



Centre des Femmes West Island
West Island Women's Centre

SPRING 2022 COURSE DESCRIPTIONS

General Registration Information

- Spring 2022 courses will be online via Zoom and in person at the Centre.
- To register for a course, you must be a member. The membership fee from September 2021 to June 2022 is \$5.
- Registration begins on **Friday, March 11th at 9 a.m.**
- In-person registration is by appointment only; please email programming@wiwc.ca or call 514- 695-8529.
- Courses begin Monday, April 11, 2022.
- There are no classes on Friday, April 15th and Monday April 18th (Easter)
- There are no classes on Monday, May 23th (Victoria Day)
- Most courses are 8 weeks unless otherwise indicated.
- Any participant requesting to withdraw from a class after the registration period can only receive a refund of their course fees, minus a \$5 administrative fee, if her spot in class can be taken (if there is a waiting list for that particular class). If this is not possible, course registration fees are non-refundable. For more information, please call the office.

West Island Women's Centre

Address: 11 Rodney Avenue, Pointe-Claire, QC, H9R 4L8 (Entrance via the parking lot entrance on Vincennes Avenue)

Mailing Address: P.O. Box 521, Pointe-Claire, QC, H9R 4S6

Office Hours: Monday to Friday, 8:30 a.m. - 12 p.m. and 1 p.m. - 3 p.m.

Telephone: 514-695-8529

E-mail: womenscentre@wiwc.ca

Website: www.wiwc.ca

Register Online: <https://www.amilia.com/store/en/west-island-womens-centre/shop/programs>

Follow us on Facebook: <http://www.facebook.com/westislandwomenscentre>

Schedule at a Glance: Spring 2022

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	10:30 – 11:30 a.m. <i>At the Centre</i>	MONDAY SWEAT AND TONE	7	\$35
Monday P.M.	1:00 – 2:00 p.m. <i>At the Centre</i>	PILATES	6	\$31
	1:00 – 2:30 p.m. <i>At the Centre</i>	WALKING CLUB	8	FREE
Monday Evening	7:00 – 8:30 p.m. <i>Online</i>	ANTI-INFLAMMATORY EATING FOR IMPROVED HEALTH	6	\$33
	7:00 – 9:00 p.m. <i>At the Centre</i>	VISION BOARD WORKSHOP: VISUALIZE YOUR FUTURE, REALIZE YOUR DREAMS	2	\$15 *plus consumable fee \$20
Tuesday A.M.	9:30 – 11:30 a.m. <i>At the Centre</i>	KNITTING CLUB	8	\$74
	10:00 – 11:00 a.m. <i>At the Centre</i>	BODY FACTORY	8	\$40
	10:00 – 12:00 p.m. <i>Online</i>	DISCOVER NEW CREATIVE JOURNALING™ <i>*Begins April 26th</i>	7	\$50
Tuesday P.M.	1:15 – 2:15 p.m. <i>At the Centre</i>	ESSETRICS	8	\$40
	1:30 – 3:00 p.m. <i>Online</i>	COMMUNICATE WITH CONFIDENCE: STEPS TO BETER RELATIONSHIPS	8	\$43
Tuesday Evening	6:15 – 7:15 p.m. <i>At the Centre</i>	EVENING RUNNING GROUP	7	\$35
	7:30 – 9:00 p.m. <i>Online</i>	KRIPALU-INSPIRED HATHA YOGA	8	\$60
Wednesday A.M.	9:30 – 10:15 a.m. <i>At the Centre</i>	SING-ALONG WITH SHANNON (0-5 YRS)	6	\$34
	10:30 – 11:15 a.m. <i>At the Centre</i>	SING-ALONG WITH SHANNON (0-5 YRS)	6	\$34
Wednesday P.M.	1:00 – 2:30 p.m. <i>At the Centre</i>	ADULT BALLET	8	\$60
	1:00 – 3:00 p.m. <i>Online</i>	THE GIFT OF SHIFT	8	\$58
Wednesday Evening	7:00 – 8:30 p.m. <i>Online</i>	RESTORATIVE YOGA	8	\$60
	7:30 – 9:30 p.m. <i>At the Centre</i>	FICTION BOOK CLUB Sept 15, Oct 20, Nov 17, Jan 19, Feb 16, March 16, April 20, May18	8	Registration closed
	7:00 – 9:00 p.m. <i>At the Centre</i>	NON-FICTION BOOK CLUB May 4 and June 1	2	\$18

Schedule at a Glance: Spring 2022 cont.

