

DANCE, YOGA, PILATES
Dance
**DANCE –
BEGINNER
BALLROOM**

Learn the romantic slow waltz and the foxtrot, essential for every ballroom dancer. Partners required.

Dates	Day	Time	Instructor	Member	Non-Member
January 8-February 26	Sunday	5:00-6:15 pm	John De Pfyffer	8/\$50	8/\$73

**DANCE –
BEGINNER
SWING/JIVE**

A lively, energetic, fun dance that has the whole world hopping. Partners are required for all ballroom classes.

Dates	Day	Time	Instructor	Member	Non-Member
January 8-February 26	Sunday	6:15-7:25 pm	John De Pfyffer	8/\$50	8/\$73

**DANCE –
FUSION**

A moderate workout influenced by jazz, modern contemporary and ballet dance. Dance or movement experience recommended.

Dates	Day	Time	Instructor	Member	Non-Member
January 9-April 16	Monday	9:00-9:55 am	Marsha Main Pimlott	14/\$56	14/\$98
January 4-April 18	Wednesday	5:30-6:25 pm	Marsha Main Pimlott	16/\$64	16/\$112
January 6-April 13	Friday	9:00-9:55 am	Marsha Main Pimlott	15/\$60	15/\$105
April 25-August 8	Wednesday	5:30-6:25 pm	Lise Bardon	16/\$64	16/\$112

**DANCE –
BEGINNER
SAMBA**

Learn the rhythmic and lively Brazilian national dance. Partners required for all ballroom classes.

Dates	Day	Time	Instructor	Member	Non-Member
March 4-April 22	Sunday	5:00-6:15 pm	John De Pfyffer	7/\$44	7/\$65

**DANCE –
INTERMEDIATE
SWING/JIVE**

Spice up your basics and add some fun new figures to your Swing. A good understanding of the basics is necessary to take this class. Partners required for all ballroom classes.

Dates	Day	Time	Instructor	Member	Non-Member
March 4-April 22	Sunday	6:15-7:25 pm	John De Pfyffer	7/\$44	7/\$65

**DANCE –
BEGINNER
NIGHT CLUB
WALTZ**

The most important, romantic dance you need to know. The most popular first dance for weddings. Partners required for all ballroom dance classes.

Dates	Day	Time	Instructor	Member	Non-Member
April 29-Jun 17	Sunday	5:00-6:15 pm	John De Pfyffer	8/\$50	8/\$73

**DANCE –
BEGINNER
CHA CHA AND
RUMBA**

A great mix of Latin essentials: The fun and cheeky cha cha and the slow and beautiful rumba. Partners required for all ballroom dance classes.

Dates	Day	Time	Instructor	Member	Non-Member
April 29-Jun 17	Sunday	6:15-7:25 pm	John De Pfyffer	8/\$50	8/\$73

REGISTRATION
DEC 5 FOR JAN 3-FEB 26, JAN 30 FOR FEB 27-APR 22, MAR 26 FOR APR 23-JUNE 17

**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

Charitable Registration No. 10822-5566-RR0001

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

DANCE, YOGA, PILATES
Pilates
PILATES

A safe, challenging, and revitalizing workout for stronger, leaner, longer muscles, and increased flexibility and relaxation. Level 2 is a continuation from Level 1 adding a more diverse array of exercises.

Couse Title	Dates	Day	Time	Instructor	Member	Non-Member
Level 2	Jan 9-Feb 20 Feb 27-Apr 16 Apr 23-Jun 11	Monday	5:30-6:25 pm	Mia Soehn	Included	N/A
Level 1	Jan 9-Feb 20 Feb 27-Apr 16 Apr 23-Jun 11	Monday	7:30-8:25 pm	Jenna Kurylo	Included	N/A
Level 1	Jan 3-Feb 21 Feb 28-Apr 17 Apr 24-Jun 12	Tuesday	12:00-12:55 pm or 7:30-8:30 pm	Sharon Ann McAuley	Included	N/A
Level 2	Jan 4-Feb 22 Feb 29-Apr 18 Apr 25-Jun 13	Wednesday	12:00-12:55 pm	Joan Hindley	Included	N/A

DANCE, YOGA, PILATES
Yoga
**YOGA –
50 & BETTER**

All levels are welcome to this Iyengar yoga class. Meet new people and work together to improve your posture, flexibility, strength and endurance. Connect your mind, body and spirit while experiencing the joy of yoga.

Dates	Day	Time	Instructor	Member	Non-Member
January 3-February 21 February 28-April 17 April 24-June 12	Tuesday	10:30-11:55 am	Wendy Boyer	8/\$52	8/\$88

**YOGA –
IYENGAR
LEVEL 1**

Beginner Iyengar: This approach to yoga creates a dynamic balance between flexibility, strength and endurance with an emphasis on precision of movement and correct body alignment. The practice of yoga promotes health, vitality, concentration and relaxation through the integration of body, mind and spirit.

Dates	Day	Time	Instructor	Member	Non-Member
January 4-February 22 February 29-April 18 April 25-June 13	Wednesday	9:00-10:25 am or 5:30-6:55 pm	Lauren Cox Jayne Jonas	8/\$52	8/\$88

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**YOGA –
IYENGAR
LEVEL 2**

A continuation from level 1.

Dates	Day	Time	Instructor	Member	Non-Member
January 5-February 23 March 1-April 19 April 26-June 14	Thursday	6:00-7:55 pm	Ty Chandler	8/\$68	8/\$108

YOGA – NOON

Come spend your lunch hour refreshing your body, mind and spirit. This is an Iyengar style yoga class that welcomes all levels.

Dates	Day	Time	Instructor	Member	Non-Member
January 3-February 21 February 28-April 17 April 24-June 12	Tuesday	12:00-12:55 pm	Wendy Boyer	8/\$44	8/\$80

**YOGA –
POWER FLOW**

All levels welcome for this invigorating, challenging class. It will appeal to active people of all ages and abilities. This practice combines flowing movement sequences of traditional postures with breath work and mind, body awareness. A benefit for people recovering from injuries as well as those who want to prevent injury, enhance their fitness program or athletic performance, or just want to tone and hone their body and mind and spirit.

Dates	Day	Time	Instructor	Member	Non-Member
January 4-February 22 February 29-April 18 April 25-June 13	Wednesday	7:00-8:25 pm	Deane Studer	8/\$52	8/\$88

**YOGA –
RESTORATIVE**

Restorative Yoga focuses on relaxing the body in restful postures, all levels welcome.

Dates	Day	Time	Instructor	Member	Non-Member
January 6-February 24 March 2-April 20 April 27-June 15	Friday	1:30-2:55 pm	Ty Chandler	8/\$52 7/\$46 8/\$52	8/\$88 7/\$77 8/\$88

Check out Drop In Schedules for more Dance, Yoga and Pilates classes!

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