

***All Adult Programs include HST**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30	9:30 WORKOUT 9:30 – 10:30am		STRETCH FUSION 9:30 – 10:30am		9:30 WORKOUT 9:30 – 10:30am
12:00					
	VIOLIN & TRUMPET 3:30 – 8pm	PIANO LESSONS 3:30 – 8:00pm	PIANO & FLUTE 3:30 – 8:00pm LEARN TO SKATE 4:45 – 5:30pm	PIANO LESSONS 3:30 – 8:00pm LEARN TO SKATE 4:45 – 5:30pm	
7:00	ADULT KARATE 7:00 – 8:15pm	RESTORATIVE YOGA 7:00 – 8:15pm	M&D SELF DEFENCE 7:00 – 8:00pm		

THE 9:30 WORKOUT – WITH REBECCA BELL

Monday and/or Friday

January 6 – March 6 *No Class Monday February 17th

9:30 – 10:30 am

Studio, Coach House

Monday: 8 classes/\$200 Friday: 9 classes/\$225

This class is practically an institution at Mooredale. Running on Monday, Wednesday and Friday's, the 9:30 Workout is an effective and efficient one hour full body workout, combining cardiovascular and strength training. Led by Rebecca Bell, an experienced fitness instructor, who offers effective personalized attention that draws on her depth of knowledge and passion for body mechanics. The class includes 30 minutes dedicated to CARDIO FITNESS, and 30 minutes of focused STRENGTH and FLEXIBILITY training.

ADULT KARATE – WITH JAMES GREER

Monday

January 6 – March 2 *No Class Monday, February 17th

7:00 – 8:15 pm

Studio, Coach House

8 classes, \$200

After many years of teaching karate to the children of Mooredale members, instructor James Greer from the Cold Mountain School has introduced Karate to any interested adult at Mooredale. Trained as a Second degree black belt, James designs and teaches Karate programs that will be suitable for any fitness and skill level. Participants will progress through traditional Okinawan Karate and self-defence techniques.

RAISING RESILIENT HUMANS: CREATING AN ISLAND IN THE DIGITAL OCEAN – A WORKSHOP FOR PARENTS OF TEENS

Part 1: Thursday January 23

Part 2: Thursday February 20

7:00 – 8:30 pm

Main House, Ballroom

No Charge

Do you find yourself overwhelmed and distracted by technology? Imagine what that must be like to a tween/teen brain where the new hormones are raging and executive functioning (at its fullest) is still years away! The effects of the pervasive digital world on our children are still unclear, but it has clearly shifted what they do with their spare time. If creativity and self-control are as important to success as IQ, how can parents help foster this without initiating WWII in the home. *Hi, I'm Lisa Hardess and I'm passionate about the way words and thoughts affect how we feel and create our experiences in life. I created Raising Resilient Humans to support parents, children and youth through presentations, workshops and 1-1 coaching*



RESTORATIVE YOGA – WITH JAMES GREER

Tuesday

January 7 – June 2

7:15 pm – 8:15 pm

20 Classes, \$500

Studio, Coach House

Introducing a yoga with a twist. James Greer, a certified yoga instructor, will be teaching a yoga program with a focus on restoration. In this course students will be introduced to traditional Ashtanga primary poses, restoration, yin yoga, pranayama and doweling. The aim is to help students develop and advance their own practices as they become less stressed, healthy, and strong. Participants can bring their own yoga mat or one will be provided.

STRETCH FUSION – WITH REBECCA BELL

Wednesday

January 8 – March 4

9:30 am – 10:30 am

9 Classes, \$225

Studio, Coach House

The class evolved from the days of *Body Alive Studio's*, where it was a favourite, and has continued to offer a combination of dance and yoga based stretch movements. If you are looking to include flexibility based training into your fitness routine, if you are eager to improve your range of motion, or if you are looking to feel the wonderful sense of ease that an hour spent mindfully stretching and releasing tightness, this class is for you!

MOM AND DAUGHTER SELF DEFENCE – WITH JAMES GREER

Wednesday

January 8 – March 4

7:00 – 8:00 pm

9 Classes, \$180

Studio, Coach House

James Greer, a second degree black, is pleased to offer a self defence class for moms and daughters. Participants will learn basic blocks, evasions and escapes along with working on strength, flexibility and mobility exercises. No martial arts experience necessary. Minimum suggested age is 10. Moms without daughters and high school youth are also welcome!

MUSIC LESSONS AND LANGUAGE TUTORING FOR ADULTS

A wide variety of music lessons and language tutoring is also available to our adult members – it's not just for the kids! See the descriptions in pages 8, 11 and 12 descriptions of the different instruments and courses available.