

CHARLOTTETOWN**Aqua Fitness**

Jump right in – the water is great! This class is a moderate to high intensity workout designed to improve cardiovascular fitness, strength and endurance. A fun, go at your own pace for all fitness ages and levels.

Where: Spa Total Fitness Center

Contact: (902) 566-1400

When: M/W/F 9:00am- 9:45am
members

Fees: \$11.50 non-members, Free for

Accessibility: no

Senior Fitness Class

Offers mature adults the opportunity to improve and maintain their fitness level in a sociable and supportive atmosphere. The program and the exercise classes are designed especially for individuals 50 years or older. The program includes yoga (using a chair), light dancing, and stretching. Participants must complete a PAR-Q Medical Questionnaire/Informed Consent form that can be obtained from Panther Central desk at the Sports Centre.

Where: UPEI's Chi-Wan Young Sports Centre (Fitness Center)

Phone: (902) 566-0368

When: Contact Fitness Center for dates (6 week program) - not offered during the summer

Fees: Call for more Information

Accessibility:

Small Group Senior Fitness Program also offered- runs through the summer!

Chair Yoga

Gentle yoga using poses adapted to sitting or standing with a chair as support. Perfect for those with mobility issues, physical adaptations, or beginners looking for low-impact workouts. Leaves you feeling stretched and refreshed!

Where: Chi-Wan Young Fitness Centre (UPEI)

Contact: (902)566-0368

When: M/T/F 9:00am- 9:45am (not in the summer)

Fees: For Fitness

Centre Members: 35\$+hst; Non-Members: 45\$+hst; Drop-ins: 10\$+hst

Silver Stretch N' Tone

Wednesdays at 9:00am to 9:45 am. (Not in summer)

Gentle full-body workout appropriate for any fitness level, designed to help build flexibility, balance, joint stability, coordination, muscle strength, and cardiovascular endurance.

Where: Chi-Wan Young Fitness Centre (UPEI)

Contact: (902)566-0368

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Fees: Free for Fitness Centre Members, and Full-Time UPEI Students; Non-Members Drop-Ins: 6\$+hst

Flow flow Yoga

Where: Chi-Wan Young Fitness Centre (UPEI)

FEE: CALL FOR MORE INFO

When: Tuesday and Thursday's at 4:30

Wheelchair Accessible: not sure

Contact: (902)566-0368

Halfa yoga

Where: Chi-Wan Young Fitness Centre (UPEI)

Contact: (902)566-0368

When: 12:00 pm on Wednesday's

Fee: call for more info

Access: not sure

YOGADANCE

YogaDance is fun fitness for all ages and all abilities with great world music and a fusion of yoga warm-ups, breathing, and rhythmic movement that includes some yoga poses and unstructured free dance. No yoga or dance experience is required and no partner is needed.

Where: TBD

Contact: (902)218-6279

When: TBD

Fees: TBD

Wheel Chair Accessible:

For more information please call or email yogaforlife@eastlink.ca or check yogapei.com.

UFIT AQUA

The CARI Complex and UFIT Inc. have joined forces to offer UFIT AQUA. Based on UFIT's philosophy of freedom and acceptance, twinned with the benefits of using water as resistance, it may look like any other aqua fitness class: but it certainly isn't. You'll get an amazing workout and leave feeling energized, refreshed and motivated. No swimming skills necessary – participants can enjoy the class from the leisure pool being anchored on the floor or suspended in deep water using an aqua fitness belt. Stop by for a splashing good time!

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: M/W/F at 11:45 am to 12:30 am

Fees: Call for more Information

Wheelchair Accessible: Yes

Cardio Craze

This is a variety class! You will do a variety of moves and may or may not use equipment. Great for any fitness level as you go at your own pace.

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: Monday-Friday at 8:45 am to 9:30 am
Information

Fees: Call for more

Wheel Chair Accessible: Yes

Aqua Jogging

A deep water class for people that want to run in the water! You do a combination of jogging/walking in the water to stay at your target heart rate. Great for people that don't want to worry about coordination, and it offers a great core workout!

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: M-F at 7:00 am to 7:45 am

Fees: Call for more Information

Wheel Chair Accessible: Yes

Sunset Fitness

This is a variety class to get you active during the evenings! This class focuses on a holistic approach of giving your mind, body, and spirit a workout!

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: Tues/Thurs at 8pm to 8:45 pm
Information

Fees: Call for more

wheel Chair Accessible: Yes

Sunrise Fitness

This is a variety class to get you moving bright and early! Jump in the pool and get your entire body moving in a variety of ways to start your day off well!

