



NESA Summer 2022 Program Guide

Important Dates to Remember



Summer 2022 Season Registration Starts: Tuesday, June 28/22 at 8:30am

[Registration is available via mail-in, online and in-person]

Summer Season: Monday, July 11-Monday, August 22/22 [Omit August 1]

Fall 2022 Program Details Available: Monday, August 15/22

Fall 2022 Registration Starts: Tuesday, August 30/22 at 8:30am

[Registration is available via mail-in, online and in-person]

Fall 2022 Season Starts: Monday, September 12/22

Clubs

Badminton – Join fellow badminton players for some fun on the court. Please bring your own racquet.

Wed, July 13-August 17 / 8:30-10:30am and Fri, July 15-August 19 / 8:30-11:30am / 12 dates / \$24

Canasta – All are welcome to play including those new to the game.

Thu, July 14-August 18 / 11:30am-2:30pm (Please arrive by 11:15am/11:20am for table assignment) / 6wks / \$12

Carpet Bowling –Join in on this indoor sport that resembles lawn bowling. All are welcome!

Tue and Thu, July 12-August 18 / 10:30am-12pm / 12 dates / \$24

Creative Greeting Cards – Creating greeting cards using: parchment, embroidery, 3D, or paper piercing. No formal instruction but help is available.

Tue, July 12-August 16 / 9am-12pm / 6wks / \$12

Garden Club – Unite with fellow garden enthusiasts to chat about gardening, plants and more!

Wed, August 17 / 12:30-2pm / 1wk / \$2

NESA Summer Hours of Operation: 8:30am-3:00pm / Fitness Centre 8:30am-2:30pm
Front Office closes at 2:30pm.



NESA Summer 2022 Program Guide



Guitar Jam – A fun group of acoustic guitar players who play and sing any style of music. All levels are welcome.

Thu, July 14-August 18 / 11am-2pm / 6wks / \$12

Jammers – An acoustic guitar group who meet for singing and fellowship.

Tue, July 12-August 16 / 12-2:30pm / 6wks / \$12

Music Makers – Enjoy making music? We welcome you and all instruments!

Tue, July 12-August 16 / 9:15-11:45am / 6wks / \$12

Silversmithing – Socialize and share jewelry ideas and techniques with others. No formal instruction and experience with silversmithing is required.

Tue, July 12-August 16 / 9am-2:30pm / 6wks / \$24

Weavers – We are fun, friendly, and love to weave. Experience is required as no formal instruction is provided. (Check back in the Fall of 2022 for a Beginners workshop!).

Tue, July 12-August 16 / 9:30am-2:30pm / 6wks / \$24

Dance Programs

Clogging Beginner Level 2 and 3 [Taught by Adele] – Practice, practice, practice! This clogging class will help you build the confidence you need to move on to the next level. Come for the workout and stay for the fun!

Wed, July 13-August 17 / 12-1pm / 6wks / \$48

Clogging: All Intermediate Levels [Taught by Adele] – Now that you've mastered the basic steps we will take those movements and expand on them to include more subtle rhythmic and visual variations.

Wed, July 13-August 17 / 1:15-2:15pm / 6wks / \$48

Fitness Programs

Active with Arthritis [Taught by Kiersten] – Physical Activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic



NESA Summer 2022 Program Guide



conditions. This new class will work through joint range of motion, stretching, strength and light aerobic activities to improve and manage these conditions. This program will help reduce stiffness and pain associated with Arthritis and of course can be modified to meet participant needs. Come and be active, moving through your personal range of activity for some active relief of stiffness and pain. No floor work.

Wed, August 3-17 / 10:15-11:15am / 3wks / \$20

Age Reversing Essentrics® [Taught by Sam] – This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Some movement modifications available. Please bring a yoga mat.

Mon, July 11-August 22 [Omit August 1] / 10:15-11:15am / 6wks / \$68

Barre Cardio [Taught by Falon] – Rev up that intensity with barre-style cardio to feel that extra burn and tone your muscles. Improve your endurance, strength, and balance at the “barre,” with high repetitions and light resistance. Short cardio bursts incorporated to help keep up your heart rate while sculpting your body. Must be able to lower and rise from the floor for mat-based exercises. Please bring a yoga mat.

