



Fitness ...

**Sondra’s Morning Workout**

Join Sondra every Mon/Wed/Fri at Echo at 9 am for a great low impact, whole body workout and start your day on the right track! Healthy beginners and “first-timers” are always welcome to join this enthusiastic, friendly group. Every Mon/Wed/Fri beginning Wed Jan 4; 9-10 am; \$36 for a 10 session pass or \$4 for a drop-in ticket.

**Mom and Baby Fitness**

There will be lots of laughter and fun in this twice a week fitness class designed just for new moms WITH their babies. Share in quality time with your baby as you tighten and tone, strengthen those much needed core muscles, burn calories and improve your cardiovascular endurance – all with your baby included in your fitness routine! (Babies should be pre-crawling and moms at least 6 weeks postpartum and have approval from their doctor.) Wednesdays & Fridays 10:15-11:15 am; Set I: 10 sess: Jan 11 – Feb 10; \$40 ;Set II: 11 sess: Feb 29 – Apr 4; \$44; Set III: 11 sess: Apr 11 – May 18 (no class May 4); \$44; Sondra Austin

**Pilates Mat All Level Classes Mondays or Thursdays**

Intelligent exercise ... profound results. Learn Pilates breathing and exercise techniques designed to increase core

strength, lengthen and stretch muscles, improve posture and increase stability. Beginning and continuing students, all ages and fitness levels are welcome. Mon; 5:45-6:45 pm; Set I: 8 sess: Mon Jan 23 - Mar 12; \$52; Set II: 8 sess: Mon Apr 2 - Jun 4 (no class Apr 9 & May 21); \$52; Thur; 5:45-6:45 pm; 8 sess: Thur Jan 26 - Mar 15; \$52; Karli Van Vliet

**Zumba Fitness**

Discover Zumba – the hottest, new Latin inspired, easy to follow, dance fitness class that delivers a great workout for your core, your arms, legs

and heart – all to great rhythms that make you want to move. Beginners are always welcome. Shandora Page

**Zumba Mondays**

5:30-6:30 pm; Set I: 8 sess: Mon Jan 9 – Feb 27; \$48; Set II: 7 sess: Mon Mar 5 – Apr 23 (no class Apr 9); \$42; Set III: 7 sess: Mon Apr 30 - Jun 18 (no class May 21); \$42

**Zumba Wednesdays**

5:30-6:30 pm Set I: 8 sess: Wed Jan 11 – Feb 29; \$48; Set II: 8 sess: Wed Mar 7 – Apr 25; \$48; Set III: 8 sess: Wed May 2 – Jun 20; \$48

**Zumba Gold NEW!**

Experience all the fun and fitness of a Zumba workout, with modified moves and pacing, to meet the needs of active, older adults and beginning fitness participants. Set I: 8 sess: Wed Jan 25 – Mar 14; 2:15-3:15; \$48; Set II: 8 sess: Wed Mar 21 – May 9; 2:15-3:15 pm; \$48; Shandora Page

**Echo Yoga Classes**

Afterwork, morning and evening classes available – beginners to Level II/III. Improve your posture & alignment, balance, flexibility and core strength in these popular classes. Pip Van Nispen

**Yoga Level I (Mondays)**

An introductory level class for beginners or an ongoing class for those who would like a gentler approach to yoga because of health concerns or physical limitations. Mondays 11 am-12:30 pm Set I: 7 sess: Jan 9 – Feb 20; \$44; Set II: 7 sess: Feb 27 – Apr 16 (no class Apr 9); \$44; Set III: 7 sess: Apr 23 – Jun 11; (no class May 21); \$44

**Yoga Level I (Fridays)**

An introductory level class for beginners or an ongoing class for those who would like a gentler approach to yoga because of health concerns or physical limitations. Fridays 10:30 am-12 noon Set I: 8 sess: Jan 6 – Feb 24; \$50; Set II: 7 sess: Mar 2 – Apr 20 (no class Apr 6); \$44; Set III: 8 sess: Apr 27 – Jun 15; \$50

