



Centre des Femmes West Island  
West Island Women's Centre

## FALL 2022 COURSE DESCRIPTIONS

### General Registration Information

- Fall 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 2022 to June 2023 is \$5.
- Registration begins on **Friday, August 26<sup>th</sup> at 9 a.m.**
- In-person registration is by appointment only; please email [programming@wiwc.ca](mailto:programming@wiwc.ca) or call 514-695-8529.
- Courses begin Monday, September 12, 2022.
- There are no classes on Saturday, October 8<sup>th</sup> and Monday, October 10<sup>th</sup> (Thanksgiving).
- Most courses are 10 or 12 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 the 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.
- All courses, unless otherwise noted, are in-person at the Centre.

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### 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](mailto:womenscentre@wiwc.ca)

**Website:** [www.wiwc.ca](http://www.wiwc.ca)

**Register Online:** As of Friday, August 26 at 9:00 a.m.

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

## FALL 2022 SCHEDULE

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	9:00 - 10:00 a.m. Online	PILATES	11	\$55
	10:30 - 11:30 a.m.	MONDAY SWEAT AND TONE	11	\$55
Monday P.M.	1:00 - 2:00 p.m.	PILATES	11	\$55
	1:00 - 2:30 p.m.	WALKING CLUB	13	FREE
	1:00 - 3:00 p.m.	SINGING GROUP	10	\$92 plus a \$5 consumable fee
Monday Evening	7:00 - 8:30 p.m. Online	MY DOCTOR TOLD ME TO LOSE WEIGHT. NOW, WHAT DO I DO?	10	\$55
	7:30 - 8:30 p.m.	PRENATAL YOGA	10	\$50
Tuesday A.M.	9:30 - 11:30 a.m.	KNITTING CLUB	12	\$110
	10:00 - 11:00 a.m.	BODY FACTORY	12	\$60
	10:45 - 12:00 noon	BABY MASSAGE Start Date September 13	6	\$27 plus a \$2 consumable fee
Tuesday P.M.	1:15 - 2:15 p.m.	ESSEINTRICS	12	\$60
Tuesday Evening	6:30 - 7:30 p.m.	EVENING RUNNING GROUP	11	\$55
	6:30 - 7:30 p.m.	ZUMBA NITE	12	\$60
	7:30 - 9:00 p.m.	LEARNING DISABILITIES 101 October 4, 11 and 18	3	\$30
	7:30 - 8:30 p.m. Online	BALLET CLASS - BALLETVOLUTION	12	\$60
	7:30 - 9:00 p.m. Online	KRIPALU-INSPIRED HATHA YOGA	10	\$75
Wednesday A.M.	9:30 - 10:15 a.m.	SING-ALONG WITH SHANNON (0-5 YRS)	12	\$58
	9:30 - 10:30 a.m. Online	ELDOA FLOW STRETCHING	12	\$60
	10:30 - 11:15 a.m.	SING-ALONG WITH SHANNON (0-5 YRS)	12	\$58
	10:30 - 12:00 noon	NUTRITION, YOGA, AND SELF-CARE FOR HEALTH AND WELLNESS	12	\$67
	10:45 - 12:00 noon	BABY MASSAGE Start Date October 26	6	\$27 plus a \$2 consumable fee

