



## Rideau Park United Church

### Yoga and Exercise Classes – Fall 2017

#### Yoga Classes

**Wednesdays, 5:30-6:30pm, starting September 6 (Gentle Yoga)**

**Fridays, 9-10am, starting September 8 (Gentle Yoga)**

**Fridays, 10:30-11:30am starting September 8 (Chair Yoga)**

Discover our gentle therapeutic flow yoga classes with Certified Yoga Instructor, Lynda Spalding. Classes are offered Wednesdays, 5:30–6:30 p.m., starting Sept. 6, and Fridays 9-10 a.m., starting Sept. 8. Suitable for all levels (both male and female). Join one or both of our yoga classes; they are priced individually. Fees are \$50 for 10 weeks (one class/week, or \$100 for 2 classes/week) payable at the first class. Drop-in fee is \$8.



A new class, Chair Yoga, will be held on Fridays, 10:30 -11:30am starting Sept. 8.

For more information on any of the yoga classes, call Lynda at 613-422-3565.

#### 50+ Exercise Group

**Tuesdays and Thursdays, 9-10am**

**September 19 to December 5, 2017**

Please join us and get moving, strengthening and stretching, all to the familiar beat of great tunes. All levels of fitness (male and female) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Fees are \$60 for 10 weeks (20 classes), payable at the first class. Drop-in fee is \$8. For more information, call Lisa at 613-523-9101.

