00-11:00am	Ronit Reis	DTY	included	8/\$32 7/\$28
	January 9-February 27 March 5-April 23	Wednesday♦	10:00-11:00am	Randy Wood	DTY	included	8/\$32 8/\$32
	January 11-February 29 March 7-April 25	Friday♦	10:00-11:00am	Clive Reis	DTY	included	8/\$32 7/\$28

♦Drop-in option available \$9.50 including GST

### SENIORS' AGILITY & STRETCH

	Dates	Day	Time	Instructor	Location	Member	Non-Member
		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	January 7-February 25 March 3-April 21	Monday, Wednesday, Friday	11:00-11:55am	DTY	Included	24/\$65 22/\$61

### 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.

 Sometimes we have to cancel great programs led by great instructors because everyone waited until the last minute to register. Please register at least one week in advance to avoid disappointment.

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y