



Centre des Femmes West Island  
West Island Women's Centre

## Winter 2023 COURSE CATALOGUE

### General Registration Information

- Winter 2023 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, December 2<sup>nd</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, January 9, 2023.
- There are no classes from March 6<sup>th</sup> to March 11<sup>th</sup> (March break)
- Most courses are 10 weeks unless otherwise indicated.
- A member may request a refund for a non-medical reason as follows:
  - A full refund, less a \$10 administration fee, up to 7 days before classes begin
  - A full refund, less a \$10 administration fee, during the 7 days before classes begin, providing your spot can be filled from the waiting list
  - A prorated refund, less a \$10 administration fee, after classes begin, providing your spot can be filled from the waiting list.
  - There are no refunds after the 3<sup>rd</sup> week of classes.
- All courses, unless otherwise noted, are in-person at the Centre.

### West Island Women's Centre

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

**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)

**Follow us on Facebook:** [www.facebook.com/westislandwomenscentre](https://www.facebook.com/westislandwomenscentre)

## WINTER 2023 SCHEDULE

DAY	TIME	Location	COURSE	WKS	COST
Monday	9:00 am - 10:00	Online	Pilates	10	\$50
	9:30 am - 10:30	Outside	Mom & Baby Walking Group	8	\$29
	9:30 am - 10:30	Gym	Monday Sweat and Tone	10	\$50
	9:30 am - 11:30	Upstairs	Learn to use Canva	10	\$92
	10:45 am - 11:30	Gym	Mom & Baby Stretch and Strength (6 Weeks-6 Months)	10	\$37
	1:00 pm - 2:00	Gym	Pilates	10	\$50
	7:00 pm - 8:30	Online	Nutrition for ADD and ADHD	10	\$55
Tuesday	9:30 am - 10:30	Gym	Body Factory High Intensity	10	\$50
	9:30 am - 11:30	Upstairs	Knitting Club	10	\$92
	10:30 am - 12:00	Online	Get Unstuck - Drop the Habits that Drain You	8	\$43
	10:45 am - 12:00	CC 2	Baby Massage	6	\$27
	10:45 am - 11:45	Gym	Boot Camp - High Intensity	10	\$50
	1:00 pm - 2:30	Upstairs	Unwind Your Body and Meditate	7	\$38
	1:15 pm - 2:15	Gym	Essentrics	10	\$50
	6:30 pm - 7:30	Gym	Zumba	10	\$50
	6:30 pm - 7:30	Outside	Evening Running Group	9	\$45
	7:00 pm - 8:30	Online	Evening Kripalu-Inspired Hatha Yoga	10	\$75
	7:30 pm - 8:30	Online	Ballet Class - Balletvolution	10	\$50

Wednesday	8:45 am - 9:45	Online	ELDOA Flow Stretching	10	\$50
	9:15 am - 10:00	Gym	9:15 Sing-Along with Shannon (0 to 2 ½ Yrs)	10	\$50
	9:30 am - 11:00	Upstairs	Doing the Work: A Self-Healing Journey	10	\$55
	10:15 am - 11:00	Gym	10:15 Sing-Along with Shannon (2 ½ to 5 Yrs )	10	\$50
	11:15 am - 12:00	Gym	11:15 A.M. Sing-Along with Shannon (0 to 2 ½ Yrs )	10	\$50
	1:00 pm - 2:30	Gym	Adult Ballet	10	\$75
	7:00 pm - 8:30	Online	Restorative Yoga	10	\$75
	7:00 pm - 8:30	Gym	Mixed Martial Arts for Self Defense	10	\$55
	7:00 pm - 8:30	Upstairs	Keep Playing Ukulele	8	\$56
Thursday	8:30 am - 9:30	Online	Thursday Essentrics - Low Intensity	10	\$50
	9:45 am - 10:45	Gym	Toning and Custom Fit for all Levels and Ages	10	\$50
	10:30 am - 12:00	Online	Mindfulness	8	\$43
	11:00 am - 12:00	Gym	3PEAT Fitness	10	\$50
	1:00 pm - 3:00	Upstairs	Watercolour – Exploring Still Life	6	\$56
	1:30 pm - 2:30	Gym	Zumba	10	\$50
	7:00 pm - 9:00	Upstairs	Digital Photography: Lighting and Interior Photography	10	\$92
	7:00 pm - 8:00	Online	Ballet for Beginners	10	\$50
Friday	8:45 am - 9:45	Outside	Fresh Air Fitness Friday	10	\$50
	10:00 am - 11:00	Outside	Continue Learning to Run	10	\$50
	11:15 am - 12:00	Gym	Tots & Parents Creative Dance (2-4 Yrs)	10	\$50
Saturday	8:30 am - 9:30	Online	Essentrics	10	\$50
	9:30 am - 10:30	Gym	Hatha Yoga and Meditation	10	\$50
	10:45 am - 11:45	Gym	Prenatal Yoga	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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### **MOM AND BABY WALKING GROUP**

Monday 9:30:00 AM - 10:30:00 AM

Outside (8 weeks)

\$29

Come walk and explore the Valois area with your baby. Kumie will direct the weekly walk, and she will review balance, optimal gait, breath, and posture.

