

Pilates



PILATES - FUNDAMENTALS

Introduction: Tuesday

7:00 to 8:00 pm

Starts Apr 15 for 10 weeks

Pilates technique is about learning to move with ease and agility, where strength is tied to purpose. The body and brain are trained to coordinate muscle systems, most effectively eliminating muscle imbalances and weaknesses. Strong emphasis on abdominal strength and spinal stability.

Instructor: Saskatoon Pilates Centre

Fee: \$80.00

Dance Classes



BELLYDANCE

This course is designed to introduce students to foundational bellydance moves in the Egyptian and American Tribal style.

Wednesday • 8:30 - 9:30 pm

Starts Apr 16 for 6 weeks

Sunday • 1:00 to 2:00 pm

Starts Apr 20 for 6 weeks

Instructor: Joanie Crandall

Fee: \$60.00/class

OR Register for BOTH Bellydance classes

Fee: \$110.00

DANCE WORKSHOPS FOR COUPLES

Dance like the stars and look sharp on the dance floor with our 3 hour workshops. These workshops are focused on providing beginner dancers with an introduction to ballroom dancing in a social atmosphere.

Fridays & Saturdays 7:00 - 8:30 pm.

JITTERBUG JIVE • Friday April 18 & Saturday April 19

WALTZ • Friday May 9 & Saturday May 10

SALSA • Friday June 6 & Saturday June 7

Instructors: Lily Chin & Partner

Fee: \$30.00/couple/workshop

www.ballroomdancesaskatoon.com

No Rubber Sole Shoes • Participants must be at least 16 years of age • It is recommended that you wear warm clothing

Oil Painting



Monday • 7:30 to 9:30 pm

Starts April 14 for 5 weeks

Learn new techniques or build on your own creativity! Must have some oil painting experience.

(Painting supplies are not provided.)

Instructor: Ruthe Prestley

Fee: \$37.50

Fitness on 25th|YWCA Saskatoon reserves the right to change or cancel programming as may be required.

Spring 2008