

## BRESLAU REC ASSOCIATION PROGRAM TIMES AND DESCRIPTIONS

**MONDAY** April 5 to May 31<sup>st</sup>.

**Bootcamp** 7pm – 8pm –Instructor – Deb Krueger **\$45.00**

*Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after.*

**TUESDAY** April 6 to May 25<sup>th</sup>.

**Gentle Fitness** 10am – 11am – Instructor – Deb Krueger **\$45.00**

*This easy flowing workout will introduce you to the world of fitness. An easy to follow cardio segment followed by an introduction to basic weight training and abdominal work. (core= abdominals and lower back)*

**Youth Drop In** – March 23, 2010 to May 25th 7pm – 8:30pm - **FREE**  
Sam Wu – Youth Pastor at BEMC and host of this drop in for grades 6 – 8.

*Come out to the new community centre and enjoy fun, games, sports, snacks and an introduction to God. This is a community drop in.*

**WEDNESDAY** April 7 to May 26th

**Tone & Sculpt** 6:15pm-7:15pm – Instructor – Deb Krueger **\$45.00**

*No cardio in this class. Come out and weight train your way to a fitter you. Great for any level of fitness.*

**Yoga** – 7:30pm to 8:30pm –April 7 to May 26<sup>th</sup> –Instructor – Peggy **\$55.00**

*Come explore the practice of yoga in a slow, safe and fun manner! This eight week program will introduce you to the basic foundation, alignment and stability elements of yoga asana. Instruction in awareness and the breath will also allow you to explore the mind-body connection integral to this practice. The use of props will further enhance your experience of the poses. Please wear clothing that is comfortable enough for you to move freely in. Class size is limited to eight, so please register early!*

**THURSDAY** April 8 to May 27<sup>th</sup>

**Low Impact Fitness** 6pm to 7pm– Instructor – Deb Krueger **\$45.00**

*Keep one foot on the floor for this cardio workout, which is sure to elevate your heart rate, followed by some serious toning exercises.*

**FRIDAY** April 9 to May 28<sup>th</sup>.

**Co-Ed Volleyball** drop In. 7:30 – 9pm. **\$15.00**

*Come out and enjoy some volleyball. Meet new friends, hang out with old friends.*

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### FRIDAY – SPORTPLAY April 9 –June 25

**Multisport 1** – age 3-4.5 – 9:15am – 10:15 am **\$160.00**

**Parent & Tot** – age 2-3 – 10:15 am – 11:00am **\$ 148.57**

**Toddler & Parent** – age 1.5 – 2 – 11:00 am – 11:45am **\$137.14**

**Multi-sport 2** – ages 4.5 – 6 – 4pm -5pm **\$160.00**

**Instructional Soccer** – ages 6-8 – 5pm – 6pm **\$160.00**

### SATURDAY April 10 to May 29<sup>th</sup>.

**Mini dance** – 3 to 5 year olds 9am to 9:45am – Instructor – Rachel Detweiller **\$35.00**

*Come and jump around. Learn basic dance moves and just have fun!*

**Dance** – 8 to 12 year olds – 10am – 10:45am – Instructor – Lara Chahine **\$35.00**

*Want to learn how to move like your favourite pop star? Come join Lara as she teaches you how to groove to the music! You will learn the fundamentals of hip hop and jazz, learn movement, coordination and team work.*

**Kids Cario** – min age 3 years. 11am to 11:45am – Instructor – Deb Krueger **\$45.00**

*This energetic kid's fitness class is for all ages. Join us if you dare.... Some singing skills may be required.*

**Floor Hockey** – ages 3-5 from 1pm -2pm – Instructor Alex Khan **\$50.00**

*Come out and enjoy an hour of fun, skill, and agility testing with emphasis on team and fair play. Come out to test your skill, play as part of a team; have an extraordinary and fun experience.*

**Floor Hockey** – ages 6 – 12 from 2pm to 3:30pm – Instructor Alex Khan **\$60.00**

*Come out and enjoy an hour of fun, skill, and agility testing with emphasis on team and fair play. Come out to test your skill, play as part of a team; have an extraordinary and fun experience*