Wednesday P.M.	1:00 - 2:30 p.m.	ADULT BALLET	12	\$90
	1:00 - 3:00 p.m. <i>Online</i>	LIVING HEALTHY RELATIONSHIPS	10	\$72
Wednesday Evening	7:00 - 8:30 p.m.	BEGINNER'S UKULELE	12	\$83
	7:00 - 8:30 p.m. <i>Online</i>	RESTORATIVE YOGA	10	\$75
	7:00 - 9:00 p.m.	THE HAPPY MOVIE Wednesday, October 19	1 time	\$10
	7:00 - 9:00 p.m.	NON-FICTION BOOK CLUB Sept 21, Oct 26, and Nov 30	3 times	\$28
	7:30 - 9:30 p.m.	FICTION BOOK CLUB Sept 21, Oct 26, Nov 16, Dec 14, Jan 18, Feb 15, March 15, April 19, May 17 and June 14	10 times	\$45
Thursday A.M.	8:30 - 9:30 a.m. <i>Online</i>	THURSDAY ESSENTRICS	12	\$60
	9:45 - 10:45 a.m.	OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)	10	\$50
	9:45 - 10:45 a.m.	TONING - CUSTOM FIT FOR ALL LEVELS AND AGES	12	\$60
	10:30 - 12:00 noon <i>Online</i>	MINDFULNESS	8	\$43
	11:00 - 12:00 noon	3PEAT FITNESS	12	\$60
	11:00 - 12:00 noon	OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)	10	\$50
Thursday P.M.	1:00 - 3:00 p.m.	WATERCOLOUR	10	\$92
Thursday Evening	7:00 - 9:00 p.m.	DIGITAL PHOTOGRAPHY	12	\$110
Friday A.M.	9:00 - 10:00 a.m.	FRESH AIR FITNESS FRIDAY	11	\$55
	9:30 - 10:15 a.m.	BUSY BEES (3-12 MONTHS)	10	\$50
	10:15 - 11:15 a.m.	START RUNNING	11	\$55
	10:30 - 11:15 a.m.	BUSY BEES (3-12 MONTHS)	10	\$50
Saturday A.M.	9:30 - 10:30 a.m.	HATHA YOGA and MEDITATION	10	\$50
	10:00 - 10:45 a.m.	SING-ALONG WITH SHANNON (0-5 YEARS)	10	\$50
	10:00 - 12:00 noon	SINGING GROUP	10	\$92 plus a \$5 consumable fee
	10:45 - 11:45 a.m.	PRENATAL YOGA	10	\$50
	11:00 - 11:45 a.m.	SING-ALONG WITH SHANNON (0-5 YEARS)	10	\$50

## PERSONAL DEVELOPMENT COURSES

### WHAT YOU NEED TO KNOW FOR PERSONAL DEVELOPMENT COURSES:

- Duration of the course is 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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### MY DOCTOR TOLD ME TO LOSE WEIGHT. NOW, WHAT DO I DO?

Monday 7:00 p.m. - 8:30 p.m.

Online via Zoom (10 weeks)

\$55

In this group, dietitian, Kim Arrey, will present you with information that will help you to decide what your next steps are in managing your weight. This class will help you to look at how what you eat, how you eat, when you eat and how your life can influence your weight.

#### Important Information:

- There is no class on Monday, October 10<sup>th</sup>. The last class is on November 21<sup>st</sup>.

**Instructor:** Kim Arrey, registered dietitian nutritionist; Bachelor of Science in Nutritional Sciences (Dietetics major) from 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.

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### BABY MASSAGE (0 TO 12 MONTHS WITH PARENT)

Tuesday 10:45 a.m. - 12:00 p.m.

In-Person at the Centre - Downstairs Classroom (6 weeks)

\$27

Giving your baby a nurturing and loving massage is one of the best gifts you can offer. Touch is one of the most important sensory experiences, as it can bring peace and comfort. Massaging your baby helps strengthen the bond between parent and child. Massaging your baby stimulates different body systems including digestion/elimination, helping to relieve pain caused by gas/colic. In this course, the parent will be guided in learning to massage their babies. There will be time for group discussion about topics relating to massaging their infants as well as other

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topics of interest to the group. Always remember that your baby's needs come first, and you are welcome to let your sleeping baby sleep through the class while you practice with a doll, or if baby is having a fussy day and just doesn't feeling like participating you are still welcome to observe and join our discussion! Participants are asked to bring at least 2 receiving blankets (or towels) with them to class. Mobile babies under the age of 12 months are welcome.

**Important Information:**

- A \$2 fee is payable to the instructor for baby massage oil.
- The class **starts on September 13<sup>th</sup>** and ends on October 18<sup>th</sup>.

**Instructor:** Patricia Olinik, CIMI (Certified Infant Massage Instructor), RMT (Registered Massage Therapist).

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**LEARNING DISABILITIES 101**

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

In-Person at the Centre - Upstairs Classroom (3 weeks)

\$30

These workshops are primarily designed for parents and caregivers of children with learning disabilities (LD) and attention deficit hyperactivity disorder (ADHD). Other interested adults, including those with LD or ADHD, are also invited to register.