DAY	TIME	COURSE	#WKS	COST
Thursday A.M.	8:30 – 9:30 a.m. <i>Online</i>	THURSDAY ESSENTRICS	8	\$40
	9:45 – 10:45 a.m. <i>At the Centre</i>	FUNCTIONAL STRENGTH FOR SENIORS	8	\$40
	10:00 – 11:30 a.m. <i>Online</i>	MINDFULNESS	8	\$43
	11:00 – 12:00 p.m. <i>At the Centre</i>	THURSDAY SWEAT & TONE	8	\$40
	11:00 – 12:00 p.m. <i>At the Centre</i>	OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)	8	\$40
Thursday P.M.	1:00 – 3:00 p.m. <i>At the Centre</i>	WATERCOLOURS	8	\$74
Thursday Evening	7:00 – 9:00 p.m. <i>At the Centre</i>	PHOTOGRAPHY	6	\$56
Friday A.M.	9:00 – 10:00 a.m. <i>At the Centre</i>	FRESH AIR FITNESS FRIDAY	6	\$31
	10:15 – 11:15 a.m. <i>At the Centre</i>	START RUNNING	6	\$31
	10:30-11:30 a.m. <i>At the Centre</i>	OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)	6	\$31
Saturday A.M.	10:00 – 10:45 a.m. <i>At the Centre</i>	SING-ALONG WITH SHANNON (0-5 YEARS)	4	\$25
	11:00 – 11:45 a.m. <i>At the Centre</i>	SING-ALONG WITH SHANNON (0-5 YEARS)	4	\$25

Flex Fitness Challenge Program

24 Classes in 8 Weeks – 3 Weekly Recorded Classes for \$40

All classes will be pre-recorded and not live - take the classes whenever you want!

COURSE	RECORDINGS	#WKS
3PEAT	Recording Available Every Monday	8
INTERVAL TRAINING	Recording Available Every Monday	8
PILATES	Recording Available Every Monday	8

PERSONAL DEVELOPMENT COURSES

What you need to know for Personal Development Courses:

- Duration of course will be indicated in each description.
 - Prices include federal and provincial sales taxes.
 - There may be additional recommended materials to purchase. These fees are noted in the course descriptions.
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ANTI-INFLAMMATORY EATING FOR IMPROVED HEALTH

Monday 7:00 p.m. – 8:30 p.m.

Online via Zoom (6 weeks)

\$33

This class is for you if you would like to learn how to use nutrition to reduce inflammation, feel better, and slow down the hands of time. You will learn how changing your diet and how what you eat plays a key role in slowing down the ageing process and getting rid of inflammation, have less joint pain, less stiffness, more energy. Through this way of eating, you could be less likely to develop heart disease, type 2 diabetes, osteoarthritis, osteoporosis, depression, and slow cognitive decline. In this 6-week session you will discover how nutrition can help to reduce all your symptoms of inflammation so that you will feel better and have more energy. The goal of the class is for you to understand how inflammation is affected by nutrition and lifestyle, and then help you to develop your own toolbox of strategies to use in different circumstances. Using the nutrition information that we will learn, you will be encouraged to develop your own personal action plan and to put the plan into action. Through journaling and group discussion, we will continue to refine strategies and goals.

Important information:

- Materials needed: Journal, and a copy of the book *Anti-inflammatory Eating Made Quick and Easy* (<https://kimarreynutrition.com/my-books/>)
- There are no classes on April 18th, April 25th, and May 23rd. The last class is on June 6th.

Instructor: Kim Arrey, registered dietitian nutritionist; Bachelor of Science in Nutritional Sciences (Dietetics major) from the McGill University, Certificate of Training in Adult Weight Management from the American Dietetic Association, Certificate of Training in RYGB (Roux-en Y Gastric Bypass) Nutrition from Taylor College for Continuing Education and the ASMBS, member of the Order of Dietitians of Quebec, Dietitians of Canada, and the Canadian Obesity Network.

**VISION BOARD WORKSHOP:
VISUALIZE YOUR FUTURE, REALIZE YOUR DREAMS**

Monday 7:00 p.m. – 9:00 p.m.

