

# Spring 2020 Courses

## GENERAL INFORMATION:

- To register for a course, you must be a member.
- The pro-rated spring membership fee is \$10.
- Prices include federal and provincial sales taxes where applicable.
- Free childcare is available during most daytime weekday classes. If it is not available, it will be indicated in the course description.
- Courses begin Tuesday, April 14, 2020.
- Classes are 9 weeks unless indicated otherwise.
- There are no **daytime** classes on **April 21**. There are no **afternoon** classes on **May 12**. There are **no classes** and **the Centre is closed** on **May 16 and 18**.
- In-person payment is by cash or cheque (preferred) or by credit card. Online payment is by credit card.
- Consult the WIWC Member's Guide for more information on registration policies and procedures.
- Once Open Registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.

## PERSONAL DEVELOPMENT/WELLNESS COURSES

### Important information:

- Most classes run for 9 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you into our women's courses.

## Personal Development/Wellness Courses

### **Mom and Baby Yoga (3-7 mos.)**

Monday 11:00 – 11:45 a.m.

Gym

Enjoy a 45-minute class for you and baby! Together, we will learn the basics of infant massage and baby yoga, with time for you too. This is a wonderful way to reconnect with your practice or to begin your journey into yoga.

#### **Important information:**

- This course begins on April 20. There is no class on May 18. This is a 7-week course.
- It is recommended that you consult your health-care professional before beginning any post-natal exercise regime.
- Strollers are not allowed in the class. Please leave your stroller outside the building.
- Please bring a yoga mat to class.

**Instructor:** Kathleen McAdams, CYT (Certified Yoga Teacher)

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### **Joyful Living**

Monday 1:00 – 3:00 p.m.

Childcare Room 2

At times life can become so overwhelming and challenging that we forget to pause and take a moment to be grateful for all the joy that is in us and all around us. If you want to bring more positivity, joy and abundance to your life, then join us in this interactive course, where we will explore different themes such as gratitude, laughter, mindfulness, self-love and self-care. To this end, we will use a variety of tools such as reflective writing exercises, story and memory sharing, and tapping into our creative and playful sides. This course offers a safe space where participants will have fun, learn from one another, and most of all, start living a more joyful life!

#### **Important information:**

- This course begins on April 20. There is no class on May 18. This is a 7-week course.

**Instructor:** Aileen Borrueal, B.S.W., McGill University; DEC Special Care Counselling, Vanier College; Certified Laughter Yoga Leader

## Personal Development/Wellness Courses

### Yin Yoga and Meditation

Monday 2:45 – 3:45 p.m.

Gym

Yin Yoga is a slow-paced style of yoga, with postures (asanas) that are held for longer periods of time (3-5 minutes). Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. It also targets the body's ligaments, bones, and joints that are not normally stretched as much as in a more active style of yoga. Each class will include a meditative component which will tie together the mind and body for a more restorative and peaceful practice. Suitable for all levels and ages.

#### Important information:

- This course begins on April 20. There is no class on May 18. This is a 7-week course.
- The WIWC's childcare service is not available during this course.
- Please bring a yoga mat to class.

**Instructor:** Crystal Champagne, Certified Personal and Group Trainer, Certified Master Empowerment Coach

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### Evening Kripalu-Inspired Hatha Yoga

Tuesday 7:30 – 9:00 p.m.

Gym

In the Kripalu tradition, this Hatha yoga course is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath, and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Detailed instruction is provided so that you will feel safe, looked after, and confident. Mindfulness, compassion, and patience are encouraged throughout seated centering, warm-ups, standing sequences, and guided meditations.

#### Important information:

- Participants are strongly urged to come equipped with a sticky yoga mat. Other yoga props that you enjoy are welcome as well.
- The WIWC childcare service is not available during evening courses.

## Personal Development/Wellness Courses

**Instructor:** Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

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### Mindful Explorations

Wednesday 9:30 – 10:45 a.m.

Upstairs Classroom

This course will take you through the fundamentals of mindfulness to help you feel more relaxed throughout your day. In each class we will explore mindfulness using different tools and techniques such as discussions, journaling, worksheets, essential oils, crystals and tarot in the hope that you find tools and practices that resonate best with you.

### Important information:

- The last class is on June 3. This is an 8-week course.
- Please bring a journal and a pen. A yoga mat will be used in some of the classes.

**Instructor:** Nicole Fortunaso, B.Sc., Reiki Master, Certified Life Coach

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### Converse in French for Intermediates

Thursday 9:45 – 11:45 a.m.