The format will be three sessions of 90 minutes each. Along with PowerPoint presentations, there will be lots of time for participant discussion.

**Session #1: Walk a Mile in My Shoes:** This experiential workshop is designed to give participants an understanding of what it feels like to have an LD or ADHD. Participants will gain both theoretical knowledge and a practical understanding of learning disabilities and ADHD, and how they can impact on everyday life at home, school, and work.

**Session # 2: Follow the Yellow Brick Road:** In this workshop participants will follow the journey from assessment to success, stopping along the way to look at psycho-educational testing, reasonable accommodations, individualized educational plans (IEP), and forming a partnership with the child's educators.

**Session # 3: The LD Tool Chest:** Strategies to support children and adults with LD and ADHD will be presented. The potential benefits and risks of computer technology, medication, specialized remediation programs, etc. will be explored and local resources will be identified. Self-advocacy, disability legislation, and the Quebec human rights will be introduced.

**Important Information:** The workshop will take place on **Tuesday, October 4<sup>th</sup>, Tuesday, October 11<sup>th</sup> and Tuesday, October 18<sup>th</sup>.**

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**Instructor:** Susie Wileman, M.Ed., OPQ, is a research associate of the Adaptech Research Network and scholar-in-residence at Dawson College, and a part-time faculty member at Concordia University, Department of Applied Human Sciences. A retired psychologist and service provider at the Student AccessAbility Centre at Dawson College, she has been active on committees focused on inclusion, accessibility and services to students with disabilities. As a parent of two adult children with ADHD, she has walked the walk.

**Instructor:** Alice Havel completed a Ph.D. in Counselling Psychology at McGill University. Before her retirement, she was the Coordinator of the Student AccessAbility Centre at Dawson College. Presently she is a research associate with the Adaptech Research Network and a scholar in residence at Dawson College. She has maintained her interest in learning disabilities as a board member of the Montreal Centre for Learning Disabilities. As a parent of two adult children with LD, she has experienced firsthand the challenges that parents face to ensure their children with learning disabilities get the support they need.

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## **NUTRITION, YOGA, AND SELF-CARE FOR HEALTH AND WELLNESS**

Wednesday 10:30 a.m. - 12:00 p.m.

In-Person at the Centre - Upstairs classroom (12 weeks)

\$67

“Give yourself the gift of self-care and learn how to nourish your mind, body, and spirit through this 12-week program.” You will learn about different ways to take care of your health, starting with nutrition and optimizing digestion (gut health). You'll also learn how to manage emotional eating and cravings, and different ways to reduce stress, and to improve your sleep quality.

During the 12-week course, you'll be supported while you develop healthy habits for self-care such as meal planning, mindful eating, exercising, detoxification and reducing stress. Self-care and proper nutrition are important to support immune health, increase energy, shed excess weight, improve mood, concentration, and overall health. It's a gift to yourself to nourish your mind, body, and soul!

You will learn:

- Anti-inflammatory foods, herbs and teas for energy and detoxification.
- How to identify and reduce toxins in your every-day life.
- How to improve your quality of sleep, including supplements, teas, essential oils, and body relaxation techniques. The do's and don'ts of a healthy bedtime routine.
- Stretching using yoga to release tension and negative energy.
- Meditation for sleep, for relaxation and grounding to calm your mind.
- Meal planning and preparations for healthy meals and snacks.
- Gut health, food combining principles and food pairing for optimal absorption.

- Different types of food cravings and emotional eating.
- Tapping techniques to reduce food cravings and stress.
- How to support detoxification. What foods can help support the elimination organs (liver, kidneys, colon, lungs, and skin).
- Self-massage, dry brushing, and lymphatic drainage techniques to support lymphatic cleansing.
- Positive self-affirmations and self-talk for a healthy mindset.

**Important Information:**

What to bring (you will be notified ahead of time):

- Yoga mat, straps (optional).
- Dry brush, lymphatic drainage paddle (optional) – you can also use a wooden spoon or bare hands.

**Instructor:** Cindy Wong R.H.N., Registered Holistic Nutritionist RHN, BCompSc McGill, Founder of BeChamp Health, Yoga Instructor.