In-Person at the Centre (2 weeks)

\$15

Embrace the new season of Spring by creating your vision board. Let your vision board guide you to question the goals you want to achieve and allow you to project yourself as if you have already achieved them. This two-part workshop will be given on Monday, April 25th and Monday, May 2nd as follows:

Monday, April 25th

- A self-reflection practice to set the intention
- Clarity in determining goals/aspirations - wheel of life
- Learn powerful visualization techniques and their use
- Begin to design your personal vision - selecting images, affirmations etc.

Monday, May 2nd

- This session will focus on the creation and the celebration of the vision boards

Important information:

- There is a **\$20 consumable fee** to be paid to the instructor.
- The classes will be held on April 25 and May 2.

All supplies will be provided through the consumable fee of \$20, including:

- Notebook/journal - pen
- Quality vision board
- Magazine images
- Affirmations
- Glue/Scissors

Instructor: Tania Chomyk, B.Ed., M.Ed., PPCC

DISCOVER NEW CREATIVE JOURNALING™

Tuesday 10:00 a.m. – 12:00 p.m.

Online via Zoom (7 weeks)

*Delayed start – April 26th

\$50

Creative journaling is an excellent self-discovery tool that sparks your creativity using simple art materials. Many of us have lost our connection to this enriching process even though we are creative by nature. Rediscover the joy of child-like expression! Although sharing is always optional, group journaling offers a nurturing common experience. No writing or art experience is required.

Important information:

- Materials needed: An unlined 9 x 12 inch sketchbook (preferably multi-media), pencils, markers, colouring pencils, construction paper (in a few colours), tissue paper (two or three colours), a white gesso (available at Michaels or any art store), and a deck of playing cards.
- The first class is on April 26th and the last class is on June 7.

Instructor: Helene Brunet, B.A. Honours English, Journal to the Self Certified Instructor

COMMUNICATE WITH CONFIDENCE: STEPS TO BETTER RELATIONSHIPS

Tuesday 1:30 p.m. – 3:00 p.m.

Online via Zoom (8 weeks)

\$43

Next to our health, one of the most important things in life are our relationships.

We often forget that fulfilling, mutually respectful relationships begin with a healthy loving relationship with ourselves. We start here to build better communication within (be more objective, less judgmental) as well as with others. Bad communication tears relationships apart, and you with it. When you or your partner/friend/boss/child feels undervalued, disrespected, or unappreciated, the relationship can't grow or even sustain itself for long without serious consequences.

In this course you will learn the causes of poor communication; how to become a better listener; how to express yourself better without the fear of creating more conflict; how to make yourself heard; learn about emotional intelligence (EI) to build empathy, self-reliance, intimacy, trust, and respect; and how mindfulness makes all this possible.

- Week 1: The Dance. The destructive nature of reactivity and self-limiting beliefs that keep us stuck. Awareness and attention changes everything.
- Week 2: Active listening. How to listen with no agenda (such as wanting to fix, defend, teach, etc.)
- Week 3: Speaking up without fear of judgment or confrontation, even when faced with narcissistic behaviour.
- Week 4: Being heard. Tips and guidelines.
- Week 5: Self-care. Walk the walk. Be who you want to be. Take back your power.
- Week 6: Change your role in your relationship. Negotiate boundaries.
- Week 7: Emotional intelligence and the role it plays in all relationships.
- Week 8: Being kind to yourself. Teaching others how to treat you.

Important information:

- The last class is on May 31.

Instructor: Caroline Courey, Life Coach, Author, Mindfulness Practitioner, Workshop Facilitator

The Gift of Shift

Wednesday 1:00 p.m. – 3:00 p.m.

Online via Zoom (8 weeks)

\$58

Join author Ann Papayoti for an intimate guide through the pages of *The Gift of Shift*. The book is a collection of 12 short, personal and sometimes intimate stories written and shared to illustrate and inspire mindset change despite circumstances. Each chapter is followed by self-reflection questions for the reader to reveal their own story around common life themes. This will be a discussion-led class which will offer both support and group coaching opportunities to the participants, as well as a chance for Ann to answer reader's questions and dive deeper into the subject matter.

Important information:

- The last class is on June 1.
- Please bring a journal and pen.
- Highly recommended for best course experience: A copy of *The Gift of Shift* by Tracey MacDonald & Ann Papayoti, available at Indigo, Pointe-Claire or online (Indigo and Amazon) in paper back or kindle version.