**Yoga Level I (Tuesdays)**

An introductory class for healthy beginners. Tuesdays 7-8:30 pm; Set I: 8 sess: Jan 3 – Feb 21; \$50; Set II: 8 sess: Feb 28 – Apr 17; \$50; Set III: 8 sess: Apr 24 – Jun 12; \$50



**Yoga Continuing (Tuesdays)**

An ongoing Level II class for continuing students. Must have completed at least 1 session of Yoga to register. Tuesdays 5:15-6:45 pm; Set I: 8 sess:

Jan 3 – Feb 21; \$50; Set II: 8 sess: Feb 28 – Apr 17; \$50; Set III: 8 sess: Apr 24– Jun 12; \$50

**Yoga Continuing (Thursdays)**

An ongoing Level I/II class for continuing students. Must have completed at least 1 session of yoga to register. Thursdays 7-8:30 pm; Set I: 8 sess: Jan 5 – Feb 23; \$50; Set II: 8 sess: Mar 1 – Apr 19; \$50; Set III: 8 sess: Apr 26 – Jun 14; \$50

**Yoga Continuing (Fridays)**

An ongoing Level I/II class for continuing students. Must have completed at least 1 session of yoga to register. Fridays 8:55-10:25 am; Set I: 8 sess: Jan 6 – Feb 24; \$50; Set II: 7 sess: Mar 2 – Apr 20 (no

class Apr 6); \$44; Set III: 8 sess: Apr 27 – Jun 15; \$50

### Yoga Level II/III (Thursdays)

Our most advanced class for experienced students. Must have approval of instructor prior to registration. Thursdays 5:15-6:45 pm; Set I: 8 sess: Jan 5 – Feb 23; \$50; Set II: 8 sess: Mar 1 – Apr 19; \$50; Set III: 8 sess: Apr 26 – Jun 14; \$50

### Vinyasa Flow Yoga

Vinyasa yoga is often called flow yoga because of the smooth way that poses are combined together in synchronization with the breath. Enjoy this new Friday evening Vinyasa yoga class, taught by yoga instructor & local naturopathic physician Dr.

Jeannie Doig. Each session also includes 20



minutes of meditation & healthy nutrition tips for a complete wellness session. Experienced and beginner yoga students are welcome. Set I: 8 sess: Fri Jan 27 – Mar 16 (no class Mar 11); 5:30-7

pm; \$78; Set II: 8 sess: Fri Apr 20 – Jun 8; 5:30-7 pm; \$78; Dr. Jeannie Doig

### Gentle Flow Yoga

A gentle approach to traditional Vinyasa (flow) yoga. We will be working with Sun Salutations, standing and seated postures, through a flowing sequence, so students must be comfortable getting up and down from standing to a seated position on the floor. All levels of Yoga experience are welcome to attend this class. Set I: 8 sess: Wed Jan 25 – Mar 14; 7:08 pm; \$50; Set II: 8 sess: Wed Mar 21 – May 9; 7 – 8 pm; \$50; Shandora Page

### Yin Yoga **NEW!**

Yin yoga works on encouraging the safe and slow opening of the deeper tissues of the body, especially in the hips and lower back area, resulting in a feeling of lightness and relaxation. Fewer yoga postures are used and are held for much longer. A perfect complement to your more active yoga

practice! Beginning students are welcome. Set I: 8 sess: Mon Jan 23 – Mar 12; 7-8:15 pm; \$60; Set II: 8 sess: Mon Apr 2 – Jun 4 (no class Apr 9 & May 21); 7-8:15 pm; \$60; Karli Van Vliet

### Over 50's Yoga

This class is designed to be suitable for all levels of yoga experience with an emphasis on restorative yoga postures to promote relaxation and pain relief. Postures will be modified, as necessary, to fit all needs and abilities. Chairs and props will be provided to give ease to all postures offered. Set I: 8 sess: Wed Jan 25 – Mar 14; 3:30-4:30 pm; \$32; Set II: 8 sess: Wed Mar 21 – May 9; 3:30-4:30 pm; \$32; Shandora Page