Childcare Room 2

Comment allez-vous aujourd'hui? This course is designed for women wanting to improve their skills in French, helping to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills for conversation. A large amount of time is dedicated to addressing your specific needs (professional conversation, informal and formal conversation, etc.) that each participant can benefit from. Don't miss this great opportunity to improve your French in a relaxed and friendly atmosphere!

**Instructor:** Hasnaa Rzouzi, Baccalauréat en Droit Français, Maitrise en Politiques Publiques, Certificat en Développement de carrière

## Personal Development/Wellness Courses

### Experience the Power of New Creative Journaling™

Thursday 10:00 a.m. – 12:00 p.m.

Upstairs Classroom

Developed over twenty years ago by art therapist Anne-Marie Jobin of L'Ecole le jet d'ancre, the powerful "journal créatif"® method combines art therapy and psychology concepts into a playful, creative and introspective method of unconventional journaling. Using scissors, glue sticks, watercolour, inks, crayons and magazines, these methods will help you relax and tap into your creativity, or allow for deeper exploration by delving into your inner world to uncover hidden resources and strengths. This workshop is about process, not product. No art or writing experience required!

#### Important information:

- Please bring a 9 by 12 inch sketchbook, preferably multimedia, as we will be trying different media.
- There is a \$5 consumables fee payable to the instructor at the first class to cover the cost of additional supplies.

**Instructor:** Helene Brunet, B.A. Honours, English; Certified Journal Facilitator; Journal to the Self Certified Instructor; Centre for Journal Therapy; Certifié en Journal Créatif®

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### Therapeutic Gentle Hatha Yoga and Meditation

Thursday 7:00 – 8:15 p.m.

Gym

Connecting to your breath and body while letting go of your stress, worries, and burdens will have you leaving this course feeling healthy and at peace. Hatha yoga is the foundation of all yoga styles; it is easy to learn, beginner-friendly, and can be used for physical, mental, and spiritual purposes. With the combination of controlled breathing with asanas and meditation, stress will be reduced and it is a great way for non-meditators to experience the benefit of meditation. This class is for those who are looking for a gentle, grounding relaxation practice. Together we will return to centre by touching upon basic yoga asana, breath work, and meditation principles. The focus will be on alignment, balance, improving strength and mobility, and stress release. All levels are welcome.

## Personal Development/Wellness Courses

### Important information:

- The WIWC childcare service is not available during evening courses.
- Please bring a yoga mat to class.

**Instructor:** Subanki Sivanantharajah, RYT 200, 300 YTT (Therapeutic Yoga), Pain management and Pranayama (Siddah Vedha – Ancient Science)

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### Kripalu-Inspired Hatha Yoga

Friday 9:00 – 10:30 a.m.

Gym

In the Kripalu tradition, this Hatha yoga course is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath, and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Detailed instruction is provided so that you will feel safe, looked after, and confident. Mindfulness, compassion, and patience are encouraged throughout seated centering, warm-ups, standing sequences, and guided meditations.

### Important information:

- Participants are strongly urged to come equipped with a sticky yoga mat. Other yoga props that you enjoy are welcome as well.

**Instructor:** Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

## Personal Development/Wellness Courses

### **Nonviolent Communication (April 17-May 8)**

Friday 9:00 a.m. – 12:00 p.m.

Upstairs Classroom

Join us in this 4-week course to learn about Nonviolent Communication - a process to help people connect to their feelings and needs, and those of the people around them. This is a course for anyone looking to bring more meaning to their relationships, more authenticity into their daily interactions, and more possibilities in connections to oneself and to others. The course will take you through the basic concepts of Nonviolent Communication, and will provide practical tools and exercises to assist you in your progress, with the ultimate goal of you taking your newfound skills into the "real-world" by transforming how you handle difficult situations in your work, family, and relationships.

Important information:

- This course begins on April 17 and ends on May 8. This is a 4-week course.
- Please bring a notebook and pen.

**Instructor:** Julia Wight, B.Sc. Nutrition, Masters in Public Health, Registered Facilitator in Non-Violent Communication

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### **Mindful and Conscious Parenting (May 22 – June 12)**

Friday 9:00 a.m. – 12:00 p.m.

Upstairs Classroom

This 4-week course for caregivers is not a "how-to" parenting course, but rather a course about nourishing the most valuable resource we have while capitalizing on our greatest source of power, ourselves. We will explore ways of caring for ourselves while caring for others. We will look at ways we can stop reacting and how to better respond to our children. We will learn about and develop the skills of mindfulness and self-compassion to help us be more present, kind and compassionate parents.