Instructor: Ann Papayoti, PCC, ELI-MP, co-author of *The Gift of Shift*

Mindfulness

Thursday 10:00 a.m. – 11:30 a.m.

Online via Zoom (8 weeks)

\$43

Mindfulness can change your life. This special sort of meditation doesn't just seek to feel good, but to feel everything—both good and bad. Cultivated as an ongoing, objective self-appraisal, mindfulness gives you direct insight into where you get stuck and shows you how to get free. Over eight weeks, we'll cover the following topics: reactivity, mindfulness, thinking, letting-go, anxiety, insight, acceptance, and stillness

Important information:

- The first class will be on April 14. The last class is on June 2.

Instructor: Stephen Schettini, former Buddhist monk, author, host of schettini.com and thenakedmonk.com.

SPECIAL INTEREST COURSES

What you need to know for Special Interest Courses:

- Most classes run for 8 weeks, unless otherwise indicated.
- 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.

KNITTING CLUB

Tuesday 9:30 a.m. – 11:30 a.m.
In-Person at the Centre (8 weeks)
\$74

Experienced knitters are invited to join this class. Bring your ongoing project or start a new one, all while picking up a few tips and tricks. Class projects will be presented but are not mandatory. Please bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

Important information:

- The last class is on May 31.

Instructor: Janet Callary

WEDNESDAY NIGHT NONFICTION BOOK CLUB

Wednesday 7:00 p.m. - 9:00 p.m.
In-Person at the Centre (May 4th and June 1st)
\$18

Reading nonfiction challenges us to explore new concepts, cultures, and experiences. Join us for a mini-Spring session as we get together to tackle two very different books in a lively discussion format. This is the list of books and we are asking participants to vote for two. Only two books will be chosen. We will advise you of the winners!

Options:

- Taste (Stanley Tucci)
- Nothing but the Truth (Marie Henein)
- Becoming (Michelle Obama)
- Unreconciled (Jesse Wentz)

Important information:

- The sessions will take place on May 4th and June 1st.

Instructor: Lynn Collins, Bachelor of Social Work

WATERCOLOURS

Thursday 1:00 p.m. - 3:00 p.m.
In-Person at the Centre (8 weeks)
\$74

Learn how to paint using watercolours in a fun and enriching environment. By following step-by-step demonstrations, discover how create artworks and become skilled at applying and controlling transparent washes and achieve glowing results!

In-class information is delivered at planned stages so that students have an opportunity to work on a variety of pieces, while other work is drying. Questions are encouraged and welcome as everyone learns from this valuable cross-pollination of ideas. The various homework assignments (approx. 1 hour/week) will reinforce what you have just learned so you can work at your own pace, using the techniques as far as your interest and imagination will go.

Topics include inventory of materials and tools; transparency and wet into wet; laying in colour; pulling out colour; value scales and graded washes; colour mixing from primaries; tinting abilities of various colours; overlaying washes; glazing; negative painting; dry brushing; and creating textures.

Important information:

- The materials list will be sent to participants the week prior to the first class. The approximate cost of materials should be \$75.
- Last Class is on June 2.

Instructor: Ann Kallaste-Kruzelecky, B.F.A. (Concordia University)

DIGITAL PHOTOGRAPHY (INTRO LEVEL)

Thursday 7:00 p.m. - 9:00 p.m.

In-Person at the Centre (6 weeks)

\$56

Discover how to take great pictures with your smartphone or camera and explore how you can create some photo magic!

In this course we will learn the basics of digital photography, the exposure triangle, composition, and how to work with it to create great pictures. From framing a shot to setting up your camera app, our goal is to make great shots. Confused by your digital camera? This course can help you understand the basics of light and photography that will make you more comfortable and knowledgeable when taking your shots.

You will learn:

- The basics of digital photography.
- How light works and how to make the most of the light that is available to you.
- The exposure triangle: shutter speed, aperture, and how they influence the image.
- How to work with a camera app to set the exposure you want.
- How to deal with low light and high contrast light situations.
- The fundamentals of composition tools like the Rule of Thirds.

Join us to better understand composition and create your own wonderful pictures using your camera or your smartphone.

Important information:

- Equipment needed: digital camera or smartphone.
- Last Class is on May 19.