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**BABY MASSAGE (0 TO 12 MONTHS WITH PARENT)**

Wednesday 10:45 a.m. - 12:00 p.m.

In-Person at the Centre - Downstairs Classroom (6 weeks)

\$27

Giving your baby a nurturing and loving massage is one of the best gifts you can offer. Touch is one of the most important sensory experiences, as it can bring peace and comfort. Massaging your baby helps strengthen the bond between parent and child. Massaging your baby stimulates different body systems including digestion/elimination, helping to relieve pain caused by gas/colic. In this course, the parent will be guided in learning to massage their babies. There will be time for group discussion about topics relating to massaging their infants as well as other topics of interest to the group. Always remember that your baby's needs come first, and you are welcome to let your sleeping baby sleep through the class while you practice with a doll, or if baby is having a fussy day and just doesn't feeling like participating you are still welcome to observe and join our discussion! Participants are asked to bring at least 2 receiving blankets (or towels) with them to class. Mobile babies under the age of 12 months are welcome.

**Important Information:**

- A \$2 fee is payable to the instructor for baby massage oil.
- The class **starts on October 26<sup>th</sup>** and ends on November 30<sup>th</sup>.

**Instructor:** Patricia Olinik, CIMI (Certified Infant Massage Instructor), RMT (Registered Massage Therapist).

## **LIVING HEALTHY RELATIONSHIPS**

Wednesday 1:00 p.m. - 3:00 p.m.

Online via Zoom (10 weeks)

\$72

*Living Healthy Relationships* is a discussion-led course for anyone wanting to increase their personal sense of well-being, decrease their stress, and enjoy more rewarding relationships in all areas of life, including spouses, children, family, friends, co-workers, and more. You will be introduced to what negatively affects relationships and how to nurture respectful and caring relationships while learning a variety of skills related to self-love, acceptance, communication, compromise, forgiveness, boundaries, managing conflict, and dealing with difficult people.

### **Important Information:**

- The last class is on November 16<sup>th</sup>.
- Please note that personal information and sensitive topics may be discussed. This class may not be suitable for all participants.

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

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## **THE HAPPY MOVIE**

Wednesday, October 19<sup>th</sup> from 7:00 p.m. - 9:00 p.m.

In-Person at the Centre - Gym

\$10

Does money make you HAPPY? Kids and family? Your work? Do you live in a world that values and promotes happiness and well-being? Roko Belic, brings us **HAPPY**, a film that sets out to answer these questions and more. Taking us from the bayous of Louisiana to the deserts of Namibia, from the beaches of Brazil to the villages of Okinawa, **HAPPY** explores the secrets behind our most valued emotion. Combining real life stories of people from around the world and interviews with leading scientists in happiness research, this is an opportunity to view the movie and reflect together after on the key components uncovered during the documentary. What are some possible strategies you might want to adopt for yourself and your community?

Anne Archambault has presented this movie to many audiences, Concordia and McGill University students, local community groups, family etc.

**Instructor:** Anne Archambault M.Ed, Faculty at Concordia University in the Applied Human Science Department and offers Yoga and personnel development workshops for a variety of organizations.



## **MINDFULNESS**

Thursday 10:30 a.m. - 12:00 p.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: automaticity/reactivity, courage & self-compassion, find your purpose, connect to self & others, what to believe in, don't take it personally and acceptance.

### **Important Information:**

- The first class will be on September 15<sup>th</sup>. The last class is on November 3<sup>rd</sup>.

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

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## **SPECIAL INTEREST COURSES**

### **WHAT YOU NEED TO KNOW FOR SPECIAL INTEREST COURSES:**

- Most classes run for 10 to 12 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.
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## **WALKING GROUP**

Monday 1:00 p.m. - 2:30 p.m.

In-Person at the Centre (13 weeks)

Free

Join other women from our community for our free walking group on Mondays at 1:00 p.m. Please make sure that you register for this free activity and that you have ensured your WIWC membership is valid (membership fee \$5).

