**ADULT PROGRAMS**

**Boot Camp, Multi-level**
Get moving Saturday morning and Join the Silverwood crew for a full-body workout. This option has 3 fantastic instructors that will rotate instructing - Sydney, Jordan and Ashley! No equipment will be provided. Please bring weights, a loop band, hand sanitizer, a mat and water to each class. Masks are welcomed but not required. We would also like to advise that while we are doing the best we can to minimize the risk to all participants and instructors, by attending the classes you recognize and accept any risk that is incurred. Any participants not following the rules outlined for covid safety will not be allowed to participate in classes at the discretion of the instructor. Those asked to discontinue for not following safety protocols will not be eligible for a refund. The platform we will be using when the classes transition to online will be Google Meet. More information will be emailed at that time.

**Butts and Guts**
This class is a full body workout that has a focus on your abs, back, legs, glutes and core areas of the body. Bodyweight exercises (such as: squats, lunges, planks, etc) will strengthen, condition, and tone your body. No equipment will be provided. Please bring weights, a loop band, a mat, hand sanitizer and water to each class. Masks are welcome but not required. We would also like to advise that while we are doing the best we can to minimize the risk to all participants and instructors, by attending the classes you recognize and accept any risk that is incurred. Any participants not following the rules outlined for covid safety will not be allowed to participate in classes at the discretion of the instructor. Those asked to discontinue for not following safety protocols will not be eligible for a refund. The platform we will be using when the classes transition to online will be Google Meet. More information will be emailed at that time.

**Forever in Motion/Level 1 Fitness *online***
For most, aging well is living independently, sleeping well, enjoying good health and being free of pain. To help you age well, join the Forever.... in Motion/Level 1 Fitness class. Gradually build balance, strength and vitality. Build endurance, increase energy and decrease stress. Increase muscular strength so everyday activities are easier. If you are new to exercise, or it’s been some time since you exercised, or if you are a walker and want to get in shape to join the local Pickleball league, this class is for you. We will be using the Google Meet app for this online class. More specifics will follow by email when you register.

**HIIT & Sculpt Express**
HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Prepare to burn fat while building muscle and improving cardiovascular fitness. A total body challenge all done in 45 minutes! Options for all levels of fitness will be provided so everyone is welcome! No equipment will be provided. Please bring weights, a loop band, a mat, hand sanitizer and water to each class. Masks are welcome but not required. We would also like to advise that while we are doing the best we can to minimize the risk to all participants and instructors, by attending the classes you recognize and accept any risk
that is incurred. Any participants not following the rules outlined for covid safety will not be
allowed to participate in classes at the discretion of the instructor. Those asked to discontinue for
not following safety protocols will not be eligible for a refund. The platform we will be using
when the classes transition to online will be Google Meet. More information will be emailed at
that time.

**Low Impact and Sculpt**
This class is a Low impact, intense full body workout. Bodyweight exercises (such as: squats,
lunges, planks, etc) will strengthen, condition, and tone your body. No equipment will be
provided. Please bring weights, a loop band, a mat, hand sanitizer and water to each class. Masks
are welcomed but not required. We would also like to advise that while we are doing the best we
can to minimize the risk to all participants and instructors, by attending the classes you recognize
and accept any risk that is incurred. Any participants not following the rules outlined for covid
safety will not be allowed to participate in classes at the discretion of the instructor. Those asked
to discontinue for not following safety protocols will not be eligible for a refund. The platform we
will be using when the classes transition to online will be Google Meet. More information will be
emailed at that time.

**Pickleball**
It looks like tennis, sounds like ping pong, and favors the same light-on-your-toes action of
badminton, but pickleball is a sport in its own right. Due to an explosion of popularity among
older adults pickleball is a fast-growing sport in Canada good for all ages. The game doesn’t
require the same cardiovascular intensity of tennis, but you’ll soon see that matches are a good
workout and lots of fun. Beginners and experienced players welcome. No washrooms available.
We are following Pickleball Canada’s Return to Play COVID-19 guidelines [www.pickleball.org].
Must bring own paddles and hand sanitizer. Pickleball Canada recommends wearing masks
and/or gloves. We would also like to advise that while we are doing the best we can to minimize
the risk to all participants, by attending the pickleball you recognize and accept any risk that is
incurred. Any participants not following the rules outlined for covid safety will not be allowed to
participate in at the discretion of the convenors. Those asked to discontinue for not following
safety protocols will not be eligible for a refund.