Thu, July 14-August 18 / 9:15-10:15am / 6 wks / \$39

Cardio Plus [Taught by Falon] – Start the day with Falon leading you through a variety of exercises to get the heart rate up, strengthen muscles and tone your whole body. Must be able to lower to floor to do mat work. Please bring a yoga mat.

Mon, July 11-August 22 [Omit August 1] / 8:30-9:30am / 6wks / \$39

Wed, July 13-August 17 / 8:30-9:30am / 6wks / \$39

Chair Total Body Workout – Designed for those with limited mobility, this class welcomes all levels of exercisers. Using modified movements, portable equipment, walls and chairs, this class focuses on improving strength, flexibility and balance. [Refer to designated instructor as per each date].



NESA Summer 2022 Program Guide



Mon, July 11-August 22 [Omit August 1] / 11am-12pm / 6wks / \$39 [Instr: Falon]

Tue, August 2-16 / 12:30-1:30pm / 3wks / \$20 [Instr: Kiersten]

Thu, July 14-August 18 / 11am-12pm / 6wks / \$39 [Instr: Falon]

Chair Yoga [Taught by Bev] – Chair Yoga is one of the gentlest forms of yoga available. This class uses a chair for all postures, sitting and standing. It is a great way to practice yoga if you have limitations that keep you from attending a traditional yoga class. No floor work; having a mat to stand on is recommended.

Tue, July 12-August 2 / 12:15-1:15pm / 4wks / \$30

Cross Training [Taught by Falon] – Come ready to take on a total body workout designed to improve strength, endurance, and balance. Work through a twelve-station class where you're guaranteed every muscle will work to help you improve every week. Become comfortable on the suspension trainers, improve your cardiovascular endurance, and increase your strength and stamina with diverse and unique movement patterns. Must be comfortable with floor work - please bring a yoga mat.

Fri, July 15-August 19 / 9:15-10:15am / 6wks / \$39

Fri, July 15-August 19 / 10:30-11:30am / 6wks / \$39

Essentrics® Release, Rebalance, and Restore [Taught by Liz] – Release tight muscles, rebalance joints and restore your body. This is a slower paced class aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles. It is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. Level 2 – Gentle to Moderate fitness, includes standing and some chair or floor work (modifications are provided if unable to get down to floor). Please bring a yoga mat.

Thu, July 14-August 18 / 12:15-1:15pm / 6wks / \$68

Essentrics® for Stretch and Tone – A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine,



NESA Summer 2022 Program Guide



this equipment-free workout leaves you feeling energized, youthful and healthy. Level 3 – Moderate fitness, includes standing and floor work (back and side only). Please bring a yoga mat.

*Please Note: This class can be adapted for students who are familiar with *Age Reversing Essentrics*®.

Mon, July 11-August 22 [Omit August 1] / 9am-10am / 6wks / \$68 [Instr: Sam]

Fri, July 15-August 19 / 10-11am / 6wks / \$68 [Instr: Meg]

Fit For Your Life [Taught by Falon] – A perfect mixture of aerobic activity, strength training and stretching, participants are urged to go at their own pace and enjoy this well-rounded fitness class. No floor work.

Mon, July 11-August 22 [Omit August 1] / 9:45-10:45am / 6wks / \$39

Wed, July 13-August 17 / 9:45-10:45am / 6wks / \$39

Flexibility and Foam Rolling [Taught by Falon] – Hit the mat to stretch muscles commonly overused to help relax the body. Discover proper foam rolling techniques to further reduce muscle tension. Must be able to comfortably and safely transition to and from the floor repeatedly.

Wed, July 13-August 17 / 11:30am-12:30pm / 6wks / \$39

Fun and Fitness [Taught by Falon] – An hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous low impact cardio, weights and resistance bands to improve overall strength, and activities that improve posture, balance and flexibility.

Thu, July 14-August 18 / 1:30-2:30pm / 6 wks / \$39

Interval Training [Taught by Kiersten] – Join in on an invigorating total body workout exploring different exercises using various equipment and timed intervals. Some floor work may be required, please bring a mat if you have one.