**Important information:**

- This course begins on May 22 and ends on June 12. This is a 4-week course.

**Instructor:** Yael Gutner, M.A., c.o. Counsellor, Psychotherapist

## Personal Development/Wellness Courses

### **Beginner's French**

Friday 9:45 – 11:45 a.m.

Childcare Room 2

This introductory class is designed for women with little or no background in French. Participants will begin by learning basic pronunciation, grammar, spelling, and conjugation. Through conversational activities, you will learn to meet and greet people, as well as practice basic communication for other daily life situations. The course will be adapted to your needs and the instructor will guide you through your language learning process.

**Instructor:** Hasnaa Rzouzi, Baccalauréat en Droit Français, Maitrise en Politiques Publiques, Certificat en Développement de carrière

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### **Mom and Baby Yoga (6-12 mos.)**

Friday 10:45 – 11:30 a.m.

Gym

Still not quite ready to leave your baby but craving the movement and peace a yoga practice can provide? This is the perfect class for you. Ignite, or reignite, the beauty of a yoga practice with your baby at arm's reach. You will practice on your mat while baby enjoys valuable parallel play time on a safe and comfortable play mat. This 45-minute class is suitable for all moms, from beginners to seasoned practitioners.

#### **Important information:**

- Strollers are not allowed in the class. Please leave your stroller outside the building.
- Please bring a yoga mat to class.

**Instructor:** Kathleen McAdams, CYT (Certified Yoga Teacher)



## **SPECIAL INTEREST COURSES**

### **Important information:**

- Most classes run for 9 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course description and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time selected at the time of registration (no switching between classes).
- Please do not bring a child with you into our women's courses.

## **Special Interest Courses**

### **Work Café**

Monday 9:30 – 11:30 a.m.

Upstairs Classroom

Do you have a project or hobby on the go, but find yourself without the time or space to dedicate to it? If so, this might be just the thing for you! It's a 2-hour block of time each week to spend on whatever craft or project you have on the go. Writing a novel? Starting your own business? Just need to catch up on 99 emails and phone calls? We can help! Registration includes free wi-fi access and one cup of hot coffee or tea each week. Free childcare is available. Please note that this activity begins on April 20. There is no Work Café on May 18. This is a 7-week activity.

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### **Singing Group**

Monday 1:00 – 2:45 p.m.

Upstairs Classroom

If you like to sing, why not join our singing group this session? We have a lot of fun working on many different styles of music in unison and two-part arrangements. We are very friendly and welcome all levels of musical ability. Singing in a group creates a special connection among people and you just might discover a new talent in yourself!

### **Important information:**

- This class begins on April 20. There is no class on May 18. This is a 7-week course
- There is a consumables fee of \$5 payable to the instructor on the first day of class.

**Instructor:** Wendy Tilson, B. Mus. (McGill University), B.Ed. (University of Toronto)

## Special Interest Courses

### **Crystallizing Your Business Idea**

Monday 7:00 – 9:00 p.m.

Childcare Room 2

Do you have a business idea that you would like to put into action? In this course, participants will be given an overview of a business plan template and discuss the key areas of focus. We will flesh out the who, what, and why of your business idea, and discuss branding, research, analysis, and finance, in order to clarify your business idea and be able to take the next steps into a business plan.

#### **Important information:**

- This course begins on April 20. There is no class on May 18. The last class is on June 1. This is a 6-week course.
- Please bring a pen and notebook. You will need to purchase a poster board for an in-class activity.

**Instructor:** Katherine Kim Mullin, Business Owner, Mentor and Business Coach, Fomer Commerical Real Estate Broker

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### **Knitting for All**

Tuesday 9:30 – 11:30 a.m.

Childcare Room 2

Beginners and veteran knitters are welcome to join this class. Come learn a new craft or work on an ongoing project, while at the same time pick up a few tips and tricks. Class projects will be presented but are not mandatory.

#### **Important information:**

- There is no class on April 21. This is an 8-week course.
- Bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

**Instructor:** Janet Callary

## Special Interest Courses

### **Zero Waste for Beginners**

Wednesday 10:00 – 11:45 a.m.

Childcare Room 2

This course is an introduction to the principles of zero-waste living, touching upon some of the environmental problems our planet is currently facing and discovering what we, as individuals, can do to minimize our negative impact. Participants will learn how to incorporate low-waste living into normal daily life through hands-on activities and visual demonstrations. This course will also provide a safe, non-judgemental space to discuss problems and concerns, leaving you feeling empowered to reach your personal eco-goals.