**Tabata Tone *Online***
This is a high-intensity interval workout. The format is simple: 20 seconds of all-out exercise,
followed by 10 seconds of rest. Repeat 8 times, then rest for a full minute. Designed to increase
your heart rate, burn calories and build muscle. Why do we love Tabata? Because the 20/10
format allows us to work extra hard with time to recover. The result is a workout that’s effective,
manageable and sweaty! The bonus with this format is that you can work out to YOUR maximum
potential. As always, if required low impact options will be given. After all-you can do ANYTHING
for 20 seconds! No equipment will be provided. Please have comfortable runners, a mat,
weights, towel, and water available.
Yoga, Chair (Seniors Hub Club) Jari *Online*
Chair yoga is a gentle practice that is practiced sitting on a chair. Some poses can be done standing using a chair for support. It is a great form of yoga that helps increase flexibility and strength. It improves balance, coordination and circulation. It also reduces stress and improves concentration. The class will be focusing on breathing exercises, stretching and strengthening exercises, incorporating modified yoga poses. It will include relaxation techniques, as well. Chair yoga is great for anyone who needs more support, is managing an injury or simply who is looking for a gentle approach to the practice. Oct 2, 16, 30 (additional dates will be added at a later time)

Yoga, Gentle Multi-level *online*
Gentle yoga class is focusing on reducing physical and mental stress, increasing flexibility and strengthening the whole body in a comfortable, non-judgmental atmosphere, and at your own pace. No previous yoga experience is required as the program will begin with more introductory poses that are clearly explained and broken down so that everyone can adjust their practice for their body type and condition. There will be many options and variations presented for each pose and movement. Please have a mat and water bottle available. We will be using the Google Meet platform for these online classes.

Yoga Nidra and Hypnosis *online*
From the comfort of your home, this class uses mental exercise to take you to a deeply restful state. Deep relaxation provides a reset mechanism for the body and nervous system, while mental imagery establishes a state of calmness that persists beyond the session. Using yoga teachings and hypnosis techniques, this class is designed to leave you feeling refreshed and at ease.
No previous experience required. Equipment needed: pillow and blanket - earphones recommended. We will be using the Google Meet app for this online class. More information will be emailed after you register.

Yoga, Yin (Jari) *online*
Yin Yoga involves a deep and peaceful practice of seated and supine poses. It is a gentle practice that brings many benefits. It increases flexibility, joint mobility and stability. By holding a series of postures it is possible to stretch and release the connective tissue of the joints. This helps you maintain a healthy range of motion, while leaving you feel renewed and restored. Slow flow of yin yoga encourages clarity and focus. It provides balance and allows you to relax. No experience required. Have a yoga mat and small blanket and a pillow to use as an additional yoga prop. The platform we will be using for online classes is Google Meet.

Yoga, Yin (Cara)
Yin yoga is a class of active rest, offering benefits to physical and mental wellbeing. Along with stretches and releases of the yoga poses on the body, this class will also incorporate yoga teaching and meditation to help calm the mind and provide skills to respond to life stresses. No experience is needed to enjoy the gentle and calming practice of yin yoga from your own home. We will be using the Google Meet app for this online class. More information will be emailed after you register.
Zumba™
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Please bring a water bottle and hand sanitizer. Masks are welcomed but not required. We would also like to advise that while we are doing the best we can to minimize the risk to all participants and instructors, by attending the classes you recognize and accept any risk that is incurred. Any participants not following the rules outlined for covid safety will not be allowed to participate in classes at the discretion of the instructor. Those asked to discontinue for not following safety protocols will not be eligible for a refund. The platform we will be using when the classes transition to online will be Google Meet. More information will be emailed at that time.