

Fitness Classes

Pole Walking

1:45pm - 2:30pm

Thursdays - January 16 - March 27

Instructor Michelle Holdforth

Utilizes 90% of body muscles (vs 50% with regular walking)

- * Low impact yet encourages upper body and core strength
- * Burns more calories than regular, with minimal extra effort
- * Reduces physical stress on the lower body, ie knees, hips, feet
- * Improves balance and confidence walking with pole support
- * Decreases symptoms related to Type 2 Diabetes, HBP, stress
- * Recommended by doctors and physiotherapists

Please contact the BCC to Pre-Register
(705) 657-8833



Keeping our
Seniors Active

FREE

Fitness Classes

Fit & Fabulous

9:30am - 10:30am

Thursdays - January 16 - March 27

Fitness Specialist - **Karen Franken**

Combining balance, coordination and flexibility with a variety of exercises to enhance your health and wellness.

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Buckhorn Community Centre
1782 Lakehurst Rd.
Buckhorn, ON



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Fitness Classes

Fully Seated Chair yoga

2:00pm - 2:30pm

Monday - January 13 - March 31

Instructor - Michelle Holdforth

- no experience necessary

- focusing on breathwork, mindful movement

- gentle stretching and muscle strengthening

- improves mobility, reduces stress

- props recommended yoga strap and blocks, blanket (extras available)

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Fitness Classes

Intro to Yoga

2:00pm - 2:30pm

Wednesday - January 15 - March 26

Instructor - Michelle Doyle

This new class is your opportunity to discover Yoga.

It is for people who:

- have never tried yoga before**
- have tried yoga and have found it too difficult or advanced**
- previously practiced yoga but now need a refresher**
- are dealing with some physical limitations**

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Fitness Classes

Line Dancing

10:00am - 11:00am

Saturday - January 18 - March 22

Instructor - Lynda O'Meara

Get Moving with Gentle Line Dancing

Perfect for Senior Beginners!

- no experience necessary

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Fitness Classes

Walking Soccer

(Forever Football)

11:00am - noon

Saturday - January 18 - March 22

Instructor - **Andy Hing**

Fancy a kickabout? You just need to be able to walk and kick a ball. Start with a 15 minute warm-up with skills instruction.

Then it's game on for 45 minutes of fun.

No experience necessary

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**Keeping our
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Fitness Classes Beanbag Baseball

2pm - 3:30pm

Tuesday - January 7 - March 25

Instructor - Volunteer

Two teams, three beanbags and it's game on. This activity is geared to all fitness abilities. Toss the beanbag and move to base that you scored in.

No experience necessary

No need to run! Keeps you moving and challenges your coordination.

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