### **Important Information:**

- WIWC membership required. Volunteer run activity.
  - The walk will only be cancelled in case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended.
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- There is no walk on October 10<sup>th</sup>.
- The Fall Walking Group runs from September 12<sup>th</sup> until December 12<sup>th</sup>.

**Instructor:** Volunteer run activity.

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### **SINGING GROUP**

Monday 1:00 p.m. - 3:00 p.m.

In-Person at the Centre - Upstairs Classroom (10 weeks)

\$92

If you like to sing, why not join our singing group? We have a lot of fun working on many different styles of music in unison and 2-part arrangements. Singing in a group creates a special connection between people. We are very friendly and welcome all levels of musical ability. You just might discover a new talent in yourself.

#### **Important Information:**

- There is no class on October 10<sup>th</sup>.
- A \$5 consumable fee is to be paid to the instructor.
- The last class is on November 21<sup>st</sup>.

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

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### **KNITTING CLUB**

Tuesday 9:30 a.m. - 11:30 a.m.

In-Person at the Centre - Upstairs Classroom (12 weeks)

\$110

Experienced knitters and crocheters 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 November 29<sup>th</sup>.

**Instructor:** Janet Callary.

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### **BEGINNER'S UKULELE**

Wednesday 7:00 p.m. - 8:30 p.m.

In-Person at the Centre - Upstairs Classroom (12 weeks)

\$83

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Classically trained musician Shannon leads first-time players through instrument care, posture, instrument technique, and introduces reading chord diagrams, strumming and tablature. With no previous musical knowledge necessary, this is a fun way to start a new passion and bring some music into your life! If you would like to try out the ukulele without committing to buying an instrument, ukuleles are available to rent.

**Materials required:**

- Ukulele.
- If you do not have your own ukulele, rentals are available for \$25. Please contact the office for more information.

**Instructor:** Shannon Simpson, Bachelor of Music.

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**WEDNESDAY NIGHT NONFICTION BOOK CLUB**

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

In-Person at the Centre - Downstairs Classroom (3 weeks)

\$28

Reading nonfiction challenges us to explore new concepts, cultures, and experiences. Join us as we get together to tackle very different books in a lively discussion format. The first book for September 2022 is “Finding the Mother Tree - Discovering the Wisdom of the Forest” by Suzanne Simard. The other books will be voted on as a group.

**Important Information:**

- The book club dates are September 21<sup>st</sup>, October 26<sup>th</sup>, and November 30<sup>th</sup>.

**Instructor:** Lynn Collins, Bachelor of Social Work.

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**FICTION BOOK CLUB**

Wednesday 7:30 p.m. - 9:30 p.m.

In-Person at the Centre - Upstairs Classroom - (10 weeks)

\$45

The Women’s Centre’s book club offers you great reading, exciting discussion, and warm companionship. The first book for September 2022 is “The Paris Library” by Janet Skeslien Charles.

**Important Information:**

- The book club dates are: September 21<sup>st</sup>, October 26<sup>th</sup>, November 16<sup>th</sup>, December 14<sup>th</sup>, January 18<sup>th</sup>, February 15<sup>th</sup>, March 15<sup>th</sup>, April 19<sup>th</sup>, May 17<sup>th</sup>, and June 14<sup>th</sup>.

**Instructor:** Volunteer run activity.

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**WATERCOLOUR**

Thursday 1:00 p.m. - 3:00 p.m.

In-Person at the Centre - Upstairs Classroom - (10 weeks)

\$92

Learn how to paint using watercolours in a fun and enriching environment. By following step-by-step demonstrations, discover how to create artwork 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.

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

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**DIGITAL PHOTOGRAPHY**

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

In-Person at the Centre - Upstairs Classroom (12 weeks)

\$110

Discover how to take great pictures! 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 and increase your knowledge when taking photos.

You will learn:

- The basics of digital photography.
- How light works and how to make the most of the light that is available.
- The exposure triangle: shutter speed, aperture, and ISO.
- 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.

**Important Information:**

- Equipment needed: digital camera or smartphone.

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

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**SINGING GROUP**

Saturday 10:00 a.m. - 12:00 p.m.

