

THE WAEGWOLTIC CLUB
WINTER PROGRAMMING GUIDE
2017





ADULT PROGRAMMING

WINTER 2017

And so ends another great year at The Waeg!

Season after season, we've been working hard to adapt our offerings to our ever-changing (and, we're proud to say, *growing*) membership. While we at the club have begun pondering resolutions for the coming new year, we are pleased to present our program offerings for Winter 2017, with loads of options for starting the new year off on a good foot!

In continuing our commitment to quality year-round adult programming, we're continuing with many old favourites, and are looking forward to test-driving some new options. We've got a great new **Parent & Tot Yoga** program. Our **Barre 45** program is back by popular demand, and we're very excited to reoffer our new **Core 45** program. Plus, as always, we're thrilled to see the return of many familiar Waeg instructors for our **Morning and Evening Yoga** offerings, our "**Organic, Free Range Fitness**" program, and more!

All of our winter programming and events require that you register. To ensure the program you are interested in attending is not cancelled due to low registration, we ask that you pre-register as soon as possible.

Registration for all programs can now be completed online. Simply sign-in through the member portal at www.waegwoltic.ca for a list of programming. Members are also encouraged to register guests for the programs they are participating in.

To register a guest for a program, please call our Main Office at 902.429.2822 (ext.2). If you would like help with registration, please contact the Main Office 902 429 2822 (ext.2) and ask for Katelyn.

NEW! EARLY MORNING FITNESS – FLEX PROGRAM

Wake up. Work Out. Kick start your day with our new Early Morning Fitness FLEX Program!

This program is open to all ages and fitness levels, and is conducted in a supportive, teamwork environment that ensures that everyone feels challenged and no one gets left behind. Our instructor will tailor each day's workout to the individual needs of each participant to ensure that everyone can achieve their own personal fitness goals.

This program uses a range of circuits to improve cardiovascular and muscular endurance, core strength and muscle toning. When the weather's nice, participants head outside to work out in the fresh air and take advantage of our beautiful property.

FLEX Pricing: Does your schedule make it tricky to ensure that you can attend all classes? Our **FLEX** plans allow you to pick which classes you wish to attend anytime within the 8-week session. *Your fitness strategy, made simple.*



Instructor: Kim Houston

Class Name	Dates	Day	Time	Fee
Early Fit FLEX 8	Mar 20 th - May 12 th	8 workouts	6:30 – 7:30am	\$112 +tax
Early Fit FLEX 16	Mar 20 th - May 12 th	16 workouts	6:30 – 7:30am	\$192 +tax
Early Fit FLEX 20	Mar 20 th - May 12 th	20 workouts	6:30 – 7:30am	\$230 +tax
Early Fit FULL SESSION	Mar 20 th - May 12 th	Mon, Wed, Fri	6:30 – 7:30am	\$252 +tax

Please Note:

- *Non-members are subject to a \$20 administration fee for each session of this program*
- *Those who wish to attend more classes than the number for which they've registered can attend additional classes at a rate of \$14 per class.*

NEW! BARRE 45

If you haven't tried Barre, it's an absolute must for your fitness routine. Enjoy this 45 minute unique, high-energy class that fuses legendary fitness techniques from Pilates, dance, yoga and interval training. You will streamline, firm, tighten and tone your entire body while creating balance, awareness, flexibility and cardiovascular endurance. No experience is necessary and this class is open to all fitness levels!

DATES	DAY	TIME	LOCATION	PRICE
MAR 21 ST - MAY 9 TH	TUESDAY	9:15 – 10:00AM	M.P. BUILDING	\$110

NEW! CORE 45

Kick start your week with Core 45! This fat-burning, body-sculpting class that allows individuals, from novice to athlete, to benefit from an activity which translates directly into their daily lives. This high-intensity class varies each time and mixes body weight exercises with cardio. Our instructor pushes participants harder than they'd push themselves knowing that long-term participation will greatly improve both mental and physical well-being. Participants will walk away feeling energized and more confident, ready to take on daily activities with self-assurance. Core training, balance and flexibility are all included to create a total well-rounded program.

DATES	DAY	TIME	LOCATION	PRICE
MAR 20 TH - MAY 8 TH	MONDAY	7:00PM	M.P. BUILDING	\$96

NEW! PARENT & TOT YOGA

From six weeks on, you and your baby are ready to return to your yoga practice. Benefits includes relieve stress in neck and shoulders, rediscovering your abdominal and strengthening pelvic floor. A small play space will be set up in the corner to accommodate older babies who may get distracted. For parents of all levels and babies of all ages! Recommended for children ages 6 weeks to 2.5 years.

