

Gloucester Senior Adults' Centre

Course Descriptions Winter 2016

Participants are required to fill out a Physical Activity Readiness Questionnaire (Par Q) yearly for all Physical Activity Courses. We are proud to offer Courses with Professional/ Certified Instructors. In order to compensate fairly for the Program Session, Members and Participants must commit to the Course in its entirety before the session start date. No Drop-In Rates or Pro Rates.

Chair and Beyond

Stretch tone and gain or maintain your personal fitness level. Meg will combine hand weights, exercise bands and functional movements increasing your range of motion and flexibility in a fun, social and non-competitive atmosphere. All levels of fitness are welcome. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Core Fitness

Find your core muscles with Meg's workout. Posture, balance, confidence and flexibility are all enhanced with movement and exercise designed to strengthen core muscles. Please wear comfortable clothing and proper supportive foot wear (no open toed shoes) and be sure to bring a water bottle!

Zumba Gold

Join this awesome Latin Style dance/exercise Fitness class. This class has been described as "Exercise in Disguise". Learn dance moves you never imagined with the safety and comfort of a trained instructor. Wear comfortable clothing, supportive, closed toe foot wear and bring a water bottle. Leave your inhibitions at the door and have fun!

Wu – Style Tai Chi

Cultivate your inner Chi and improve your balance while you reduce your risk of falls. Stretches reach into the pelvis, where a number of back problems begin and will relieve the deep, tension-holding areas of the back, neck and shoulders. Even as a beginner, it's possible to quickly master the moves in Wu tai chi, however Master Peter Chan welcomes all levels. Please wear comfortable clothing and bring a water bottle.

Line Dance

Beginner to advanced dancers will have fun in this high energy dance class. Great music and cognitive exercise, combined with professional teaching methods are sure to increase your confidence and increase your repertoire of dances to take on the road. Have fun, sweat and let your body move to the music!

Chair Yoga

In a seated position gain the benefits of stretching, flexibility, meditation and deep breathing. This gentle form of yoga has wonderful health benefits and is gently designed for those who cannot easily get up and down from a floor mat. Namaste.

Mat Yoga

Improve your flexibility, balance and strength, feel wonderful and enjoy the benefit of increased circulation and feelings of peace and gratitude. Bring your yoga mats, water bottle and comfortable clothing. Namaste.

Oil/Acrylic Painting – Beginner

Budding Artists will learn the importance of colour and techniques in this class designed just for beginners. The instructor will provide comprehensive instructions on all facets of Oil/Acrylic painting while working in unison on the same project as the students. Please see Reception for supply list.

Oil/Acrylic Painting - Intermediate

Experienced painters will love this dynamic class. The instructor embraces the individual artist while preserving the art of instructional techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Monday Beginner

Students new to Water Colour will learn the basics and discover their inner artist. The instructor embraces the individual artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Watercolour Painting Wednesday Intermediate

Experienced painters will love this dynamic class. The instructor embraces the individual artist while preserving the art of proper techniques. Painting supplies required. Please see Reception for supply list.

Write It Now!

Join a group of budding writers who want to preserve memories and stories for their loved ones. This fellowship will share stories, laugh, cry and applaud. Your stories will be safe with them! Come have fun under the support of Judith Coulter as she guides this wonderful session.

Suggestions for Courses

Do you have a suggestion or a talent you would like to share with us? Please fill out a Suggestion Card located in the back of the Main Hall or contact Sharon Oatway at 613-749-1974.