

Specialty and Therapeutic Fitness

OSTEOFIT is a BC Women's Hospital & Health Centre certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Exercise is a proven effective treatment option for people with osteoporosis in combination with medication and nutrition.

LEVEL 1

Ongoing beginning September 8, 2015

Tuesdays and Thursdays starting at 9:00 AM

Lifetime Learning Centre gym at Fraserview School, 32444 Seventh Avenue, Mission, BC. V2V 2B5
Class pass \$35 (members) / \$45 (non-members) (Yearly Membership \$20. single \$25 coup

LEVEL 2

Ongoing beginning September 8, 2015

Tuesdays and Thursdays starting at 11:00 AM

Lifetime Learning Centre gym at Fraserview School, 32444 Seventh Avenue, Mission, BC. V2V 2B5
Class pass \$35 (members) / \$45 (non-member

Low Impact Fitness

Class is designed for all levels and is especially useful for people with joint disorders such as osteoporosis and arthritis; we teach flexibility, strength training, light weights and relaxation to help you maintain a healthy lifestyle and to stay mobile and independent. Chairs are provided for the class.

Ongoing from September 8, 2015

Tuesdays and Thursdays starting at 10:00 AM

Lifetime Learning Centre gym at Fraserview School, 32444 Seventh Avenue, Mission, BC. V2V 2B5
Class pass \$35 (members) / \$45 (non-members) (Membership is \$20.00 per year)



Chair Yoga with Norine Longmire

This fun fitness class is for anyone wanting to improve their mobility and flexibility as well as Increase circulation, improve focus and move beyond perceived limitations. Whether wheel chair or chair bound, recovering from surgery, have limited mobility – you can still do yoga. Stretches, gentle strengthening, breathing techniques, and visualization will all help you to increase your mobility at any level. Join us and feel better after the 1st class!

Starts September 15, 2015

Tuesday at 11:00 AM

Lifetime Learning Centre at Fraserview School, 32444 Seventh Avenue, Mission, BC. V2V 2B5

Six Classes s \$35 (members) / \$45 (non-members) (Membership is \$20.00 per year)