



SPRING 2022 PROGRAMMING

Online Registration at www.riverheights.sk.ca

Dates: March 28-~~April 13, 2022~~ **Deadline extended to April 17!**

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

There will no longer be In person registration. If you require assistance with registration please contact rhcaprogramming@gmail.com.

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. **Vaccination or negative test is no longer required.** Your health and safety is always our top concern. Safety protocols may change in the near future. Please do not attend class if you are experiencing any COVID related symptoms.

Class	Day & Time	Dates	# Weeks	Instructor	Cost	Location
Kids Yoga in the Park	Tuesday 6-6:45pm	May 10-June 7	5	Natasha Just	\$30	Robert Hunter Park West
YinYasa Yoga in the Park	Tuesday 7-8:00pm	May 10- June 7	5	Natasha Just	\$50	Robert Hunter Park West
Zumba	Tuesday 7-8pm	April 26- June 14	8	Paula Hand-Cortes	\$45	École River Heights School *NOTE LOCATION CHANGE**

Outdoor Bootcamp	Wednesday 6:30-7:30	April 27- June 15	8	Leah McMurty	\$50	Umea Park
Pilates	Wednesday 7-8pm	April 27-June 15 NO CLASS May 11	7	Diane Hein	\$45	River Heights School small gym
Booty Barre	Thursday 6-7pm	April 28-June 16 NO CLASS May 12	7	Diane Hein	\$45	River Heights School small gym

CLASS DESCRIPTIONS

Yoga Kids (6-12 year olds): 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. *Instructor: Natasha Just is 200h certified yoga therapist, with additional certifications in Holistic Whole Body Health and mind-body Recovery. Natasha is also certified in Integrative Health & Lifestyle and Applied Positive Psychology, which she infuses into her yoga teachings.*

Yin yoga & Elements (18+): This all levels yoga class combines Yin Yoga for flexibility, mindfulness, mindfulness and relaxation with Vinyasa yoga for strength, flexibility and flow. Each week will explore one of the five elements during our practice and then we will bring them together in the final class. We can all benefit from finding some balance. *Instructor: Natasha Just is 200h certified yoga therapist, with additional certifications in Holistic Whole Body Health and mind-body Recovery. Natasha is also certified in Integrative Health & Lifestyle and Applied Positive Psychology, which she infuses into her yoga teachings.*

Outdoor Cardio & Resistance Bootcamp (16+): A total body workout using just your body weight and a resistance band! You will engage in cardiovascular exercises to increase heart rate and resistance exercises to tone and sculpt your legs, arms, and core. We will focus on HIIT (high intensity interval training) with many different options and modifications. Suitable for all fitness levels. *Instructor: Leah McMurty is a SPRA Certified Total Body Conditioning and Group Cycle certified instructor, as well as a Certified Personal Trainer.*

Pilates: A Pilates class for beginner to intermediate to tone your core stabilizers, improve posture, and strengthen. Sessions will be online via Goolge Meet. *Instructor: Diane Hein, a STOTT certified instructor.*

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 SPRING!!!