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: Monday-Friday at 7:00 am to 7:45 am
Information

Fees: Call for more

Wheel Chair Accessible: Yes

Aqua Zumba®

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, laughing, and hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together

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into a safe, and challenging water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Where: The Bell Alliant Centre

Contact: (902)569-4584

When: M/W/F at 5:45 pm to 6:30 pm

Fees: Call for more Information

Wheel Chair Accessible: Yes

SUMMERSIDE

Aqua Arthritis Specialty Class

Aqua Arthritis is a pool-based, recreational exercise class for people with arthritis. The classes are designed to help achieve: greater range of motion, restoration or maintenance of muscle strength, improved posture, and increased endurance. Classes are open to anyone with arthritis who can transfer and dress independently. Classes are suitable for individuals with mild to advanced joint involvement, regardless of their previous activity level.

Where: The Credit Union Place

Contact: (902)432-1234

When: M/W/F at 10:00 am to 10:50 am

Fees: \$4.95/class; \$49.50/11 classes; \$99.01/22 classes; \$237.60/75 classes (55 yrs+);
264.00/75 classes

Water Spinning (Hydro Biking)

This is a specialty class done on a stationary bike. This program is for all ages (teens to seniors) and anybody that can fit on a bike can join the fun. Instructor led classes.

Where: The Credit Union Place

Contact: (902)432-1234

When: M/W/F at 8:00 am to 8:50 am
classes; \$101.94/22 classes

Fees: \$5.50/class; \$56.10/11

Aqua-Fit

This is a full body workout with variety of instructors. Great cardio music! Come join our fitness family.

Where: The Credit Union Place

Contact: (902)432-1234

When: M/W/F at 9:00 am to 9:50 am and T/Th at 7:15 pm to *:00 pm

Fees: \$5.51/class; \$56.10/11 classes; \$112.20/22 classes; \$237.60/75 classes (55 yrs+);
264.00/75 classes

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Aqua Zumba

Splash your way into shape with this invigorating, low-impact Pool Party! Get Wet. Get Down. Get Fit.

Where: The Credit Union Place

Contact: (902)432-1234

When: T/Th at 9:00 am to 9:45 am
\$101.94/22 classes

Fees: \$5.50/class; \$56.10/11 classes;

KENSINGTON

Stronger Seniors Workout Program DVD

Chair Exercises for Seniors welcomes everyone!

Where: 25A Garden Drive, Kensington
second Mon of every month)

When: Mon at 1:00 pm (except the

Seniors Chair and Balance Fitness Program

A variety of exercises designed to assist with everyday activities; come join us!

Where: Kensington Community Garden Complex

Contact: (902) 629-9481; crsrc@live.ca

When: TBD

Fees: By donation

CORNWALL

Senior Tennis Hour

Instructors will lead you through a variety of activities to help you develop skills and enhance your game.

Where: Terry Fox Complex (TFC) Tennis Courts

Contact: (902)628-6260 Ext 228

When: TBD

Fees: \$2 drop-in

Wheel Chair Accessible:

Morning Yoga In The Park

Provides exercises that help to build your balance, strength, endurance, and flexibility.

Where: Lowther Park

Contact: (902)432-1234

When: TBD

Fees: \$40/session

wheel Chair Accessible:

Return to Cycling

Where: Various locations throughout Kings County.

Contact: ersrcinc@live.ca

When: Thursdays at 5:30 pm

Fees: \$2 drop-in

WESTERN PEI

Indoor Walk Club (Westisle)

During the winter months you can stay active by joining our indoor walk club!

Where: Westisle Composite School

Contact: (902)859-8856;

<https://www.gopei.ca/community/west/>

When: TBD

Fees: Free

50+ Walking Group Ellerslie

The Ellerslie walking group meets at 9am every Monday (Ellerslie Trails), Wednesday (Northam Trails) and Friday (Richmond Trails) for approximately 1 hour of physical activity. Anyone is welcome to join! Please contact Mary McGuire for more information (902)831-2812.

Older Adults Fitness

Introduction to physical activity and healthy living program aimed at older adults of all abilities. This fun program will teach you how to get active with low-impact exercises and stretches.