Instructor: Estelle Thomson, The Coast's "Best of Halifax" Best Yoga Teacher Recipient

DATES	DAY	TIME	LOCATION	PRICE
MAR 20 TH - MAY 8 TH	MONDAY	9:15 – 10:15AM	M.P. BUILDING	\$96

TUESDAY EVENING YOGA

Back again by popular demand, join us at the Waeg on Tuesday evenings for a soul-replenishing yoga flow class. Using breathing techniques and flowing from one pose to the next, participants will regain presence, strength, and ease of movement. Let go of your day and release into this energy-replenishing flow as you find a true sense of calmness and wellbeing within. All levels welcome!

Barb Cameron's program offers the experience of a variety of yoga styles; from yoga flow and alignment to a yin/yang class, as well as the restorative practice of Yoga Nidra.

Instructor: Barb Cameron

DATES	DAY	TIME	LOCATION	PRICE
MAR 21 ST - MAY 9 TH	TUESDAY	7:00PM	M.P. BUILDING	\$110

MORNING YOGA

Join us for an invigorating morning practice to start your day, escape the chilly weather, and restore balance and physical presence. This all-levels class consists of a flowing practice designed to build strength, balance and flexibility. Come wake up your body, settle your mind and find your breath.

Interested in taking this class but require a different time? Please let us know by contacting Katelyn at 902.429.2822 (ext. 2) or at katelyn@waegwoltic.ca.

Instructor: Coleen Nolan

DATES	DAY	TIME	LOCATION	PRICE
MAR 24 TH - MAY 12 TH	FRIDAY	9:15 – 10:15AM	M.P. BUILDING	\$110

ADULT EVENING WORKSHOPS

Stay tuned as we release details about our ongoing Adult Workshop Series, featuring a rotation of **Wine & Art** workshops, **Culinary Workshops**, and much, much more. Prices will vary according to supply and instructor costs. Further details of each of these events will be announced in our emails to members, and on our website. All evening workshops require pre-registration. The earlier, the better! Have a suggestion for a workshop you'd like to see offered at The Waeg? Contact geoff@waegwoltic.ca with your ideas!

WORKSHOP	DATES	TIME	LOCATION	D
WINE & ART - <i>DETAILS BELOW!</i>	WEDNESDAY, FEB 8TH	7PM	M.P. BUILDING	\$30
WINE & ART	WEDNESDAY, MAR 22 ND	7PM	M.P. BUILDING	\$30
CULINARY WORKSHOP	WEDNESDAY, APR 5 TH	7PM	M.P. BUILDING	TBD
FLAMENCO EVENT	WEDNESDAY, APR 19 TH	7PM	M.P. BUILDING	TBD
PHOTOGRAPHY WORKSHOP	WEDNESDAY, MAY 3 RD	7PM	M.P. BUILDING	TBD
WINE & ART	WEDNESDAY, MAY 17 TH	7PM	M.P. BUILDING	\$30
CULINARY WORKSHOP	TUESDAY, MAY 30 TH	7PM	M.P. BUILDING	TBD
WINE & ART	WEDNESDAY, JUNE 14 TH	7PM	M.P. BUILDING	\$30



WILDERNESS SURVIVAL WORKSHOP

NEW DATES

Saturday, Feb 11 (ages 5-7)
 Sunday, Feb 12th (ages 8-11)

Join Wilderness Therapy expert & First Responder Nathan Torti for a hands-on session that'll get your child outside to learn about staying warm in winter weather, building shelters, tracking animals, and more!

No previous experience required. Open to ages 5-11.

Registration is required. You can register online, or by contacting Geoff at geoff@waegwoltic.ca

Members \$30 / Guests \$35

BOOK CLUB

Meetings will be open to both members and their guests. Meetings will take place the last Tuesday of every month at 7:00pm in the Main Clubhouse. If you are interested in joining the Waeg's Book Club, please R.S.V.P by either calling the Main Office (429-2822 ext.2) or email katelyn@waegwoltic.ca.

Interested in a club or event you haven't seen offered at The Waeg? Contact geoff@waegwoltic.ca with your suggestions!