

FITNESS PROGRAMS, WORKSHOPS AND ORIENTATIONS

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
July 6-August 26	Tuesday, Thursday	1:30-2:30 pm	Adrienne Gadd	\$70	\$125

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	Member	Non-Member
July 5-July 30	Monday,		Included	12/\$33
August 4-September 3	Wednesday, Friday	11:00-11:55 am		

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.

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

REGISTRATION FOR JULY 5 TO AUGUST 29 SESSION STARTS JUNE 7

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

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y

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Vic West Y

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