Instructor: Cassandra Leslie, Master of Fine Arts, Photographer, Illustrator, Graphic Artist, C2 Studio

FITNESS AND YOGA COURSES

What you need to know for Fitness and Yoga Courses:

- Limited spots are available for in-person fitness classes, with physical distancing measures in place.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- Any required items will be noted in the course description.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.

MONDAY SWEAT AND TONE - MEDIUM/HIGH INTENSITY

Monday 10:30 a.m. - 11:30 a.m.
In-Person at the Centre (7 weeks)
\$35

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, yoga mat, and a water bottle. Get ready for some sweaty fun.

Important information:

- There are no classes on April 18 and May 23. The last class is on June 6.

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

PILATES

Monday 1:00 p.m. - 2:00 p.m.
In-Person at the Centre (6 weeks)
\$31

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

Important information:

- There are no classes on April 18 and May 23. The last class is on May 30.

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

BODY FACTORY – MEDIUM INTENSITY

Tuesday 10:00 a.m. – 11:00 p.m.

In-Person at the Centre (8 weeks)

\$40

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

Important information:

- 5 lbs hand-held weights are required.
- Tubing and steps are provided by the Women’s Centre.
- There is no class on April 19. The last class is on June 7.

Instructor: Sue Jollimore, CAN-FIT-PRO

ESSENTRICS

Tuesday 1:15 p.m. - 2:15 p.m.

In-person at the Centre (8 weeks)

\$40

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:

- The last class is on May 31.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 3)

EVENING RUNNING GROUP

Tuesday 6:15 p.m. - 7:15 p.m.

Outside at the Centre (7 weeks)

\$35

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:

- Meet on the grass on the north side of the building.
- 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.
- **A headlamp is required.** In addition, reflective clothing or armbands are highly recommended.
- The last class is on May 24.
- The WIWC's childcare service is not available during evening courses.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

EVENING KRIPALU-INSPIRED HATHA YOGA

Tuesday 7:30 p.m. - 9:00 p.m.

Online via Zoom (8 weeks)

\$60

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:

- The last class is on May 31.

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

ADULT BALLET

Wednesday 1:00 p.m. - 2:30 p.m.
In-Person at the Centre (8 weeks)
\$60

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:

- Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.
- The last class is on June 1.

Instructor: Alison Dewar

RESTORATIVE YOGA

Wednesday 7:00 p.m. - 8:30 p.m.
Online via Zoom (8 weeks)
\$60

Treat yourself to a well-deserved midweek break by immersing yourself in tranquil restoration. Restorative yoga is a relaxing and introspective practice that allows our body to stretch deeply and safely, resting comfortably in postures for extended periods of time, supported by pillows, blankets and other props. Relaxing breath techniques and heartwarming meditations will be explored. Minimal effort required. All levels of experience are welcome.

Important information:

- The last class is on June 1.

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

THURSDAY ESSETRICS - LOW INTENSITY

Thursday 8:30 a.m. - 9:30 a.m.

Online via Zoom (8 weeks)

\$40

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.

Materials required:

- A yoga mat and exercise tube, strap, or towel are required.

Important information:

- The last class is on June 2.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 3)

FUNCTIONAL STRENGTH FOR SENIORS

Thursday 9:45 a.m. - 10:45 a.m.

In-Person at the Centre (8 weeks)

\$40

This class is based on Functional Movement System. The fundamental movements, such as crawling, kneeling and squatting, stimulate your motor control. These movements improve your balance, posture and even strength.

Important information:

- The last class is on June 2.

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet), FMS (functional movement system) certified trainer

THURSDAY SWEAT AND TONE - MEDIUM/HIGH INTENSITY

Tuesday 11:00 a.m. - 12:00 p.m.
In-Person at the Centre (8 weeks)
\$40

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, yoga mat, and a water bottle. Get ready for some sweaty fun.

Important information:

- The last class is on June 2.

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

OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)

Thursday 11:00 a.m. - 12:00 p.m.
Outside at the Centre (8 weeks)
\$40

We will explore the Valois area, including natural settings (the park) through walking, lunging, high knee and balance walks. We will be aware of the optimal gait, breath, and posture.

Important information:

- No equipment needed (no yoga mat).
- Please wear suitable exercise gear and clothing for you and baby.
- We will use **strollers**.
- The last class is on June 2.

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet), FMS (functional movement system) certified trainer

FRESH AIR FITNESS FRIDAY

Friday 9:00 a.m. - 10:00 a.m.

