



Hamilton

New Prices and Evening Programs!

55+ IT'S YOUR DAY!

October 2 - October 31, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sir Allan MacNab Recreation Centre	Sir Allan MacNab Recreation Centre	Victoria Park Community Club House	Dalewood Recreation Centre	Sir Wilfrid Laurier Recreation Centre
5:00PM—6:00PM Fit Start \$2.10 per visit	5:30PM—6:30PM Functional Fitness \$2.10 per visit	9:30AM—10:30AM Nordic Walking Free	10:00AM—11:00AM Cardio Dance \$2.10 per visit	9:30AM—11:00AM Senior Swim \$3.20/Senior Pass
5:30PM—6:00PM 30M Cardio+ \$1.05 per visit		10:30AM—11:00AM Cardio Dance Free	11:00AM—12:00PM Senior Swim \$3.20/Senior Pass	10:30AM—12:30PM Open Social Free
6:00PM—6:30PM 30M Core \$1.05 per visit		11:00AM—12:00PM Chair Fit Free	12:00PM—1:00PM Open Tech Help Free	11:00AM—11:45AM Waterfit \$2.31/WF Pass
6:05PM—6:35PM 30M Power \$1.05 per visit		12:00PM—2:00PM Open Social Free	12:00PM—3:00PM Open Social Free	11:30AM—12:30PM Cardio Beat \$2.10 per visit
6:30PM—7:30PM Circuit Training \$2.10 per visit		2:00PM—3:00PM Health and Wellness Workshop Series Free	12:00PM—12:30PM Nordic Walking \$1.05 per visit	12:30PM—1:00PM Brain Booster Free
7:30PM—8:00PM 30M Kick Fit \$1.05 per visit		3:00PM—4:00PM Open Tech Help Free	1:00PM—2:00PM Functional Fitness \$2.10 per visit	1:00PM—2:00PM Open Tech Help Free
8:00PM—8:30PM 30M Stretch \$1.05 per visit	Note: Centres will be closed on Monday, October 9th (Thanksgiving). Cardio Dance and Chair Fit is cancelled on Wednesday, October 25, 2017 due to a special event.			

LOOKING FOR MORE INFORMATION?

Katelyn Burns, 905-973-0891 or
visit www.hamilton.ca/recreation55



HEALTH AND WELLNESS WORKSHOP SERIES

Every Wednesday at Victoria Park Community Club House from 2:00pm - 3:00pm

Week 1 October 4	Adapting Exercise to the Changing Weather	Week 6 November 8	Flexibility and Stretching
Week 2 October 11	Postural Alignment to Maximise your Exercise Efficiency	Week 7 November 15	Osteoporosis and Osteoarthritis
Week 3 October 18	Balls, Balance and Bands to Improve Stability	Week 8 November 22	Guest Speaker! Guided Meditation
Week 4 October 25	No Workshop! Halloween Walkathon	Week 9 November 29	The Aging Mind
Week 5 November 1	Guest Speaker! Meals on Wheels		

Upcoming Events!

Halloween Walkathon and Lunch!

Wednesday October 25th from 10:30am—2:30pm
Victoria Park Club House (See Flyer for details)

Older Adults, the Internet and Social Media

Thursday November 9th from 12:00pm—1:00pm at
Dalewood Recreation Centre (Registration Required)

Introduction to Sketching and Drawing

Wednesday November 29th from 12:00pm—2:00pm
Victoria Park Club House (Registration Required)

Register by calling Katelyn Burns at 905-973-0891

30 Minute Fitness Series

Create your ideal workout with our
30 minute fitness programs!

*Mix-and-match your programs or
add-on to your existing routine.*

30M CARDIO+

Continuous high intensity
exercises

30M CORE

Core strengthening exercises
on the floor or in a chair

30M POWER

Strengthening exercises using
weighted equipment

30M KICK FIT

Combination of karate, boxing
and a variety of fast paced
steps.

30M STRETCH

Stretches to increase flexibility
and lengthen muscles

NON-INSTRUCTIONAL PROGRAMS

Brain Booster

Optimal Health requires working the brain and body at the same time. The 30 min movement and learning program will cover hot topics and trends in the world of older adult fitness and health.

Open Tech Help

Bring in your smart phone or tablet and a staff will be there to help answer any questions.

Open Social

Free coffee or tea, cards and board games! Bring your grandkids!

Senior Swim

A recreational swim emphasizing fun, fitness and relaxation

Health and Wellness Workshop Series

Free workshop series highlighting personal betterment with small physical activity components. New topics every week!

Best FIT For You !

Find the class that best describes your current fitness level

INTRODUCTORY

Never participated in group fitness (sedentary life-style) or returning due to a break in fitness or injury (within one year).

PROGRESSIVE

Active two or more days per week (i.e. personal fitness routine or group fitness), can participate at a moderate intensity level.

PERFORMANCE

Active three or more days per week. Avid participation at a high intensity level.

CARDIO BEAT

Cardio based class using pool noodles and stationary stability ball to complete drumming movements.

Best FIT: For all



CARDIO DANCE

Dance based group fitness. Continuous dance routine with a range of movements to motivating music.

Best FIT: Introductory, Progressive



CHAIR FIT

Using a chair as equipment to gain maximum workout with low impact. Core, upper & lower body strengthening, cardio, balance exercises.

Best FIT: Introductory

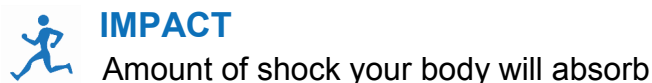


CIRCUIT TRAINING

Timed exercises in stations with option to go at own pace.

Best FIT: Progressive

Choose which element you want most in your workout at a low, mid, or high level



CIRCUIT TRAINING CONT.



FIT START

Build your cardio, strength and balance while gaining confidence in your fitness abilities.

Best FIT: Introductory



FUNCTIONAL FITNESS

Fitness using everyday activities, focusing on stability and agility helping with balance and coordination for prevention of falls and/or muscle strains.

Best FIT: Introductory



NORDIC WALKING

Walking program assisted with poles. Poles are provided on site on a first come, first serve basis.

Best FIT: For all



PROGRAM LOCATIONS

Summer locations and schedules are subject to change

Tuesday	Sir Allan MacNab Recreation Centre 145 Magnolia Drive	905-546-2554
Wednesday	Victoria Park Community Club House 516 King Street West	905-523-6347
Thursday	Dalewood Recreation Centre 1150 Main Street West	905-546-4946
Friday	Sir Wilfrid Laurier Recreation Centre 60 Albright Road	905-546-4853



Complete this puzzle and receive a FREE class!

Spot the differences in these two pictures!



Recreation Centre you visit: _____

Favourite Program: _____

Preferred Time of Day: _____

Bring this with you to any 55+ It's Your Day program listed in this booklet and receive one free class.

There is no monetary value attached. Only valid for 55+ It's Your Day fitness programs

(waterfit not included).



Ontario

Funded in partnership with the Ontario Sport and Recreation Communities Fund