### Over 50's Weight Training Program

As we age and start to lose muscle and bone mass, strength training becomes more important. Join Scott in the Fitness Room at the Pool for this twice a week introductory course especially designed for adults over 50. Learn proper form and body position for safe, effective strength training utilizing a variety of equipment. After your class, you can also use the pool, whirlpool and sauna to complete your workout. Tue & Thur 10:30-11:30 am; Set I: 10 sess: Tue Jan 24 – Feb 23; \$79; Set II: 10 sess: Tue Feb 28 – Thur Mar 29; \$79; Scott Beckett

### Beginners & Improvers Boot Camps

Now offering even more choices of times! Join Scott for these great circuit style Boot Camp workouts using a variety of exercise balls, bosus, resistance tubing, weights, steps and your own body weight in an amazingly effective whole body workout that develops core strength, a balanced system and stronger, leaner, more flexible muscles. Scott Beckett



**Boot Camp - Morning** (Echo) Tues and Thur; 9-10 am Set I - 12 sess: Jan 10 – Feb

16; \$64; Set II: 12 sess: Feb 21 – Mar 29; \$64; Set III: 12 sess: Apr 3 – May 10; \$64

**Boot Camp - Noon\*** (Hilton Centre gym) Wed and Fri 12:15-1:15 pm Set I: 12 sess: Jan 11 – Feb 17; \$64; Set II: 12 sess: Feb 22 – Mar 30; \$64; Set III: 11 sess: Apr 4 – May 11 (no class Apr 6); \$59

**Boot Camp - After Work** (Echo) Mon & Wed 5:15-6:15 pm Set I: 12 sess: Jan 9 – Feb 15; \$64; Set II: 12 sess: Feb 20 – Mar 28; \$64; Set III\_ 11 sess: Apr 2 – May 9 (no class Apr 9); \$59

**Boot Camp - After Work** (Hilton Centre gym) Tue & Thur 5:15-6:15 pm Set I: 12 sess: Jan 10 – Feb 16; \$64; Set II: 12 sess: Feb 21 – Mar 29; \$64; Set III: 12 sess: Apr 3 – May 10; \$64

**Boot Camp - Noon Mondays \*** (Hilton Centre Gym) 12:15-1:15 pm Set I: 9 sess: Jan 9 – Mar 5; \$48; Set II: 8 sess: Mar 12 – May 7 (no class Apr 9); \$43

\*If you need childcare, register your little ones for Boot Camp Playtime (see next)

### Boot Camp Playtime

(for ages 1-5 years) @ Kiwanis Hilton Children's Centre  
Provide your child with an hour of quality playtime in the Discovery Room at Kiwanis Hilton Children's Centre while you

enjoy your Noon Boot Camp Workout! Wed and Fri; 12:15-1:15 pm; Set I: 12 sess: Jan 11 – Feb 17; \$25/ child; Set II: 10 sess: Feb 22 – Mar 30 (no class on Mar 21)

& 23– Spring Break); \$21/child; Set III: 11 sess: Apr 4 – May 11 (no class Apr 6); \$24/child; Mon; 12:15–1:15 pm; Set I: 9 sess: Jan 9 – Mar 5; \$19/child; Set II: 7 sess: Mar 12 – May 7 (no class Mar 19 & Apr 9); \$15/child; Joell Turgeon & Teresa Drew

**Nordic Walking Program - Beginners**

A Nordic walking program aimed specifically at those who are new to Nordic walking and have been sedentary for a long time or have specific chronic health concerns. Offers an individual-



ized approach providing ongoing support and help with specific concerns, body mechanics and walking techniques. Each session includes a warm-up, cool down and a group walk either outdoors on the Bob Dailey running track on nice days or indoors in Glenwood Centre in inclement weather. Participants will be encouraged to walk on their own during the week between sessions and be given information about walking trails and walking routes within the City. 10 sess: Wed Jan 18 – Mar 21; 11:30 am-12:30 pm; \$20 (with your own poles) \$35 (includes loan of poles for duration of program); Ester Haack