#### **Important information:**

- The last class is on June 3. This is an 8-week course. There is a consumables fee of \$4 payable to the instructor on the first day of class.

**Instructor:** Jessica Morales, B.Sc. (Nursing), Zero Waste Advocate

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### **Mom's Cooking Club: Homemade Baby Food**

Wednesday 1:00 – 2:30 p.m.

Kitchen

Although making your own baby food can seem a little bit intimidating, it is much easier than many people think. During this course, moms are invited to get together in a relaxing environment to learn recipes for homemade baby food and the best techniques for making it.

#### **Important information:**

- The last class is on May 22. This is a 6-week course.
- There is a consumables fee of \$30 payable to the instructor on the first day of class.
- Please bring your own re-usable containers.

**Instructor:** Mila Siliayeva, B.A. Fashion Design, Vitebsk State University of Technology; Certificate in Integrated Marketing Communications, Concordia University

## Special Interest Courses

### **Wednesday Night Book Club**

Wednesday 7:30 – 9:30 p.m.

Childcare Room 2

The Women's Centre's book club offers you great reading, exciting discussion and warm companionship. Because there are no animators, participants rotate the leadership role on a monthly basis. The club meets on the third Wednesday of every month. For information about meeting dates and the book selected for the upcoming meeting, please refer to the Events Calendar on our website or call the WIWC Office at 514-695-8529.

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### **Computer Confidence**

Thursday 7:00 – 9:00 p.m.

Childcare Room 2

The goal of this course is for the participant to become a confident computer user. Each class will teach skills to create professional Microsoft Word documents. This includes creating and editing screen captures, sharing information in different ways, and applying these skills in real life (e.g. for a C.V., posters, newsletters, Facebook pages, professional documents). Participants will complete a personal project from start to finish. The instructor will demonstrate live with handout information to match the demonstration and specific topic requests will be added to the course agenda whenever possible. This is a positive team course!

### **Important information:**

- There is a consumables fee of \$10 payable to the instructor on the first day of class.
- Participants will need to bring a PC laptop with Microsoft Word (8 or higher) with an active antivirus software installed.

**Instructor:** Patricia Singer, B.Sc. (Statistics)

## Special Interest Courses

### **Watermedia**

Friday 12:45 – 3:15 p.m.

Upstairs Classroom

Have fun with watercolour and learn to relax with this medium. You will discover how to use its unpredictability to greatest effect, creating your own style and vision. While learning the basics, you will also be taught how to use various innovative techniques.

#### **Important information:**

- Expect to pay \$75 or more for supplies. The materials list will be sent to participants prior to the first week of class.

**Instructor:** Michèle Tougas, Painter, Member of Lakeshore Association of Artists

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### **Gardening for Body and Soul**

Friday 1:00 – 2:00 p.m.

Childcare Room 2

This course will touch upon various aspects of gardening, including temperature zones, garden design, soil, pest management, pruning, fruits, vegetables, and much more. Whether you are a seasoned gardener or are starting out on your first flower beds, you are invited to join us this spring to hone and nurture your green thumb.

#### **Important information:**

- Please bring a spiral notebook and pen.
- There is no class on May 8. This is an 8-week course.

**Instructor:** Wanda Mitkiewicz, B.A., Gardening Workshop Organizer

## Special Interest Courses

### Spanish Conversation for Beginners

Saturday 9:00 – 11:00 a.m.

Childcare Room 2

In this course, participants will be provided with basic elements of Spanish language through vocabulary (alphabet, numbers, prepositions, verbs, gender, etc.) and present-tense grammar, in order to be able to ask and answer questions, express likes and dislikes, and to interact with the other participants in a natural and relaxed environment.

#### Important information:

- This course begins on April 25. There is no class on May 16. This is a 7-week course.

**Instructor:** Melba Mafun, Degree in Finance Administration, DVS (Interior Design), Business English Instructor, Native Spanish Speaker

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### Saturday Singing Group

Saturday 10:15 a.m. – 12:00 p.m.

Upstairs Classroom

If you like to sing, why not join our singing group this session? We have a lot of fun working on many different styles of music in unison and two-part arrangements. We are very friendly and welcome all levels of musical ability. Singing in a group creates a special connection among people and you just might discover a new talent in yourself!

#### Important information:

- This course begins on April 25. There is no class on May 16. This is a 7-week course.
- The WIWC's childcare service is not available during Saturday courses.
- There is a consumables fee of \$5 payable to the instructor on the first day of class.

