

Online Registration at www.riverheights.sk.ca

Dates: December 20, 2021- January 12, 2022

NOTE: There is a small processing fee added when booking online

In person registration: Early Bird **December 19** at our Outdoor Rink Kickoff event (1-4pm, River Heights School Outdoor Rink, weather pending) **OR January 4**, 6-7 pm, River Heights School library,

We honour all community association memberships, however RHCA community memberships have been discontinued and no longer required. This is reflected in the small increase in fees.

Please note, RHCA operates in full compliance with COVID-19 guidelines and restrictions mandated by the Government of Saskatchewan regarding fitness class programming. Your health and safety is always our top concern. *****At this time proof of double vaccine record as well as personal identification, or negative test (as defined in Section 1 of the public Health Order) is mandatory for participating in all INDOOR fitness activities offered by RHCA.***** Safety protocols may change in the near future. Please do not attend class if you are experiencing any COVID related symptoms.

COST AS A BARRIER

The RHCA wants all residents within our neighbourhood to take part in our community program. If you are not able to participate in a program due to financial constraints, we may be able to help. Please contact our program coordinator at rhcaprogramming@gmail.com.

WINTER 2022 CLASS DESCRIPTIONS

*****NEW*** Chair Yoga-** Participants perform postures and breathing with the aid of the chair. There are many benefits to chair yoga: Increased balance, Strengthens the body, Brings flexibility, Body awareness, Stress reduction, Pain management, Better sleep, Self esteem boosted. This class is for all levels of ability and is a great safe introductory course if you have always wanted to try yoga, but uncertain in your ability to perform the postures safely. Instructor: Falak Sajan

Badminton- This is a drop-in session. You must provide your own racket. If you are new to the sport, we recommend brushing up on how to play, including rules, prior to participating. There will be a supervisor who can help with basic instructions, but this is meant to be independent play.

Pickleball- This is a drop-in session. You must provide your own racket. If you are new to the sport, we recommend brushing up on how to play, including rules, prior to participating. There will be a supervisor who can help with basic instructions, but this is meant to be independent play.

Yoga Kids. Ages 6-12 year old. Yoga Kids helps to build self-esteem, confidence, body awareness, strength, flexibility, and concentration. We will discuss aspects of yoga that can be practiced on and off the mat including: poses, breathwork, mindfulness, alignment, and energy flow. When we practice yoga, we let go of judgement or competition, which helps us to build cooperation and community. This is an online class with our local instructor, Natasha Just.

Yin yoga 18+. Yin yoga for flexibility, mindfulness and relaxation. Vinyasa yoga for strength, fitness and flow. Each class will include dynamic active sequences for the muscles, blood and skin, as well as static passive poses for the joints, bones and connective tissues. This class is accessible to beginners as well as experienced yogis. We can all benefit from finding some balance. This is an online class with our local instructor, Natasha Just.

*****NEW*** Couples Social Dancing-** Join National Rhythm Champion Herb Clark as he introduces you to a series of social dances including ballroom, swing, latin, and linedancing. Open to everyone at all levels, even if you have two left feet! Due to COVID precautions this will be offered to couples/pairs only and individual registration is not available for this session.
Instructor: Herb Clark

Zumba- Perfect for everybody and every body! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Instructor: Paula Hands-Cortz

HIIT & Sculpt- A mix of high intensity interval training with resistance training. Using your own body to sculpt your body. Class can be adapted for all levels of fitness from beginner to advanced. Instructor: Leah McMurty

Pilates- A Pilates class for beginner to intermediate to tone your core stabilizers, improve posture, and strengthen.
Instructor: Diane Hein

*****NEW*** Winter Run Club-** An opportunity to stay committed to a weekly casual winter run. People of all levels are welcome to join. We would explore different routes and get to know the neighbourhood. All skill levels/ paces welcome.

*****NEW*** Booty Barre-** In this class we will get a workout from top to toes, in time with energizing music! Fusing techniques from Pilates, yoga and dance this class will help tone and define the entire body while improving balance. This training brings flexibility and strength together with light cardio. Exercises can be modified for level of difficulty. Pilates or yoga mat required for floor work. This can be done barefoot, in Pilates socks, or light running shoes; whatever option suits your body best.
Instructor: Diane Hein

WE LOOK FORWARD TO SEEING YOU OUT IN THE COMMUNITY THIS WINTER!!