In-Person at the Centre - Downstairs Classroom (10 weeks)

\$92

If you like to sing, why not join our singing group? We have a lot of fun working on many different styles of music in unison and 2-part arrangements. Singing in a group creates a special connection between people. We are very friendly and welcome all levels of musical ability. You just might discover a new talent in yourself.

**Important Information:**

- There is no class on October 8<sup>th</sup>.
- The last class is on November 26<sup>th</sup>.
- A \$5 consumable fee is to be paid directly to the instructor.

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

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## FITNESS AND YOGA COURSES

### WHAT YOU NEED TO KNOW FOR FITNESS AND YOGA COURSES:

- Limited spots are available for in-person fitness classes. Class sizes are 12 to 15 people in order to allow for physical distancing.
  - 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.
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### PILATES

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

Online via Zoom (11 weeks)

\$55

This class provides 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 is no class on October 10<sup>th</sup>. The last class is on November 28<sup>th</sup>.

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

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### MONDAY SWEAT AND TONE – HIGH INTENSITY

Monday 10:30 a.m. - 11:30 a.m.

In-Person at the Centre - Gym (11 weeks)

\$55

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 is no class on October 10<sup>th</sup>. The last class is on November 28<sup>th</sup>.

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

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## **PILATES**

Monday 1:00 p.m. - 2:00 p.m.

In-Person at the Centre - Gym (11 weeks)

\$55

This class provides 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 is no class on October 10<sup>th</sup>. The last class is on November 28<sup>th</sup>.

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

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## **PRENATAL YOGA**

Monday 7:30 p.m. - 8:30 p.m.

In-Person at the Centre - Upstairs Classroom (10 weeks)

\$50

Pregnancy is a time to continue or to begin a gentle yoga practice. Prenatal yoga is designed to complement and help stretch your body, and aid in comfortably carrying your little one. Most importantly we will focus on restorative poses that will include gentle stretching, deep breathing, relaxation, and meditation.

Please bring a yoga mat and a strap. You are also welcome to bring blankets and pillows, etc.

### **Important Information:**

- There is no class on October 10<sup>th</sup>. The last class is on November 21<sup>st</sup>.
- The WIWC childcare service is not available during evening courses.
- Please bring a yoga mat to class.

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

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## **BODY FACTORY - HIGH INTENSITY**

Tuesday 10:00 a.m. - 11:00 p.m.

In-Person at the Centre - Gym (12 weeks)

\$60

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

**Important Information:**

- 5 lbs hand-held weights are recommended.
- Tubing and steps are provided by the Women's Centre.

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

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**ESSETRICS**

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

In-person at the Centre - Gym (12 weeks)

\$60

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 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.

**Instructor:** Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 4 Instructor).

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**EVENING RUNNING GROUP**

Tuesday 6:30 p.m. - 7:30 p.m.

Outside at the Centre (11 weeks)

\$55

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:**

- **A headlamp is required.** In addition, reflective clothing or armbands are highly recommended.
  - 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.
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- The last class is on November 22<sup>nd</sup>.
- The WIWC's childcare service is not available during evening courses.

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

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### **ZUMBA® NITE**

Tuesday 6:30 p.m. - 7:30 p.m.

In-person at the Centre - Gym (12 weeks)

\$60

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. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

#### **Important Information:**

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

**Instructor:** Nicole Zafar, CAN-FITPRO F.I.S., CPR/AED. Zumba Proskills®, Strong by Zumba®, Zumba Sentao®, Zumba Core® and Zumba Step®.

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### **BALLET CLASS - BALLETVOLUTION**

Tuesday 7:30 p.m. - 8:30 p.m.

Online via Zoom (12 weeks)

\$60

Experience the joy of ballet from the comfort of your own home. Ballet is a great way to tone muscles, improve posture and flexibility while enjoying the art of self-expression.

Class will consist of a ballet barre or a chair, will progress during the session to center exercises as well and each class will finish with stretches to improve flexibility. Class is geared to all adults and will be tailored to fit each student's needs and comfort level.

#### **Important Information:**

- Please wear ballet slippers or bare feet and have a yoga mat.
- The last class is on November 29<sup>th</sup>.

**Instructor:** Jessica Cumberbirch, professional ballet dancer trained in St-Petersburg, Russia with over 20 years of teaching experience.

