

GENERAL POPULATION FALL 2018

**OCT 29 -
DEC 13**

TIME	MON	TUES	WED	THURS
12:00 pm	YOGA FOR POWER & GRACE HS 60 mins Garda			
1:15 pm	TOTAL BARRE PILATES HS 60 mins Natasha			
5:15 pm				PILATES FLOW HS 60 mins Shasta
5:30 pm			VINYASA FLOW YOGA HS 60 mins Garda	
6:15 pm		TOTAL BARRE PILATES HS 60 mins Natasha		
7:00 pm	TRIM & TONE PILATES HS 60 mins Shasta			

**REGISTRATION
OPENS OCT 9**

PRICES: +HST
\$70 (member)
\$85 (non member)

Register in person (1st floor CURRIE CENTER),
by phone (453.4579) or online at recreation.unbf.ca

Note: Instructors are subject to change without
notice.

QUESTIONS:
Contact Lauren Rogers at lrogers@unb.ca

LOCATIONS:
HS: Hatheway Family
Fitness Studio
(2nd Floor CURRIE CENTER)
MPR: Multi-Purpose Room
(2nd Floor CURRIE CENTER)



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and Twitter: @UREC_UNB

Pilates Flow

Control, power and precision describe this class! You will experience creative, challenging and fluid transitions from one exercise to the next while your muscles are constantly challenged. Get ready to feel every inch of your body, from every angle and every direction! Come and challenge your endurance and control in this streamlined workout and leave feeling powerful!

Total Barre Pilates

Total Barre is a fresh, fun and energetic class! This class will give you a full-body workout by incorporating elements of Pilates, cardio, dance, and strength training. Bonus: you'll workout to upbeat, invigorating music! No previous dance or Pilates experience is necessary.

Trim & Tone Pilates

This intermediate level mat Pilates class will trim and tone your waistline, hips and thighs! Expect a total body workout that varies from class to class. Beginners are always welcome – no previous Pilates experience is required.

Vinyasa Yoga

This Vinyasa Yoga flow class integrates breath with movement in a flowing sequence of yoga poses. Experience a beautiful intermix of yoga asanas and creative movements that vary from class to class. This class is recommended for individuals with previous yoga experience and/or an athletic background.

Yoga for Power & Grace

Discover the power and grace this vinyasa flow can deliver. This class is inspired by the power of the Ashtanga system and includes complementary asanas to create an inspirational flow. Participants will feel deeply connected to both the mind and body by blending the balance of breath and continuous movement. Leave behind your day and get grounded. Previous yoga experience is recommended.