This is also a great opportunity for you and baby to connect with other new moms and babies!

**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, Strong First (Kettelbell) certified instructor.

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### **NUTRITION FOR ADD AND ADHD**

Monday 7:00:00 PM - 8:30:00 PM

Online via Zoom (10 weeks)

\$55

In this group, dietitian, Kim Arrey, will present you with information on how nutrition can help with the management of ADD and ADHD in both children and adults. She will address misconceptions and focus on what nutrients may be beneficial. This class will help you to look at how what you eat, when you eat and how you eat can impact your daily life or your child's.

**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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## **GET UNSTUCK - DROP THE HABITS THAT DRAIN YOU**

Tuesday 10:30:00 AM - 12:00:00 PM

Online via Zoom (8 weeks)

\$43

Women are particularly hard on themselves. They're usually last on their list of priorities and often first to take the blame. They are often people-pleasers, peacemakers, wearers of many hats, both personal and professional. We are strong resilient, intelligent, and productive but trying to do or be what everyone (including ourselves) expects can be overwhelming and DRAINING.

In this fun interactive transformational workshop, you'll learn to:

- Recognize and understand your emotional triggers for example: not feeling heard, being dismissed, and unappreciated
- Trust yourself to address and respect your needs
- Re-energize your mind and body using mindfulness tools
- Build confidence to assert yourself and take back your power

Please note that personal information and sensitive topics may be discussed. This class may not be suitable for all participants.

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

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## **UNWIND YOUR BODY AND MEDITATE**

Tuesday 1:00:00 PM - 2:30:00 PM

Upstairs Class (7 weeks)

\$38

Invite your body to unwind through gentle movements of the spine and joints combined with light breathwork as we dive deeper into our internal experience and prime our nervous systems for meditation. We will explore a different theme in each class, including: three Mindfulness meditations, Body scan Meditation, Breath Meditation, Gratitude Meditation, Self-love & Forgiveness Meditation, 5 senses Meditation, Inner Child Meditation, and Ho'oponopono Meditation. This series is suitable for anyone desiring stress relief and wanting to connect deeper with themselves.

**Instructor:** Stephanie Mankarios: Yoga Instructor, Massage Therapists, Trauma-informed Somatic-based Coach

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

Tuesday 7:00:00 PM - 8:30:00 PM

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.

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

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## **DOING THE WORK: A SELF HEALING JOURNEY**

Wednesday 9:30:00 AM - 11:00:00 AM

Upstairs Class (10 weeks)

\$55

Self healing requires a daily commitment to small changes and attainable steps. Learning to create sustainable actions leads to lasting change. This course will help you recognize your core beliefs and your learnt conditioned patterns.

It will help you tune into your intuition and reconnect to your true self.

Topics include:

- Unleashing the Healer Within,
- Becoming Aware,
- You and Your Trauma Body,
- Boundaries,
- Mind Body Connection,
- The power of Intentions,
- Reparenting the Inner Child and Putting it all Together

Each module comes with a handout with homework and exercises. Handouts will be emailed prior to session.

**Instructor:** Francyn Poirier, ND, HD, Hypnotherapist, Life and Spiritual Coach, Guided Imagery Coach, Reiki Master Teacher, Mindfulness Living Teacher

## **MIXED MARTIAL ARTS FOR SELF DEFENSE**

Wednesday 7:00:00 PM - 8:30:00 PM

Gym (10 weeks)

\$55

This will be a martial arts self-defense curriculum drawing largely from Brazilian Jiu Jitsu, wrestling, boxing and Muay Thai. Students of any experience and fitness level will be encouraged to push themselves physically, in a comfortable, inclusive environment where we will work to achieve their fitness goals. The class will begin with a 10-minute warmup: chest pummeling, hand fighting, skipping, shadow boxing, etc. Then the lesson will consist of 30 minutes: introduce technique, drill techniques and isolate techniques against minimal resistance.

**Instructor:** Ty Wilson, Personal Trainer, 5 MMA Titles, Expert in Brazilian Jiu Jitsu, Muay Thai, boxing, wrestling, and mixed martial art.

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## **RESTORATIVE YOGA**

Wednesday 7:00:00 PM - 8:30:00 PM

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.

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

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## **MINDFULNESS**

Thursday 10:30:00 AM - 12:00:00 PM

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.