**Instructor:** Wendy Tilson, B. Mus. (McGill University), B.Ed. (University of Toronto)

## Special Interest Courses

### Felting

Saturday 1:00 – 4:00 p.m.

Upstairs Classroom

Discover felting, an original technique with unlimited creative possibilities. During this 5-week course, you will be making various different projects using both wet and needle felting. No experience required. All materials will be supplied by the instructor.

#### Important information:

- This class begins on April 25. There is no class on May 9 and 16. The last class is on June 6. This is 5-week course.
- There is a \$25 materials fee payable to the instructor on the first day of class.

**Instructor:** Nelly Rusu

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## FITNESS COURSES

#### Important information:

- Most classes run for 9 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- Hand-held weights are needed for some classes. Check the course description.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Do not bring a child with you into your class (unless it is a mom/child activity).
- Remember to put away the equipment you used at the end of the class.

## Fitness Courses

### Classical Pilates

Monday 8:45 – 9:45 a.m.

Gym

This class will give you a full body workout. Pilates techniques include proper breathing, posture, and alignment. This all helps to improve core control, build strength, flexibility, balance, posture, mobility, and stability. Pilates is suitable for all fitness levels so if you want to tone up and transform your body, Pilates is perfect for you!

#### Important information:

- This course begins on April 20. There is no class on May 18. This is a 7-week course.

**Instructor:** Orly Sharoni, PMA (Pilates Method Alliance) Certified Instructor

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### Monday Sweat and Tone

Monday 1:00 – 2:15 p.m.

Gym

There will be lots of sweat and a ton of toning in a 75-minute format. The class will begin with a half hour of cardio followed by core work, ab work, strengthening, and toning. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

#### Important information:

- This course begins on April 20. There is no class on May 18. This is a 7-week course.

**Instructor:** Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer



## Fitness Courses

### Evening Adult Ballet

Monday 7:30 – 8:45 p.m.

Gym

Increase your strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us!

#### Important information:

- This course begins on April 20. There is no class on May 18. This is a 7-week course.
- Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

**Instructor:** Alison Dewar

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### Break a Sweat with Baby

Tuesday 10:00 – 10:45 a.m.

Gym

A class designed for moms and their babies, including standing and floor exercises. We execute simple moves that allow you to work your whole body while entertaining your baby at the same time. The baby will play the role of the weight. Play and give your baby all the attention he/she needs while you perform muscle strength exercises. The course will allow you to bond with your baby while you're working out.

#### Important information:

- There is no class on April 21. This is an 8-week course.
- Babies should be older than 4 months (so they can hold their heads up by themselves).
- Please bring a yoga mat to class.

**Instructor:** Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer

## Fitness Courses

### Outdoor Stroller Fit (6 wks-18 mos.)

Tuesday 10:00 – 11:00 a.m.

Outside

Stroller fitness is a full-body workout that includes cardio intervals, strength training, core work, and flexibility training. This course is open to all fitness levels. Women who want to join this class should be 4+ weeks postpartum, as long as there were no complications during delivery (or 6 weeks for Caesareans or other complications).

#### Important information:

- There is no class on April 21. The last class is on May 26. This is a 6-week course.
- No special stroller is required.
- You should bring a mat and wear comfortable clothing and running shoes.
- This class will run rain or shine so a stroller rain shield or sun shield is recommended.

**Instructor:** Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet)

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### Tuesday Sweat and Tone

Tuesday 10:55 – 11:55 a.m.

Gym

There will be lots of sweat and a ton of toning in this class. We will begin with a half hour of cardio followed by core work, ab work, strengthening, and toning. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun.

#### Important information:

- There is no class on April 21. This is an 8-week course.

**Instructor:** Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer

## Fitness Courses

### Essentrics

Tuesday 1:00 – 2:00 p.m.

Gym

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong, and flexible muscles, with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. This workout leaves you feeling energized, youthful, and healthy.

#### Important information:

- There is no class on April 21 and May 12. This is a 7-week course.

**Instructor:** Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 1)

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### Evening Running Group

Tuesday 6:15 – 7:15 p.m.

Outside

This is for those who have some running experience already and are looking to improve or just enjoy running in a group. We will do a combination of regular runs, speed and endurance work, and a little bit of runner's conditioning. Participants should be able to run at least 4 km to take part in this class. Varying participant running speeds will be accommodated, so do not hesitate to sign up even if you think you are a slower runner.