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## **EVENING KRIPALU-INSPIRED HATHA YOGA**

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

Online via Zoom (10 weeks)

\$75

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 and 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 November 15<sup>th</sup>.

**Instructor:** Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT, PYT.

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## **ELDOA FLOW STRETCHING**

Wednesday 9:30 a.m. - 10:30 a.m.

Online via Zoom (12 weeks)

\$60

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 wellbeing. All ages and fitness levels are welcome!

Disclaimer: for your own safety, all women who are pregnant please disclose this to the instructor prior to the course as certain positions are not recommended and acceptable alternatives will be provided.

ELDOA (Étirements Longitudinaux avec Decoaptation Osteo Articulaire) was developed by the renowned French osteopath Guy Voyer DO. The ELDOA are postural exercises that you can do yourself with the primary goal being to increase the space between chosen joints between the vertebrae (in the lower spine, hips, middle spine, shoulders, and neck).

As the ELDOA “create” space between the various joints, these are the benefits:

- An improvement in joint mechanics.
- Increased blood flow.
- Reduced pressure on the discs of the spine.
- Reduction of pain.
- Spinal disc rehydration.
- Better muscle tone.
- Improved posture.
- A sense of well-being and awareness.

**Instructor:** Julia Wight, BSc Nutrition, MA Public Health.

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### **ADULT BALLET**

Wednesday 1:00 p.m. - 2:30 p.m.

In-Person at the Centre - Gym (12 weeks)

\$90

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) – cost \$35 to \$45.

**Instructor:** Alison Dewar.

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### **RESTORATIVE YOGA**

Wednesday 7:00 p.m. - 8:30 p.m.

Online via Zoom (10 weeks)

\$75

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 November 16<sup>th</sup>.

**Instructor:** Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT, PYT.

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**THURSDAY ESSEINTRICS - LOW INTENSITY**

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

Online via Zoom (12 weeks)

\$60

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 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 December 1<sup>st</sup>.

**Instructor:** Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 4 Instructor).

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**OUTDOOR STROLLER FIT (6 WEEKS TO 18 MONTHS)**

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

Outside at the Centre (10 weeks)

\$50

We will explore the Valois area, including natural settings through walking, lunges, high knee, and balance walks. You will become be aware of your optimal gait, breath, and posture.

**Important Information:**

- Please bring your **stroller**.
- No other equipment is needed (no yoga mat).
- Please wear suitable exercise gear and clothing for you and your baby.
- The class will run rain or shine! It will only be cancelled if there is heavy rain, thunder, or high winds.
- The last class is on November 17<sup>th</sup>.

**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.

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### **TONING AND CUSTOM FIT FOR ALL LEVELS AND AGES**

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

In-Person at the Centre - Gym (12 weeks)

\$60

This is a small group training class that allows you to workout at your level and to feel your target muscles working. The focus is on posture and joints - even the small ones! We are always bent forward, so the back of the body will be worked more. 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! Different exercise options will be presented, allowing the participant to make a choice for what works for their body.

#### **Important Information:**

- The last class is on December 1<sup>st</sup>.

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

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### **3PEAT FITNESS**

Thursday 11:00 a.m. - 12:00 p.m.

In-Person at the Centre - Gym (12 weeks)

\$60

There will be lots of sweat and toning in this class. We will do a series of repeating cardio, strengthening, and toning exercises that can be performed with weights.

#### **Important Information:**

- The last class is on December 1<sup>st</sup>.

**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 (10 weeks)

\$50

We will explore the Valois area, including natural settings through walking, lunges, high knee, and balance walks. You will become be aware of your optimal gait, breath, and posture.

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**Important Information:**

- Please bring your **stroller**.
- No other equipment is needed (no yoga mat).
- Please wear suitable exercise gear and clothing for you and your baby.
- The class will run rain or shine! It will only be cancelled if there is heavy rain, thunder, or high winds.
- The last class is on November 17<sup>th</sup>.

**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.

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**FRESH AIR FITNESS FRIDAY**

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

Outside at the Centre (11 weeks)

\$55

Exercising outside in the Fall 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 fall scenery, get some fresh air, and build your total fitness in a fun way!

