



BETTER WITH FITNESS | WINTER 2021 CLASSES

HOW LIVE CLASSES WORK

Join us in Eden Mills for our live social distanced classes. You will need to purchase a kit as there is no sharing of equipment. If we go into a lockdown, all classes will be offered online until community halls reopen.

HOW VIRTUAL CLASSES WORK

Get a new online class each week. Join us at home for FITNESS or TAP DANCE OR THE GREAT BRAIN WORKOUT (Access to each class video lasts for 7 days so you may do the class more than once).

WINTER 2021 CLASS DESCRIPTIONS & SCHEDULE

POTPOURRI BODY-BRAIN WORKOUT

Live Monday in Eden Mills 10:00 AM & Wednesday 10:30 AM | Virtual Releases on Thursday 10:30 AM

Music-based fitness for older adults that builds cardio, balance, strength coordination and mental acuity. Designed to inspire a healthy attitude towards aging, we use imagination and style to make fitness just plain fun!

FIT SENIOR'S FULL-BODY WORKOUT (Some of you have asked for an additional Monday live class. Please email me if you are interested. I will try to shuffle the schedule and add it in if we have enough people.)

Live in Eden Mills Wednesday 9:00 AM | Virtual Releases on Friday 9:00 AM

Designed for older adults who wish to maintain a high level of cardiovascular capacity, core strength, muscle tone, balance, coordination and mental acuity. Using weights, bands, poles, balls, and drumsticks and mats, we do it all and throw in a healthy dose of positive-aging tips as well.

BEGINNER TAP

Live in Eden Mills Monday 1:00 PM | Virtual Releases on Tuesday 10:00 AM

We'll start with the basics and take your feet places they never dreamed of going. A great way to develop balance and coordination. Join us as we put together a couple of short routines to wow your grandkids. (Shoes available for rent from our tap shoe bank)

INTERMEDIATE TAP

Live in Eden Mills Monday 11:30 AM | Virtual Released on Thursday 11:00 AM

If you've tapped before, here's a chance to expand your skills and repertoire. Working on the subtle techniques and a sense of style we'll be building a couple of complete tap routines.



BETTER WITH FITNESS WINTER 2021

Register now! Live class size is limited.

Classes start Monday, January 18, 2021

*Please note that due to shifting circumstances class times are subject to change. Should community centres close, you will be transferred to online classes.

NAME: _____

ADDRESS: _____

EMAIL: _____

HOME PHONE: _____ CELL: _____

Potpourri Body-Brain Workout (Fitness Potpourri)

- _____ Live Eden Mills Monday 10:00 AM - 11:00 AM
- _____ Live Eden Mills Wednesday 10:30 AM - 11:30 AM
- _____ Virtual class opens Thursday 10:30 AM (with 7-day access)

Fit Senior's Full-Body Workout

- _____ Live Eden Mills Wednesday 9:00 AM - 10:00 AM
- _____ Virtual class opens Friday 9:00 AM (with 7-day access)

Beginner Tap Dance

- _____ Live Eden Mills Monday 1:00 PM - 2:00 PM
- _____ Virtual class opens Tuesday 10:00 AM (with 7-day access)

Intermediate Tap Dance

- _____ Live Eden Mills Monday 11:30 AM - 12:30 PM
- _____ Virtual class opens Thursday 10:30 AM (with 7-day access)

Calculate your full session costs below | New Participant Only 4-Class Trial Package \$36.00

Your first class costs \$79.00
 Add a second class at \$74.00
 Add a third class at \$69.00

TOTAL: _____

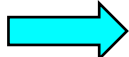
E-transfer: betterwithfitness@gmail.com

Cheques: Better With Fitness 79 Benton St. Kitchener, ON N2G 3H3

PLEASE NOTE THAT WE CANNOT REFUND FOR ANY MORE UNFORESEEN ACTS OF NATURE; HOWEVER, IF YOU ARE REGISTERED FOR LIVE CLASSES AND COVID-19 FORCES COMMUNITY CENTRE CLOSURES, YOU WILL BE SWITCHED TO ONLINE CLASSES.

REGISTRATION & INFORMATION CONTACT JILL SIMPSON

Email: betterwithfitness@gmail.com | Phone 519-998-3024 | Website: <https://betterwithfitness.com>



REMEMBER to email me your registration or your class selections so that I can hold a spot for you!