Outside at the Centre (6 weeks)

\$31

Exercising outside in the spring is a great way to boost your fitness, your mood, and your immune system. This outdoor class will combine a variety of strengthening and conditioning exercises out and about in our beautiful local community. Enjoy the springtime scenery, get some fresh air, and build your total fitness in a fun way!

Important information:

- There is no class on April 15. The last class is on May 27.
- 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

START RUNNING

Friday 10:15 a.m. – 11:15 a.m.

Outside at the Centre (6 weeks)

\$31

Ever wanted to start running but not sure how? Ever wanted to run but think you can't? Then this course is for you! Using run/walk intervals, the course will gently ease you into running and take you from being a non-runner or beginner runner to being able to run. Some running strength building exercises will be included, as well as warm up and cool down/stretching exercises. We will cover good posture in order to run more efficiently and to lessen the chance of injuries.

Important information:

- Meet on the grass on the north side of the building.
- This course will run rain or shine, so please dress appropriately.
- Remember, if you can walk, you can run!
- There is no class on April 15. The last class is on May 27.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)

Friday 10:30 a.m. - 11:30 p.m.

Outside at the Centre (6 weeks)

\$31

We will explore the Valois area, including natural settings (the park) through walking, lunging, high knee, and balance walks. We will be aware of the optimal gait, breath, and posture.

Important information:

- No equipment needed (no yoga mat).
- Please wear suitable exercise gear and clothing for you and baby.
- We will use **strollers**.
- There is no class on April 15 and May 20.
- The last class is on June 3.

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet), FMS (functional movement system) certified trainer

Flex Fitness Challenge Program

What you need to know:

- For one low fee, participants have access to three newly recorded classes every week: ***Pilates, Interval Training, and 3Peat Fitness***,
 - The price of the bundle is \$40. Price includes federal and provincial sales taxes.
 - The challenge runs for 8 weeks.
 - Three new classes will be recorded and available every Monday.
 - The last recordings will be available the week of May 30.
 - If you have a health condition or injury, please check with your doctor before signing up for a course.
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PILATES

Pre-Recorded – New Class Available Every Monday

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

Important information:

- The last class is available the week of May 30.

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

INTERVAL TRAINING

Pre-Recorded – New Class Available Every Monday

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. Prepare to sweat and reach your full potential!

Important information:

- The last class is available the week of May 30.

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

3PEAT FITNESS

Pre-Recorded – New Class Available Every Monday

There will be lots of sweat and a ton of toning in this class. We will do a series of repeating cardio, strengthening, and toning exercises that can be performed in a small space, with weights or household items that you have on hand.

Important information:

- The last class is available the week of May 30.

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

CHILDREN COURSES

What you need to know for Children's courses:

- 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 or a grandparent 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.

SING-ALONG WITH SHANNON (0 TO 5 YRS WITH PARENT)

WEDNESDAY SING-ALONG (0 TO 5 YRS)

Wednesday 9:30 a.m. - 10:15 a.m.
In-Person at the Centre (6 weeks)
\$34

WEDNESDAY SING-ALONG (0 TO 5 YRS)

Wednesday 10:30 a.m. - 11:15 a.m.
In-Person at the Centre (6 weeks)
\$34

SATURDAY SING-ALONG (0 TO 5 YRS)

Saturday 10:00 a.m. - 10:45 a.m.
In-Person at the Centre (4 weeks)
\$25

SATURDAY SING-ALONG (0 TO 5 YRS)

Saturday 11:00 a.m. - 11:45 a.m.
In-Person at the Centre (4 weeks)
\$25

Join us for an action-packed weekly music class! We'll sing a themed sing-along, play with home-made instruments, dance and creatively express our inner rhythm!

Important information:

- Wednesday classes: the last class is on Wednesday, May 18.
- Saturday classes: there are no classes on Saturday, April 16.
- Saturday classes: the last class is on Saturday, May 14.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Shannon Simpson, Bachelor of Music

WIWC BOARD OF DIRECTORS

OFFICERS

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*Executive Director: Sarah Ford

**Ex-officio: Non-voting member*

Board members are here to serve you, our membership. Please leave a message for the appropriate board member should you have any concerns, questions, or suggestions.

For information about the upcoming Spring 2022 Session, please call the WIWC Office at 514-695-8529 or email programming@wiwc.ca.

We are an agency supported by Centraide of Greater Montreal



Updated: March 31, 2022