**Fit Beginnings**

A twice a week gentle fitness program for those who have been sedentary for a long time. Participants, who may have health concerns such as overweight, diabetes, hypertension or other chronic conditions and who find it difficult to be physically active and fit into other exercise classes, are invited to join. Offers a supportive environment, lots of group support and exercises modified to meet participants' needs. 20 sess: Tues & Thur; Jan 17 – Mar 22; 12:10-1:10 pm; \$40; Ester Haack

**Fit Beginnings Step II**

A continuing twice a week exercise pro-

gram for those who have completed Fit Beginnings or want a little more challenge. Participants will receive support and help in modifying exercises to fit their needs. 20 sess: Tues & Thur; Jan 17 – Mar 22; 1:30-2:30 pm; \$40; Ester Haack

**Chair Fit Exercise Program**

Much of this low impact program will be done sitting in chairs, with some standing and walking around the room. Exercise bands and other props will be utilized to improve muscle strength, flexibility and range of motion. Suitable for those with physical limitations or mobility issues. Every Wednesday beginning Jan 11; 1-2 pm; \$30 for a 7 session Punch Card; Ester Haack

**Qigong**

The smooth and balanced flow of qi created by qigong practice shows itself as a joyful, relaxed, optimistic and energized state of mind. This 8 week course for new & continuing students provides a basic foundation and understanding of Qigong practice. Each class opens and closes with a short meditation and includes breath work and visualizations combined with postures and movements that are gentle and easy to learn and that can be practiced by almost anyone. Set I: 8 sess: Mon Jan 23 – Mar 12; 6:30-8 pm; \$60; Set II: 7 sess: Mar 26 – May 14 (no class Apr 9 – Easter Monday); 6:30-8 pm; \$53; Darren Lentz

**Qigong – Continuing**

For those who have completed at least 1 set of beginning Qigong classes and who want an ongoing class to develop and refine their practice. Set I: 8 sess: Wed Jan 25 – Mar 14; 6:30-8 pm; \$60; Set II: 8 sess: Wed Mar 28 – May 16; 6:30-8 pm; \$60; Darren Lentz

**Wellness ...**

**Balancing Hormones**

Improve your well being through the perimenopausal and menopausal years with this informative workshop presented by Naturopathic Physician, Dr. Jeannie Doig. Learn about hor-

mones and their effect on the body, nutritional recommendations for reducing menopausal symptoms, the role of dietary supplements and herbal strategies. Receive the latest information on bio-identical hormone replacement and the importance of exercise and stress reduction. 1 sess: Thu Feb 16; 7-8:30 pm; \$25; Dr. Jeannie Doig

*Dr. Jeannie Doig, HBSc, ND has an Honours Bachelor of Science in Human Biology from the University of Toronto and a graduate degree from the Canadian College of Naturopathic Medicine in Toronto. Dr. Doig practices at the Family Chiropractic Clinic in Port Alberni as well as in Tofino and Ucluelet.*

**Qigong Meditation Workshop**

Balance body, mind and spirit...this workshop will introduce the student to the ancient Taoist practice of Qigong Meditation that has been used to improve health, promote longevity as well as balance the Yin and Yang energies of the body. The student will gain a basic understanding of the practice as well as related theory including basic energetic anatomy as it pertains to the energy practices of traditional Chinese medicine. 1 sess: Tue Feb 28; 6:30-8 pm; \$12; Darren Lentz



**Outdoor ... Sports ...**

**Golf Lessons – For Beginners and Improvers**

*Co-sponsored by Alberni Golf Club.* Learn from the pro. Offers instruction in all aspects of the game – from putting and chipping to the full swing plus rules & etiquette. All equipment is supplied or bring your own. Class size is limited to 6 participants. All classes are held at the Alberni Golf Club. 4 sess: \$45  
 Prog 1 Sun Mar 18 - Apr 8; 2-3 pm  
 Prog 2 Sun Mar 18 - Apr 8; 3:30-4:30 pm  
 Prog 3 Mon Mar 19 - Apr 9; 11 am-12 noon  
 Prog 4 Mon Mar 19 - Apr 9; 5-6 pm  
 Prog 5 Tue Mar 20 - Apr 10; 4-5 pm  
 Prog 6 Tue Mar 20 - Apr 10; 5:30-6:30 pm