#### Important information:

- The last class is on May 26. This is a 7-week course.
- The WIWC's childcare service is not available during evening courses.
- Class will only be cancelled in the case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended.
- Please bring a headlamp and wear reflective clothing or armbands.

**Instructor:** Hilary Jones, YMCA Individual Conditioning Instructor

## Fitness Courses

### Zumba® Nite

Tuesday 6:15 – 7:15 p.m.

Gym

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, and awe-inspiring movements meant to engage and captivate you for life!

#### Important information:

- The WIWC childcare service is not available during evening courses.

**Instructor:** Nicole Zafar, CAN-FIT-PRO F.I.S., CPR/AED, Zumba ProSkills, STRONG by Zumba, Zumba Sentao, Zumba Core, Zumba Step

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### Core Pilates

Wednesday 8:40 – 9:40 a.m.

Gym

This class will give you a full body workout. Core Pilates will maintain the Pilates techniques of proper breathing, posture and alignment with a focus on your core muscles through movement in various positions. It will help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. If you want to challenge your core, tone up, and transform your body, Core Pilates is perfect for you! This class is suitable for all fitness levels.

#### Important information:

- The last class is on June 3. This is an 8-week course.

**Instructor:** Orly Sharoni, PMA (Pilates Method Alliance) Certified Instructor

## Fitness Courses

### **Total Body Fitness**

Wednesday 9:50 – 10:50 a.m.

Gym

This class has it all and be prepared to never stop moving! Following the Tabata protocol, we will work hard for 20-second intervals then rest for 10 seconds. You will experience it all in this fun and challenging class. From fun cardio moves to full body muscular exercises, with a beautiful stretch after it is all done, you will get a “total body” workout. The level of this fitness course is intermediate to advanced. However, the instructor will provide alternatives for those wanting less intensity.

#### **Important information:**

- The last class is on June 3. This is an 8-week course.

**Instructor:** Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)

### **Wednesday Zumba®**

Wednesday 11:00 a.m. – 12:00 p.m.

Gym

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, and awe-inspiring movements meant to engage and captivate you for life!

#### **Important information:**

- The last class is on June 3. This is an 8-week course.

**Instructor:** Violetta Naumiuk, Zumba®, Zumba Gold®, Zumba Step®, Certified YMCA Group Fitness Instructor

## Fitness Courses

### Adult Ballet

Wednesday 1:00 – 2:30 p.m.

Gym

Increase your strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us!

#### Important information:

- The last class is on June 3. This is an 8-week course.
- Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

**Instructor:** Alison Dewar

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### Interval Training

Wednesday 6:30 – 7:30 p.m.

Gym

Cardio intervals, mixed with challenging full-body muscle conditioning, will guarantee you achieve your fitness goals. This is for women who are getting back into fitness or work out regularly. Each week, our instructor will introduce something new to keep you challenged. Come prepared to sweat and reach your full potential!

#### Important information:

- The WIWC childcare service is not available during evening courses.
- Bring your own weights (one or two sets of dumbbells — one light, one heavy).

**Instructor:** Lori Lesperance, CAN-FIT-PRO Group Fitness, YMCA Personal Trainer, Yogafit

## Fitness Courses

### Thursday Essentrics

Thursday 8:40 – 9:40 a.m.

Gym

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong, and flexible muscles, with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. This workout leaves you feeling energized, youthful, and healthy.

**Instructor:** Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 1)

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### Body Factory

Thursday 9:50 – 10:50 a.m.

Gym

This is an overall strength and endurance class. Using weights, tubing, and the step, this will help sculpt muscles and enhance conditioning. This class will be a workout from head to toe.

#### Important information:

- Hand-held weights are required.
- Tubing and steps are provided by the Women's Centre.

**Instructor:** Sue Jollimore, CAN-FIT-PRO

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### Bootcamp Fitness

Thursday 11:00 a.m. – 12:00 p.m.

Gym

Incorporating traditional calisthenic and body weight exercises, with interval training and strength training, this course will lead you through a variety of exercises designed to challenge your strength and endurance while burning calories.

## Fitness Courses

### Important information:

- Hand-held weights (5 lbs) are required.

**Instructor:** Sue Jollimore, CAN-FIT-PRO

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### ELDOA Flow Stretching

Thursday 2:00 – 3:00 p.m.

Gym

ELDOA is an osteopathic stretching technique, learned through specific body positions, to assist in creating micro-millimetres of space between the joints and vertebrae. Proven to reduce pain, prevent back pain and joint issues, reduce compression on the spinal column, improve nerve function, and increase the overall sense of body-wellness. Taught through a flow of positions, this practice allows for increased clarity and body awareness; bringing health to our spine, improving our posture, and increasing confidence and well-being. All ages and fitness levels are welcome!