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

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## **HATHA YOGA AND MEDITATION**

Saturday 9:30:00 AM - 10:30:00 AM

Gym (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.

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

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## **PRENATAL YOGA**

Saturday 10:45:00 AM - 11:45:00 AM

Gym (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.

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



## 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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### LEARN TO USE CANVA

Monday 9:30:00 AM - 11:30:00 AM

Upstairs Class (10 weeks)

\$92

Become your own PRO designer with the free Canva app. Learn how to create beautiful, professional designs in minutes with Canva app, one of the world's leading free graphic design applications.

If you are an entrepreneur, discover how Canva can help to grow your business or brand by producing amazing graphics and videos for your social media campaigns and marketing materials. If you are just a creative person fascinated about designs, learn how Canva can help you to create stunning visuals for your personal posts on Instagram, Facebook and Twitter or for any of your artwork that you like to do.

In this class you will:

- Learn the fundamentals of graphic design
- Master Canva tools and Canva elements to produce stunning designs
- Learn Canva templates or designing from scratch
- Practice producing stunning visuals for Instagram, Facebook and other social media
- Design logos & produce brand style guide for your business
- Learn how to share your designs, invite other collaborators or to prepare your design for printing
- Create videos and awesome animations
- Design 10 different fun and engaging projects (you could follow with the instructor's project examples or you could work on your real-life projects with the instructor's assistance).

It's recommended to bring a laptop or tablet to work on your projects on a larger screen. However, a cell phone with free Canva app installed will work for this class.

**Instructor:** Mila Sillaiyeva, Bachelor of Art (B.A.) (Vitebsk University of Technologies), Certificate in Integrated Marketing Communications (Concordia University)

## **KNITTING CLUB**

Tuesday 9:30:00 AM - 11:30:00 AM

Upstairs Class (10 weeks)

\$92

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.

**Instructor:** Janet Callary

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## **KEEP PLAYING UKULELE**

Wednesday 7:00:00 PM - 8:30:00 PM

Upstairs Class (8 weeks)

\$56

Know the basics of playing ukulele, but looking for a reason to play more? Join music teacher Shannon for a course filled with the support and encouragement you need to continue your ukulele journey! Try new strums and techniques such as chucking or finger-picking, and add new tunes to your repertoire. No matter your ability, this is the reason you need to keep playing ukulele!

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

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## **WATERCOLOUR – EXPLORING STILL LIFE**

Thursday 1:00:00 PM - 3:00:00 PM

Upstairs Class (6 weeks)

\$56

This 6-week course will focus on still life. In a fun and enriching environment learn new techniques to improve your watercolour skill, through step-by-step demonstrations.

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. Homework assignments (approx. 1 hour/week) will help reinforce what you have just learned.

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

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## **DIGITAL PHOTOGRAPHY: LIGHTING AND INTERIOR PHOTOGRAPHY**

Thursday 7:00:00 PM - 9:00:00 PM

Upstairs Class (10 weeks)

\$92

Been wanting to go past the beginner stage? If you have a basic knowledge of your camera and its functions, this class will push you further by exploring lighting essentials for indoor and home lighting for taking pictures - including some creative ideas, techniques, and tools.

You will be introduced to lighting setups and techniques used in interior editorial and portrait photography. The course will also cover various lighting situations and accessories and the use of sunlight, tungsten, studio strobe, portable strobe, daylight, fluorescent, and mixed light sources. Through lecture, visual examples, demonstrations, hands-on practice, and assignments, you will gain an understanding of a variety of different lighting styles and techniques.

Equipment needed: digital camera of 10 megapixels. Please note that a consumable fee of \$5-\$10 will be made payable to the instructor.

**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. 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 9:00:00 AM - 10:00:00 AM

Online via Zoom (10 weeks)

\$50

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!

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

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### MONDAY SWEAT AND TONE

Monday 9:30:00 AM - 10:30:00 AM

Gym (10 weeks)

\$50

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.

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

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## **MOM & BABY STRETCH AND STRENGTH (6 WEEKS-6 MONTHS)**

Monday 10:45:00 AM - 11:30:00 AM

Gym (10 weeks)

\$37

This gentle movement class with baby will combine elements of yoga, stretching, and strengthening. Begin to safely and effectively regain core and pelvic floor stability and strength while getting your whole body moving. This is also a great opportunity for you and baby to connect with other new moms and babies! Please note that you must be cleared for physical activity by your physician/health practitioner before attending this class.

**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, Strong First (Kettelbell) certified instructor.

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## **PILATES**

Monday 1:00:00 PM - 2:00:00 PM

Gym (10 weeks)

\$50

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!

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

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## **BODY FACTORY HIGH INTENSITY**

Tuesday 9:30:00 AM - 10:30:00 AM

Gym (10 weeks)

\$50

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.