**Alberni Inlet Trail**

Enjoy this scenic, fairly strenuous one-way spring hike with elevation changes, that will take you from the far trailhead at China Creek,

back along the east side of the Alberni Inlet, to Ship Creek Road in Port Alberni. Beautiful views of the Inlet and Port Alberni. Van transportation will be provided to the trailhead at China Creek. 1 sess; Sat Apr 21; Meet at Echo Centre at 9 am. Van transportation will be provided. Return to Echo at 4:30 pm; Adults \$10; Youth (10 – 16 years ; \$5

### Dickson/Ash Lakes Canoe Trip

Join us for this popular annual canoe trip! Enjoy a leisurely day exploring the sheltered waters of Dickson and Ash Lake (accessed by a channel and small portage from Dickson Lake). Lots of aquatic plants and beaver activity. Canoes, paddles and lifejackets provided. Beginner canoeists are welcome. The morning will begin with some basic instruction in canoe safety and paddling. 1 sess: Sat May 26; Meet at Echo at 9 am and return at 4 pm; Adults \$15 Youth (10 – 16 years); \$8



[www.portalberni.ca](http://www.portalberni.ca)



### Kayak Programs co-sponsored with Batstar Adventure Tours

#### Kayak Wet Exits

Would you know what to do if you accidentally tipped over in your kayak. Join Batstar Adventure Tours to practice and learn how to safely get out of your tipped over kayak and how to get back in, all in the warmth and safety of Echo Pool. Take this before you head out on the open water. Sat Feb 18; 4-6 pm; \$28 or Sat Apr 14; 4-6 pm; \$28

#### Kayak - Spring Harbour Paddles

Join Batstar Adventure Tours for 3 Sunday morning paddles at Harbour Quay. Enjoy the beautiful vistas and coastline and the interest-

ing marine activity. First time paddlers are welcome. All equipment supplied. 3 sess: Sun Apr 15 – Apr 29; 9-10:30 am; \$55

#### Sea Kayak Toquart Bay

Explore the protected bays, quiet coves and colorful intertidal life of the Stopper Islands. Includes van transportation to and from Port Alberni to Toquart Bay, a guide for the day and all gear. Beginner paddlers welcome. 1 sess: Sat Apr 28; Meet in front of Echo at 6:50

am, back at 5 pm; \$99

#### Sea Kayaking on the West Coast

Join Blake from Batstar Adventure Tours and learn about some of the most beautiful and accessible spots for day and multi-day kayaking on our beautiful west coast. View marine charts and enjoy photos and videos from these locations. Learn about tides, surf considerations, planning for the weather, accessibility of campsites and other safety considerations for different areas. Gear and equipment will also be discussed. A great introduction for those new to day or multi-day kayaking. Door Prize – 1 free registration in our Spring Harbour Paddle course. 1 sess: Wed Feb 22; 7-9 pm; \$14; Blake Johnson

### General Interest ...

#### Pension Information Workshop – Presented by Service Canada

Laurie Bruce from Service Canada will lead this 2 hour workshop on Canada Pension and Old Age Security. Topics covered will include: benefits under CPP; options for taking CPP early/late, disability and survivor benefits, credit splitting, type of OAS benefits (full/partial) OAS claw-back, low income supports (GIS, allowance, allowance for the survivor), voluntary/involuntary separation, beneficiary rights and responsibilities and more! There will also be time for questions. Thur Mar 15; 7-9 pm; Echo Centre; \$5

#### Energy Conservation – Learn How You Can Save Electricity and Money!

Thur Feb 23; 11:30-2:30 pm; Echo Centre Lobby . Drop by the lobby of Echo Centre to check out the display and interactive activities from the BC Hydro Community Outreach Team. They will be visiting Port Alberni to encourage energy conservation and show how simple it is to save electricity and money. For instance, did you know that adding a dry towel to a wet load of laundry will help to reduce drying time by up to 50%? Join BC Hydro for more tips and fun interactive activities to learn more about how to be smart with your power! This is a free event and open to the public.

