









# Exshaw Classes and Workshops

## Information & Registration:

[mdbighorn.ca/327/Fitness-Recreation-Classes](http://mdbighorn.ca/327/Fitness-Recreation-Classes)



<p><b>Fall 2018 Classes</b></p>	<p>Fitness and General Interest classes are being offered again and are open to all MD and area residents. Talk to Community Services if you have someone to split a registration with. <b>Drop-ins are welcome at some classes - cash only.</b></p>
<p><b>Mondays</b></p> 	<p><b><u>TRX Circuit</u></b> - Exshaw Community Hall      <b>Instructor:</b> Ami McMullen  <b>4 Mondays; September 24 – October 22, 7:00-8:00pm</b> (no class Oct 8)  <b>\$56 + GST</b>      Drop in Fee \$15  Strength, Core and Cardio Stations with TRX! TRX Master Instructor and International Fitness Presenter who is new to the area. Class will be ongoing if there is enough interest.  <b>Sign up by September 17 – minimum 5 to run</b></p>
<p><b>Tuesdays</b></p>   	<p><b><u>Mindfulness Yoga &amp; Meditation</u></b> - Exshaw Community Hall  <b>Instructor:</b> Cindy Kelly  <b>10 Tuesdays; October 16 – December 18, 7:00-8:15 pm</b>  <b>\$110 + GST</b>      Drop in Fee \$14  This practice will cultivate calmness and concentration while getting deeper into your tissues, allowing deep release of tension and stress. Restorative (prop based) and yin (longer held) postures are integrated into this class along with mindfulness and meditation. Suitable for anyone looking to relax, de-stress and release while focusing on strength and flexibility. Bring your yoga mat and a blanket. If you don't have a mat, we have extras!  <b>Sign up by October 11 – minimum 6 to run</b></p> <p><b><u>At Home/ Travel Strength Program</u></b> - Exshaw Community Hall  <b>Instructor:</b> Christa Chasse  <b>1 Tuesday: September 25, 5:30 – 6:30 pm</b>  <b>Program \$59 + GST</b>      <b>Program and Equipment \$105 + GST</b>  Group training seminar using gliders, bender ball and band. Program on paper plus an instruction video and unlimited coaching  <b>Sign up by September 20 - minimum 2 to run</b></p> <p><b><u>Strength Training Program Series</u></b> – Exshaw Community Centre Gym  <b>Instructor:</b> Christa Chasse  <b>3 Tuesdays; September 25, Oct 30 &amp; Nov 27, 7:00 pm</b>  <b>\$75 + GST/session</b>      <b>All 3 sessions \$195 + GST</b>  A fitness program custom designed for you, offered over 3 sessions with individual modifications and consultations. Each session is independent of the others but will flow together for a complete plan. Take 1, 2 or all 3 sessions.  <b>Sign up by September 20 - minimum 2, maximum 4 participants</b></p>
<p><b>Wednesdays</b></p> 	<p><b><u>Taekwondo Inspired Kids Fitness</u></b> - Exshaw Community Centre  <b>Leader:</b> Quintin Springstead  <b>14 Wednesdays, September 19 to December 19, 5:15-6:00 pm</b>  <b>For ages 5- 17; ages 12 and under <u>must</u> be accompanied by an assisting adult</b>  <b>\$60 + GST</b>      <b>Drop-In once for \$10, then sign up</b>  Taekwondo practice of forms and exercises lead by local enthusiast and community volunteer Quintin. Focus on self-control, self-defense, kicking and punching, this is not a structured program to earn belts and certification, it is a recreation time to practice together and improve your current skills.  <b>Sign up by September 12 – minimum 4 to run</b></p>
<p><b>Thursdays</b></p> 	<p><b><u>Cross Training</u></b> - Exshaw School Gym      <b>Instructor:</b> Pete Cooper  <b>12 Thursdays; Sept 20 to Dec 13, 6:30-7:30 pm</b> (No class Nov 15)  <b>\$160 + GST, \$125 + GST if 10+ sign up</b>      <b>Drop in Fee \$15</b>  This is a fun, dynamic circuit of cardio, core and strength training. 5<sup>th</sup> year running in Exshaw! Suitable for all fitness levels.  <b>Sign up by Sept 17 – minimum 8 to run</b></p>

Please arrive early, classes will begin on time