**Important Information:**

- 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.

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**START RUNNING**

Friday 10:15 a.m. – 11:15 a.m.

Outside at the Centre (11 weeks)

\$55

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!

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

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## **HATHA YOGA AND MEDITATION**

Saturday 9:30 a.m. -10:30 a.m.

In-Person at the Centre - Upstairs Classroom (10 weeks)

\$50

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.

### **Important Information:**

- There is no class on October 8<sup>th</sup>. The last class is on November 26<sup>th</sup>.
- The WIWC childcare service is not available during weekend 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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## **PRENATAL YOGA**

Saturday 10:45 a.m. -11:45 a.m.

In-Person at the Centre - Upstairs Classroom (10 weeks)

\$50

Pregnancy is a time to continue or to begin a gentle yoga practice. Prenatal yoga is designed to complement and help stretch your body, and aid in comfortably carrying your little one. Most importantly we will focus on restorative poses that will include gentle stretching, deep breathing, relaxation, and meditation.

Please bring a yoga mat and a strap. You are also welcome to bring blankets and pillows, etc.

**Important Information:**

- There is no class on October 8<sup>th</sup>. The last class is on November 26<sup>th</sup>.
- The WIWC childcare service is not available during weekend 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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## CHILDREN COURSES

**WHAT YOU NEED TO KNOW FOR CHILDREN'S COURSES:**

- Make sure your child will reach the minimum age required for the course during the session.
  - Once your child turns 6, they are too old to register for our courses for 5-year-olds.
  - Another adult (dad or a grandparent) may accompany a child to their class at the Centre.
  - **Only one adult can accompany a child to class.**
  - Only registered children may attend our classes. Please do not bring a sibling to your child's class.
  - When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- 

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

Wednesday 9:30 a.m. - 10:15 a.m.

In-Person at the Centre - Gym (12 weeks)

\$58

This is an action-packed class filled with singing, movement, instruments, listening and dancing! This class is designed to get your child engaged in a fun and friendly environment that aims to increase curiosity and confidence, musical knowledge, and develop motor skills and language.

**Instructor:** Shannon Simpson, Bachelor of Music.

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Wednesday 10:30 a.m. - 11:15 a.m.

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**Instructor:** Shannon Simpson, Bachelor of Music.

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### **BUSY BEES (3 to 12 MONTHS WITH PARENT)**

Friday 9:30 a.m. - 10:15 a.m.

In-Person at the Centre - Downstairs Classroom (10 weeks)

\$50

You will get an opportunity to stimulate your 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 parents and babies to socialize and interact.

**Instructor:** Colleen Coolen, B.A., B.Ed., Early Childhood Educator.

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Friday 10:30 a.m. - 11:15 a.m.

In-Person at the Centre - Downstairs Classroom (10 weeks)

\$50

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**Instructor:** Colleen Coolen, B.A., B.Ed., Early Childhood Educator.

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

Saturday 10:00 a.m. - 10:45 a.m.

In-Person at the Centre - Gym (10 weeks)

\$50

This is an action-packed class filled with singing, movement, instruments, listening and dancing! This class is designed to get your child engaged in a fun and friendly environment that aims to increase curiosity and confidence, musical knowledge, and develop motor skills and language.

**Important Information:**

- There is no class on October 8<sup>th</sup>. The last class is on November 26<sup>th</sup>.
- The WIWC's childcare service is not available during Saturday courses.

**Instructor:** Shannon Simpson, Bachelor of Music.

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

Saturday 11:00 a.m. - 11:45 a.m.

In-Person at the Centre - Gym (10 weeks)

\$50

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**Instructor:** Shannon Simpson, Bachelor of Music.

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# WIWC BOARD OF DIRECTORS

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Vice-Chair: Sharon Louie

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Seminars Director: Sangeeta Basarke

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Childcare Director: Alexandra Kindrat

Fundraising/Special Events Director: Boyana Andric

\*Executive Director/ Ex-officio non-voting member: N/A

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 Fall 2022 Session, please call the WIWC office at 514-695-8529 or email [programming@wiwc.ca](mailto:programming@wiwc.ca).

We are an agency supported by Centraide of Greater Montreal.