Tue, August 2-16 / 11am-12pm / 3 wks / \$20

Pick-Your-Pickleball – Join us for some pickleball this summer! Each session will be 75-minutes in duration, costs \$5/session, and a maximum of 15 people per timeframe will be registered so members can maximize their time on the court



NESA Summer 2022 Program Guide



and play several timed round-robin matches with others. All skills levels welcome but some experience is suggested as no instruction will be provided this summer.

Pick-Your-Pickleball sessions are available during July 11-August 22 [Omit August 1]

*Mondays 12:30pm-1:45pm **or** Tuesdays 9am-10:15am **or***

*Wednesdays 10:45am-12pm **or** 12pm-1:15pm **or** Fridays 11:45am-1pm*

Register for as many sessions as you would like to!

**Pickleball net set-up and round-robin match sign-up will happen approximately 10-15 minutes prior to the start of each scheduled session so please arrive a few minutes early to prepare!*

(Paddle rentals available for \$1/session).

Stretch 'n Tone Yoga: Beginner [Taught by Bev] – Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga. Please bring a yoga mat.

Tue, July 12-August 2 / 10:30am-12pm / 4wks / \$38

Strong and Stable: [Taught by Kiersten] – Join in for a total body workout for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. No floor work.

Wed, August 3-17 / 9-10am / 3 wks / \$20

Triple S Beginner – Stretch, Strengthen, and Suspend! Join in for a total body workout that includes stretching overactive muscles and strengthening those less active using weights, resistance bands, and suspension trainers. No floor work.

Tue, July 12-26 / 9:45-10:45am / 3wks / \$20 [Taught by Jollean]

Thu, July 14-28 / 9:45-10:45am / 3 wks / \$20 [Taught by Jollean]

Tue, August 2-16 / 9:45-10:45am / 3wks / \$20 [Taught by Kiersten]

Thu, August 4-18 / 9:45-10:45am / 3 wks / \$20 [Taught by Kiersten]

Triple S Intermediate – Same description as *Triple S Beginner* but with some floor work. Please bring a yoga mat.

Tue, July 12-26 / 8:30-9:30am / 3wks / \$20 [Taught by Jollean]

Thu, July 14-28 / 8:30-9:30am / 3 wks / \$20 [Taught by Jollean]

Tue, August 2-16 / 8:30-9:30am / 3wks / \$20 [Taught by Kiersten]

Thu, August 4-18 / 8:30-9:30am / 3 wks / \$20 [Taught by Kiersten]



NESA Summer 2022 Program Guide



Yoga and Strength for your Back [Taught by Kiersten] – A gentle yoga and strength training class to help relieve lower back pain and improve flexibility of your lumbar spine. This class will also restore muscle balance by working on the core, which is directly related to your back. This class is suitable for anyone who can go to the floor. There will be an array of standing postures, chair postures and activities which require floor work. Please bring a yoga mat.

Wed, August 3-17 / 11:45am-12:45pm / 3wks / \$23

Zumba® [Taught by Marguerite] – Use of low impact dance moves to Latin, American-based music, making this an exhilarating and perfect fit for both the seasoned Zumba® student or those just starting their journey to a fit and healthy lifestyle.

Tue, July 12-26 / 12:15-1:15pm / 3wks / \$20

Thu, July 14-28 / 12:15-1:15pm / 3 wks / \$20

Zumba® Gold [Taught by Bella] – This class is perfect for the active older adult who is looking for a modified Zumba® class that recreates the original moves you love at a lower intensity focusing on all elements of fitness including cardio, muscular conditioning, flexibility and balance!

Mon, July 11-25 / 12-1pm / 3wks / \$20

Mon, August 8-22 / 12-1pm / 3wks/ \$20

Zumba® Gold Chair [Taught by Bella] – This class is perfect for older adults who are looking for a modified Zumba® class while seated on the chair. We recreate the original moves you love at a lower-intensity while seated!

Mon, July 11-25 / 1:15-2:15pm / 3wks / \$20

Mon, August 8-22 / 1:15-2:15pm / 3wks/ \$20

Health and Wellness Programs

Connections [Taught by Carole] – Are you feeling isolated at home and unsure about how to become involved again? This program offers social opportunities, education and physical activities in a safe, encouraging environment

Mon, July 11-August 8 [Omit August 1] / 10am-12pm / 4 wks / \$8