Where&When:

Miscouche – Tuesdays at the Recreation Centre at 10:00 am

Wellington – Thursdays at the Evangeline Rink at 10:00 am

O’Leary – Wednesdays at the Community Centre at 10:00 am

Tyne Valley – Tuesdays at the Presbyterian Church at 10:00 am

Tignish – TBD

Miminegash – TBD

Bloomfeild – Tuesdays at St. Anthony’s Legion at 1 pm

St. Louis – Tuesdays at the Community Centre at 10:00 am

Alberton – TBD

Contact: (902)859-8856; <https://www.gopei.ca/community/west/>

Fees: \$2/class

drop-in

PEI POOLS

AREA	LOCATION	SCHEDULE	COST
Charlottetown	Bell Alliant Centre 550 University	<u>Community Swims:</u> M/W 7:00pm-9:00pm	-Swim pass (day): \$5.00- 8.25

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	Avenue, Charlottetown (902) 569-4584 Ext 0	T/TH 8:00pm-9:00pm <u>Fun Swim:</u> Friday 1:00pm-4:00pm *Hours subject to change due to clubs, events, and lessons. Please check weekly schedule online or call for more information.	-All Access Pass: \$55.00/month - Book of 10- Seniors: \$60.75 -Access 75: \$276.00 (provides access to 75 lanes Swims or Classes)
	Rodd Charlottetown 75 Kent St, Charlottetown (902) 894-7371	Open 6:00am- 10:00pm	-3 Month Membership: \$150 -6 Month Membership: \$200
	Victoria Park Pool (outdoor, only open during Summer months) 902-368-1025	Open 11:00am-7:45pm	FREE
	Simmons Pool Charlottetown, PE C1A 7K4 902-368-1025 (outdoor, only open during summer months)	<u>Open swim:</u> 1:00pm- 4:30pm <u>Lane Swim:</u> 4:45pm-6:15pm <u>Open Swim:</u> 6:30pm-7:45pm	Day pass: \$2
	The Spa Total Fitness 670 University Avenue, Charlottetown, PE (902) 566-1400 ***currently do not have a pool due to fire and not sure when it will reopen***	Open 5:30am-9:00pm, Mon-Fri; 7:00am-6:30pm, Sat; 8:00am-6:30pm, Sun	-Drop-In: \$11.50 -Yearly Membership:\$509 -1 year Monthly Membership: \$44.95/month -Students, Seniors, and Children Drop In: \$5.75 -Junior Yearly Membership (18 and under) : \$389 -Senior and Students yearly rate: \$399
	The Delta Prince Edward 18 Queen Street Charlottetown, PE (902) 566-2222	Open 5:30am-10:30pm open 24 hours for guests	-4 Month Membership: \$260 -12 Month Membership: \$368 -12 Month (Senior-65+):

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			\$355
Summerside	Credit Union Place 511 Notre Dame St, Summerside (902) 432-1234	Open Mon-Fri 6:00 am to 9pm; Sat 7:00 am to 9 am; Sunday to 9 pm <u>Lane Swim:</u> M/W/F 6-8pm T/TH 6-6pm Sat 2pm-8pm Sun 9am-11am, 2pm-8pm *Swim times for Main and Leisure pools are subject to change due to clubs and swimming lessons. Please contact, or check daily schedules at www.cupevents.ca for more information.	-Adult Day Pass: \$7.70 -Senior Day Pass: \$6.32 -All Access Adult Membership: \$53.34/month -All Access Senior Membership: \$40.71/month -Lane swim: \$49.50/11 sessions
Cornwall	Poolside Park PO Box 430 Cornwall, PE C0A 1H0 (902) 628-6260 (outdoor, only open during summer months)	Monday-Friday 12:30-4 ;45 Monday and Wednesday 5-6:15	-Drop In: <u>open swim</u> : \$2 (free for persons under2) <u>family swim</u> : \$6 (up to 4 persons) <u>pizza swim</u> : 5 (for pizza, pop, and swim for 1 person) -Season Membership: \$65/person \$75 noncornwall resident; \$150/family -Monthly Pass: \$40/person; \$80/family; \$50/non-resident person; \$160/non-resident family
Kensington	EVK Memorial Swimming Pool (outdoor, only open during summer months) 25 School Street, Kensington (902)836-3781	Open 10:00am-5:00pm *Swim times are subject to change due to clubs and swimming lessons. Please contact for more information.	FREE

