

# Health & Wellness

To register call Tima @ 604-523-5410 ext: 5421 or e-mail: [tburgess@ufcw247.com](mailto:tburgess@ufcw247.com)

UFCW 247 Training and Education Centre  
544 Columbia Street, New Westminster, BC, V3L 1B1

## **Belly Dancing:**

With Tamara

Have fun learning the exotic moves of Belly Dancing while gaining fitness, flexibility, grace and poise.

**Tuesdays, Jan 19-Feb 23/10  
7:15-8:30pm**

**OR**

**Tuesdays, Mar 16-Apr 20/10  
7:15-8:30pm**

## **Yoga for Strength, Health, and Flexibility:**

With Joanne \*Suitable for all levels\*

Practice correct breathing, yoga postures and balancing exercises. Build your core strength and help reduce stress. Bring a yoga mat and wear comfortable clothing.

**Tuesdays, January 12 – February 16, 2010 5:30-7:00pm**

**OR**

**Tuesdays, March 02 – April 06, 2010 5:30-7:00pm**

**OR**

**Tuesdays, April 20 – May 25, 2010 5:30-7:00pm**

## **Boot Camp:**

With Instructors from Fitness World

This class is mainly outdoor. A progressive military style boot camp that, combines obstacle courses, strength, toning, shaping, core and cardio training. **6:00-7:30pm**

**Wednesdays, Jan 20-Feb 10, OR**

**Mar 03-Mar 24 OR Apr 14-May 05, 2010**

\*remember to wear comfortable/outdoor appropriate clothing\*

## **Cardio-Kickboxing:** With Fiona.

This is a six week program to help you get in shape with a great workout combining cardio and kickboxing. Please remember to wear comfortable appropriate workout attire.

**Mondays, Jan 11 – Feb 15/10 OR**

**Mondays, Mar 15 – Apr 26/10**

**6:15pm-7:15pm OR**

**Saturdays, Mar 20–May 01/10 9-10:00am**

**All non certificate courses are free for all members and their families, but do require a \$25 deposit. This deposit will be returned in full as long as you attend 50% of the classes.**

**We accept cash or cheques made payable to: "UFCW 247 Training Centre"**

**Courses are open to non-members, space permitting for a fee, please call for more info.**

## **Samba & Quickstep Dancing:**

With Susi of the Latin Beat Dance Club.

**Samba:** upbeat and rhythmical dance, lighthearted rhythm and sensuality

**Quickstep:** fast standard dance with quick steps set in with smoother gliding

**Mondays, January 18 – February 22, 2010  
7:30-9:00pm**

**OR**

**Thursdays, January 21–February 25, 2010  
6:00-7:30pm**

## **Salsa & Merengue Dancing:**

With Susi of the Latin Beat Dance Club.

**Salsa:** flirtatious moves and fast spins

**Merengue:** uncomplicated timing makes it easy to feel the music

**Mondays, March 15 – April 26, 2010  
7:30-9:00pm**

**OR**

**Thursdays, March 18 – April 22, 2010  
6:00-7:30pm**