

# 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, May 04-Jun 08/10**

**7:15-8:30pm**

**OR**

**Tuesdays, Jun 22-Jul 27/10**

**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, 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, Apr 14-May 05, OR**

**Jun 02-Jun 23 OR Jul 14-Aug 04, 2010**

\*Please 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, Mar 15 – Apr 26/10**

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

**Saturdays, Mar 20–May 08/10**

**9:00am-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.**

## **Swing & Jive & Rumba Dancing:**

With Susi of the Latin Beat Dance Club.

**An introduction to East Coast & West Coast Swing, the Rockin moves of Jive and some of the popular Rumba dance moves.**

**Mondays, May 10-Jun 21, 2010**

**7:30-9:00pm**

**OR**

**Thursdays, May 13-Jun 17, 2010**

**6:00-7:30pm**

## **Pasodoblen & Cha Cha Cha Dancing:**

With Susi of the Latin Beat Dance Club.

**Learn the style of Pasodoblen & Cha Cha Cha Dancing. Have fun learning these exotic dance moves and become a more confident dancer.**

**Mondays, June 28-August 09, 2010**

**7:30-9:00pm**

**OR**

**Thursdays, July 08-August 12, 2010**

**6:00-7:30pm**