PEI WALKING

LOCATION	TIME/ PLACE	DESCRIPTION
West Prince	ME Callaghan Junior High School Thursdays, 7:30- 8:30pm	Keep up your running or walking throughout the winter months in the comfort of a gymnasium. Great opportunity for runners and walkers at all different levels! Clean sneakers are required. *For more information contact griffin.wsrc@gmail.com or 807-9294.
	Alberton Elementary School	Monday-Friday 4-5pm
Charlottetown	UPEI Chi-Wan Young Sports Centre Monday to Friday 6:00 AM to 9:00 PM Saturday & Sunday 8:00 AM to 9:00 PM *hours are subject to change for special events	Indoor and outdoor walking tracks. Memberships: 1-month \$15 + HST 12-month \$40 + HST Memberships can be purchased at the main desk located at the Chin-Wan Young Sports Centre <i>For more information please call 566-0368 or visit http://ar.upei.ca/hours-operation</i>
	Holland College Centre for Community Engagement Indoor Walking Track September-May Monday-Friday: 6:00 AM - 10:00 PM Saturday: 8:00 AM - 10:00PM Sunday 12:00 PM - 10:00PM June-August Monday-Friday: 6:30 AM - 8:00 PM Saturday: 8:00 AM - 6:00PM Sunday: 12:00 PM - 5:00PM	Walking Track fees: <ul style="list-style-type: none"> • 1 month - \$10 +HST • 4 month - \$30 + HST • 8 month - \$60 + HST • 12 month - \$80 + HST
Summerside	Credit Union Place Walking Track+ Kilometer Club	The Kilometer Club is designed for all ages and was created as an incentive for the community

	<p>Monday-Friday: 6:00am-9:00pm Saturday: 7:00am-9:00pm Sunday: 9:00am-9:00pm</p>	<p>to use the track and increase their health.</p> <p>Program cost is \$27.50 for a yearly membership. Participants record their daily kilometers in an attempt to reach 50km month. Those users that have walked 50km in the month are entered into a draw for a great monthly prize. Join today by calling 432-1234 or visiting the Credit Union Place Reception Desk.</p>
Kensington	Kensington Fitplex	Monday-Friday 6am-9pm
Cornwall	<p>Go! Cornwall Walking Club at the Terry Fox Complex Mondays and Wednesdays (summer)</p> <p>APM Center Walking Track Monday-Friday: 6:00am-7:45pm Saturday: 8am-4:45pm Sunday: Closed</p> <p>*hours increase during winter months +open on Sundays</p>	<p>Mondays and Wednesdays- 7pm-8pm. This is a chance for people to come together to walk or run with prizes every week!</p> <p>Track Membership: Includes the use of the track, gymnasium during open times, and the locker room area. Please check booking schedules on main bulletin board for weekly times. To confirm open times on our events line: 628-8513.</p> <p>-55 Plus Day Pass: \$1.97 -55 Plus 1 Month: \$12.00 -55 Plus 1 Year: \$77.00 (3, 6, & 9 month memberships also available)</p>
Montague	<p>Cavendish Farms Wellness Center Walking Track Monday: 8:00am-5:30pm Tuesday: 8am-5:30pm Wednesday& Thursday: 8am-8:30pm Friday: 8am-5:30pm Saturday: 9:00am-5:30pm</p>	Free or by donation
Stratford	<p>Stratford Town Centre 234 Shakespeare Drive Sunday-Thursday: 5:30am to 9:45pm Friday –Saturday: 5:30 am to 8:45pm</p>	<p>The Recreation Centre also includes a fitness area and walking/ running track are free to all residents 15 years and older. Recreation staff can assist you with a basic introduction to the Town Centre fitness equipment, free of charge. Sessions offered monthly depending on interest, please contact Rachel Arsenault at 569-6924 or by email at rsenault@townofstratford.ca if interested.</p>

Senior's Active Living Center Information

The CARI Complex is the proud home of the senior's Active Living Centre. A Non-Profit organization which provides seniors a place to meet new people, enjoy a plethora of fun activities and make the most of their Golden Years.

Anyone 50 years of age or older is eligible to join the over 400 members of Seniors Active Living which is governed by a board of 12 members, 6 executive and 6 directors.

Membership is an incredible value at \$25 per year which includes premium parking in the lot adjacent to Seniors Active Living Centre and also includes discounts at the CARI Complex and the University of Prince Edward Island's Chi-Wan Young Sports Centre.

A highlight of the activities and services offered by SALC include:

Bingo, Book Club, Cards, Choir, Education, Exercise Class (10am on Tuesdays), Foot Clinic, Games, Puzzles, Photography Club, Pool, Scrabble, Social Events (movies, potlucks, etc.), Special Classes (eg. Painting), and more!

So why wait? Drop by today, located inside the CARI Complex on the UPEI Campus, call [902] 628-8388 or email salc@pei.aibn.com