

***All Adult Programs include HST**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30	9:30 WORKOUT 9:30 – 10:30am		STRETCH FUSION 9:30 – 10:30am		9:30 WORKOUT 9:30 – 10:30am
7:00	ADULT KARATE 7:00 – 8:00pm	RESTORATIVE YOGA 7:00 – 8:15pm	MOM & DAUGHTER SELF DEFENSE 7:00 – 8:00pm		

THE 9:30 WORKOUT – WITH REBECCA BELL

Monday and Friday

March 23 – June 5

9:30 – 10:30 am

Studio, Coach House

Monday: \$225 Friday: \$250

10% discount if you register for more than 1 class per week.

This class is practically an institution at Mooredale. Running on Monday, and Friday, the 9:30 Workout is an effective and efficient one hour full body workout, combining cardiovascular and strength training. Led by Rebecca Bell, an experienced fitness instructor, who offers effective personalized attention that draws on her depth of knowledge and passion for body mechanics. The class includes 30 minutes dedicated to **CARDIO FITNESS**, and 30 minutes of focused **STRENGTH** and **FLEXIBILITY** training. *9:30 Workout will not run on Mon. April 13, Mon. May 18 and Fri. April 10.*

YOGA WITH A TWIST – WITH JAMES GREER

Tuesday

March 24 – June 2

7:15 pm – 8:15 pm

10 Classes, \$250

Studio, Coach House

Introducing yoga with a twist. James Greer, a certified yoga instructor, will be teaching an exploratory yoga program for beginners and those who would like to try other aspects of yoga. In this course students will be introduced to traditional Ashtanga primary poses, restoration, yin yoga, pranayama and doweling. The aim is to help students develop and advance their own practices as they become less stressed, healthy, and strong. Participants can bring their own yoga mat or one will be provided.



ADULT KARATE – WITH JAMES GREER

Monday

March 23 – June 1 *No class on April 13th and May 15th

7:00 – 8:00 pm

9 classes, \$180

Studio, Coach House

After many years of teaching karate to the children of Mooredale members, instructor James Greer from the Cold Mountain School has introduced Karate to any interested adult at Mooredale. Trained as a Second degree black belt, James designs and teaches Karate programs that will be suitable for any fitness and skill level. Participants will progress through traditional Okinawan Karate and self-defence techniques.

STRETCH FUSION – WITH REBECCA BELL

Wednesday

March 25 – June 3

9:30 am – 10:30 am

11 Classes, \$275

Studio, Coach House

Drawing from an extensive background in multiple physical disciplines, Rebecca Bell's Stretch Fusion class is something of an institution. The class evolved from the days of **BODY ALIVE STUDIO's**, where it was a favourite, and has continued to offer a combination of dance and yoga based stretch movements at various different clubs and locations. If you are looking to include flexibility based training into your fitness routine, if you are eager to improve your range of motion, or if you are looking to feel the wonderful sense of ease that an hour spent mindfully stretching and releasing tightness, this class is for you!

MOM AND DAUGHTER SELF DEFENCE – WITH JAMES GREER

Wednesday

March 25 – June 3

7:00 – 8:00 pm

11 Classes, \$220

Studio, Coach House

James Greer, a second degree black, is pleased to offer a self defence class for moms and daughters. Participants will learn basic blocks, evasions and escapes along with working on strength, flexibility and mobility exercises. No martial arts experience necessary. Minimum suggested age is 10. Moms without daughters and high school youth are also welcome!