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

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## **BOOT CAMP - HIGH INTENSITY**

Tuesday 10:45:00 AM - 11:45:00 AM

Gym (10 weeks)

\$50

Boot Camp will provide you with a fun, challenging and varied workout. The focus will be on your overall strength and endurance. This class will help sculpt muscles and enhance conditioning, through squats, lunges, crunches, and fun drills.

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

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## **ESSEINTRICS**

Tuesday 1:15:00 PM - 2:15:00 PM

Gym (10 weeks)

\$50

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.

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

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## **EVENING RUNNING GROUP**

Tuesday 6:30:00 PM - 7:30:00 PM

Outside (9 weeks)

\$45

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.

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

## **ZUMBA**

Tuesday 6:30:00 PM - 7:30:00 PM

Gym (10 weeks)

\$50

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.

**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 7:30:00 PM - 8:30:00 PM

Online via Zoom (10 weeks)

\$50

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.

The class is geared toward adults with some dance experience, and it will be tailored to fit each student's needs and comfort level. A ballet barre or a chair will be used during the session to center exercises. Each class will finish with stretches to improve flexibility.

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

## **ELDOA FLOW STRETCHING**

Wednesday 8:45:00 AM - 9:45:00 AM

Online via Zoom (10 weeks)

\$50

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.



## **ADULT BALLET**

Wednesday 1:00:00 PM - 2:30:00 PM

Gym (10 weeks)

\$75

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!

**Instructor:** Alison Dewar.

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## **THURSDAY ESSENTRICS - LOW INTENSITY**

Thursday 8:30:00 AM - 9:30:00 AM

Online via Zoom (10 weeks)

\$50

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.

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

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

Thursday 9:45:00 AM - 10:45:00 AM

Gym (10 weeks)

\$50

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.

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

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### **3PEAT FITNESS**

Thursday 11:00:00 AM - 12:00:00 PM

Gym (10 weeks)

\$50

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.

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

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### **BALLET FOR BEGINNERS**

Thursday 7:00:00 PM - 8:00:00 PM

Online via Zoom (10 weeks)

\$50

Have you always wanted to try Ballet? Come 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.

The class is geared for beginners, and it will be tailored to fit each student's needs and comfort level. A chair will be used during the session to center exercises. Each class will finish with stretches to improve flexibility.

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

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### **FRESH AIR FITNESS FRIDAY**

Friday 8:45:00 AM - 9:45:00 AM

Outside (10 weeks)

\$50

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!

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

## **CONTINUE LEARNING TO RUN**

Friday 10:00:00 AM - 11:00:00 AM

Outside (10 weeks)

\$50

In this course, you will take yourself from being a beginner runner to being able to run with more strength, speed and power. During the first few classes run/walk intervals will be used to gently ease yourself back into running. Other interval training techniques and inclines will be introduced as the group progresses.

The class will move indoors when outdoor conditions are not favourable. The indoor exercises will focus on strength and conditioning.

As well as warm up and cool down/stretching exercises, we will cover good running fundamentals in order to run more efficiently and lessen the chance of injuries.

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

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## **ESSETRICS**

Saturday 8:30:00 AM - 9:30:00 AM

Online via Zoom (10 weeks)

\$50

This dynamic workout will activate all your muscles! Free your joints and increase mobility. Dynamic and easy to follow – our full body technique works through your muscle chain order to liberate, empower and relieve them from tension.

Eccentrics draws on the following movements of tai chi which create health and balance and the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principals of physiotherapy. Essentrics is perfect for injury recovery and prevention, stress release, and promoting healing.

**Instructor:** Emelita Avergonzado, Essentrics Classical Stretch (Certified Level 2 Instructor)

# 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).
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### **9:15 A.M. SING-ALONG WITH SHANNON (0 TO 2 ½ YRS)**

Wednesday 9:15:00 AM - 10:00:00 AM

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.

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

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### **10:15 A.M. SING-ALONG WITH SHANNON (2 ½ TO 5 YRS )**

Wednesday 10:15:00 AM - 11:00:00 AM

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.

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

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**11:15 A.M. SING-ALONG WITH SHANNON (0 TO 2 ½ YRS )**

Wednesday 11:15:00 AM - 12:00:00 PM

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.

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

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**TOTS & PARENTS CREATIVE DANCE (2-4 YRS)**

Friday 11:15:00 AM - 12:00:00 PM

Gym (10 weeks)

\$50

The children will explore the world around them through movement, music and miming. Together with a parent, they will have fun learning through the discovery of various themes.

**Instructor:** Suzie Dalpe, Bachelor of Fine Arts in Contemporary Dance from Concordia. Creative Dance and Drama teacher to children.

# WIWC BOARD OF DIRECTORS

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\*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 Winter 2023 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.