### Important information:

- Please bring a yoga mat to class.

**Instructor:** Julia Wight, B.Sc. Nutrition, Masters in Public Health

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### Fresh Air Fitness Friday

Friday 9:30 – 10:30 a.m.

Outside

Exercising outside is a great way to boost your fitness and your mood. Have fun improving your overall fitness by combining periods of running with strength and conditioning exercises in this fresh air class. Participants should be able to run at least 2 km. Variations for strength and conditioning exercises will be offered for all fitness levels. Expect to have a lot of fun, work hard and maybe get a bit muddy!

### Important information:

- The last class is on May 29. This is a 7-week course.
- Class will only be cancelled in the case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended.

**Instructor:** Hilary Jones, YMCA Individual Conditioning Instructor



## Fitness Courses

### Gentle Toning

Friday 1:00 – 2:00 p.m.

Gym

This is a small group training class that allows you to work out at a slower pace and feel the target muscles working. The focus is on posture and the joints -- even the small ones! Gait and balance will be challenged and the full range of motion of the muscles will be worked. This is a class that will leave you feeling a little straighter! Exercises will have options, allowing the participant to make a choice that works for her body.

#### Important information:

- Hand-held weights are required.

**Instructor:** Madeleine Ross, YMCA Fitness Instructor Certification, CanFitPro, Yoga Alliance, Pilates certification

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### Pre- and Postnatal Fitness

Saturday 11:00 a.m. – 12:00 p.m.

Gym

We will begin with 30 minutes of whole-body workout to help keep your body or get it back in shape. During the second half, we will practice the de Gasquet method of yoga, which focuses on postural self-correction with diaphragm breathing, and stabilizing your pelvis. This course is welcome to all pre-natal participants and to women 6 weeks post-delivery. Please consult your healthcare professional before beginning any exercise regime.

#### Important information:

- This course begins on April 25. There is no class on May 16. The last class is on June 6. This is a 6-week course.
- The WIWC's childcare service is not available during Saturday courses.
- Bring a yoga mat and a pillow or cushion.

**Instructor:** Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet)

## Fitness Courses

### Strong by Zumba

12:30 – 1:30 p.m.

Gym

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. The original STRONG by Zumba® class is a demanding hour-long session that works your entire body. Please note that this is a high-intensity fitness class. This is not a traditional Zumba class.

#### Important information:

- This course begins on April 25. There is no class on May 16. The last class is on June 6. This is a 6-week course.
- The WIWC's childcare service is not available during Saturday courses.

**Instructor:** Gwen Woo, CanFitPro Fitness Instructor Specialist, Strong by Zumba®

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## CHILDREN'S COURSES (0 to 6 years)

#### Important information:

- Most classes run for 9 weeks.
- Make sure your child will turn the minimum age required for the course during the session (there are some exceptions to this rule as noted in the course descriptions).
- Once your child turns 6, he or she is too old to register for our courses for 5-year-olds.
- Another adult (dads included) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

## Children's Courses (0 to 6 years)

### **Toddler Tunes (18 mos. To 5 yrs. With Mom)**

Monday 9:00 – 9:45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

#### **Important information:**

- This course begins on April 20. There is no class on May 18. This is a 7-week course.

**Instructor:** Shannon Simpson, Bachelors of Music

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### **10 a.m. Music Medley for Baby (0-18 mos. With Mom)**

Monday 10:00 – 10:45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

#### **Important information:**

- This course begins on April 20. There is no class May 18 (Victoria Day). This is a 7-week course.

**Instructor:** Shannon Simpson, Bachelors of Music

## Children's Courses (0 to 6 years)

### **Mom & Tots Yoga (2-3.5 yrs. With Mom)**

Monday 10:00 – 10:45 a.m.

Gym

Filled with movement, stories, and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games, and art. Each class will explore a yoga-based theme, reinforced with a craft at the end of the class. We move from giggles to calm while developing gross and fine motor coordination, focus, and social skills. Moms can take what they learn in class and bring it to the home, growing body and mind awareness at their own pace.

#### **Important information:**

- This course begins on April 20. There is no class May 18 (Victoria Day). This is a 7-week course.
- You may be asked to bring in occasional supplies, such as empty jars, glitter glue and paper towel rolls.
- A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor:** Kathleen McAdams, CYT (Certified Yoga Teacher)

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### **11 a.m. Music Medley for Baby (0-18 mos. With Mom)**

Monday 11:00 – 11:45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

#### **Important information:**

- This course begins on April 20. There is no class May 18 (Victoria Day). This is a 7-week course.

**Instructor:** Shannon Simpson, Bachelors of Music

## Children's Courses (0 to 6 years)

### **Busy Bees (5-12 mos. With Mom)**

Tuesday 9:00 – 9:45 a.m.

Upstairs Classroom

Moms will get an opportunity to stimulate their child with songs, sensory activities and active play. You will engage your child in a variety of activities that are geared to help develop gross and fine motor skills. The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact. Please bring a yoga mat to class.

#### **Important information:**

- There is no class on April 21. This is an 8-week course.
- A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor:** Emily Cote, AEC in Early Childhood Education

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### **Mom & Tots Gym (2-3.5 yrs. With Mom)**

Tuesday 9:00 – 9:45 a.m.

Gym

Moms attend this class with their child who will meet new friends and enjoy group participation. We offer parachute play, co-operative games, a mini-gym, songs, balls, and a fun time for both mothers and children. For children to get the most out of the class, it is preferable for the participants to arrive on time. This is a fast-paced class and you wouldn't want to miss out on some of the fun!

#### **Important information:**

- There is no class on April 21 and one day in May. This is a 7-week course.

**Instructor:** Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind & Body Fitness Specialist

## Children's Courses (0 to 6 years)

### **Mama's Movers (12-24 mos. With Mom)**

Tuesday 10:00 – 10:45 a.m.

Upstairs Classroom

Come and explore with your child in this busy, active class. Each week you will have an opportunity to engage your child in different play activities, sing songs, and participate in a circle time. Your child will be introduced to new activities that will help develop his/her emerging gross motor, fine motor, and sensory skills.

#### **Important information:**

- There is no class on April 21. This is an 8-week course.
- A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor:** Emily Cote, AEC in Early Childhood Education

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### **Little Learners (2-4 yrs. With Mom)**

Tuesday 10:55 – 11:55 a.m.

Upstairs Classroom

Come for an action-packed hour of exciting and engaging learning. You and your child will be introduced to fun games and songs geared towards pre-academic skills. This structured time will include group time, story time, and play-to-learn activities. Children must be 2 years of age at the beginning of the session.

#### **Important information:**

- There is no class on April 21. This is an 8-week course.
- A \$5 non-refundable fee for craft materials is included in the price of this course.

**Instructor:** Emily Cote, AEC in Early Childhood Education

## Children's Courses (0 to 6 years)

### **Kodomo (Kids) Karate (4 -5 yrs.)**

Thursday 1:00 – 1:45 p.m.

Gym

What do whoopee cushions, pool noodles, and paper plates have to do with martial arts? Your child will find out in this fun and entertaining class! Kodomo Karate is a program designed specifically to introduce preschool-aged children to the beautiful world of traditional martial arts.

#### **Important information:**

- Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing.

**Instructor:** Meghan Greig, 2nd degree black belt in Wado Kai Karate

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## **COURSES FOR CHILDREN (5 YEARS AND OLDER)**

#### **Important information:**

- Most classes run for 9 weeks.
- Make sure your child will turn the minimum age required for the course during the session (there are some exceptions to this rule as noted in the course descriptions).
- Another adult (dads included) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

## Children's Courses (5 years and older)

### After School Karate

Tuesday 4:15 – 5:00 p.m.

Gym

This course for mother and child is an introduction to the beautiful world of martial arts. Students will learn blocks, strikes, kicks, and combinations of movements that will help them to develop their balance, coordination, strength, and body control.

#### Important information:

- There is no class on April 21. This is an 8-week course.
- The WIWC's childcare service is not available during this course.

**Instructor:** Meghan Greig, 2nd degree black belt in Wado Kai Karate

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### Hibou-M! Science Lab for Kids (5-7 yrs.)

Saturday 12:30 – 1:15 p.m.

Childcare Room 2

This enjoyable introduction to science is designed specifically to inspire future scientists by exploring science through play. Each class will touch on an exciting subject in the world of science, such as crystals, caves, planets, rockets, buildings, and shapes.

#### Important information:

- This course begins April 25. There is no class on May 16. The last class is on June 6. This is a 6-week course.
- There is a \$10 consumables fee per family payable to the instructor at the first class.
- Please remember that a parent must remain in the building while their children attend this class.

**Instructor:** Daniela Meca, B. Eng., Early Childhood Educator