

Adult - Mind, Body, Spirit

Pilates Mat Work

The pilates techniques is a form of body conditioning which strengthens the deep abdominal to support the rest of the body. It also re-balances the muscles around the joints and improves posture and flexibility. This class is a must for everyone including people suffering from back problems.

Yoga

Yoga is an ancient system which energizes, relaxes, and rejuvenates your entire being, enhancing physical strength and mental clarity. It's dynamic blend of movement, breathing and meditation contributes to a sense of deep energy and personal transformation. Join us and experience a gentle discipline designed to balance mind, body and spirit. *No infants or children are allowed in the room during this program.*

Yogalates (blending the fusion of yoga and pilates)

This class is designed to strengthen the deep abdominal muscles, shape and elongate muscles without building bulk, improve posture and flexibility while eliminating tension and reducing stress. This class is a must whether you're a beginner or advanced participant! *No infants or children allowed in the room during this program.*

YOGA & PILATES AT A GLANCE					
Mon	Tues	Wed	Thurs	Fri	Sat
	Stretching for Flexibility 9:00 - 10:00 am	New to Pilates 9:00 - 10:00 am	Hatha Intermediate 9:00 - 10:00 am		Yin Yoga 9:15 - 10:15 am
					Yoga for Runners 10:20 - 11:20 am
Gentle Yoga 1:15 - 2:15 pm		New to Pilates 1:15 - 2:15 pm			
			Mom & Baby Pilates 2:00 - 3:00 pm		
			Svaroopaa Yoga 2:00 - 3:30 pm		
Stretching for Flexibility 4:00 - 5:00 pm					
	Pilates Level 1 6:30 - 7:30 pm		Power Yoga 6:15 - 7:15 pm		
Mother & Daughter Yoga 7:30 - 8:30 pm		Yoga Flow 7:30 - 8:30 pm	New to Pilates 6:30 - 7:30 pm		
	Hatha Yoga 7:15 - 8:30 pm	Gentle Yoga 7:30 - 8:30 pm	Pilates Level 1 7:30 - 8:30 pm		
Power Yoga 8:30 - 9:30 pm	Gentle Yoga 8:00 - 9:00 pm ----- Thai Yoga Massage for Couple 8:00 - 9:00 pm				



Help us reduce the risk!

We have children with life-threatening allergies.

Please help us by not bringing peanuts or peanut products.

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Yin Yoga

Yin Yoga is suitable for everyone. The practice is characterized by holding the poses for several minutes, which will increase your physical agility and replenish your energetic vitality.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Yin Yoga	1621	Sat	9:15 – 10:15am	Sept 24	Dec 3	11 wks	\$95

Mother & Daughter Yoga

The focus is on learning the traditional poses individually. The breathing connection and the personal interaction will create strong bond between mother and daughter.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Mother Yoga	1622	Mon	7:30 - 8:30 pm	Sept 19	Dec 5	10 wks	\$86
Daughter Yoga	1623	Mon	7:30 - 8:30 pm	Sept 19	Dec 5	10 wks	\$43

No class Monday, October 10 (Thanksgiving)

Yoga Flow

This class will offer a sequence of flowing yoga postures to reduce tension and improve flexibility.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Yoga Flow	1624	Wed	7:30 - 8:30 pm	Sept 21	Nov 30	11 wks	\$95

Gentle Yoga

While appropriate for all fitness levels, these classes pay special attention to provide overall flexibility and help reduce tension.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Gentle Yoga	1625	Mon	1:15 - 2:15 pm	Sept 19	Dec 5	11 wks	\$95
	1626	Tues	8:00 - 9:00 pm	Sept 20	Nov 29	11 wks	\$95
Gentle Yoga	1568	Wed	7:30 - 8:30 pm	Sept 21	Nov 30	11 wks	\$95

No class Monday, October 10 (Thanksgiving)

Power Yoga

During this class participants will perform a series of challenging postures that will stretch and tone the whole body.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Power Yoga	1627	Mon	8:30 - 9:30 pm	Sept 19	Dec 5	10 wks	\$86
	1628	Thurs	6:15 - 7:15 pm	Sept 22	Dec 1	11 wks	\$95

No class Monday, October 10 (Thanksgiving), October 31 (Halloween)

New to Pilates

An introductory program that is essential to those interested in trying Pilates for the first time. Participants will learn the basic principles of Pilates

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
New to Pilates	1708	Wed	9:00 - 10:00 am	Sept 21	Nov 30	11 wks	\$95
	1629	Wed	1:15 - 2:15 pm	Sept 21	Nov 30	11 wks	\$95
	1630	Thurs	6:30 - 7:30 pm	Sept 22	Dec 1	11 wks	\$95

Stretching for Flexibility

During this class participants will learn the basic exercises that will stretch the body, reduce tension and improve flexibility in a non-intimidating environment.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Stretching for	1633	Tues	9:00 – 10:00 am	Sept 20	Nov 29	11 wks	\$95
Flexibility	1634	Mon	4:00 – 5:00 pm	Sept 19	Dec 5	10 wks	\$86

No class Monday, October 10 (Thanksgiving), October 31 (Halloween)

Adult - Mind, Body, Spirit

\$20

Yoga for Runners

In this class participants will perform postures that target the overused muscles used when running.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Yoga for Runners	1635	Sat	10:20 - 11:20 am	Sept 24	Oct 29	5 wks	\$20
Yoga for Runners	1702	Sat	10:20 - 11:20 am	Nov 5	Dec 3	5 wks	\$20

No class Saturday, October 8 (Thanksgiving Weekend)

Svaroopo Yoga for Beginners

This safe and effective style of yoga unravels the deep-seated layers of tension in your body and creates healing and personal transformation, inner peace and ease

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Svaroopo Yoga For Beginner	1636	Thurs	2:00 – 3:30 pm	Sept 22	Dec 1	11 wks	\$100

Pilates Level 1

A more advanced program that builds on the poses learned in the beginner's class. New to Pilates is encouraged as a prerequisite.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Pilates Level 1	1631	Tues	6:30 – 7:30 pm	Sept 20	Nov 29	11 wks	\$95
	1632	Thurs	7:30 – 8:30 pm	Sept 22	Dec 1	11 wks	\$95

Mom and Baby Pilates

This class will be geared towards new moms to help strengthen and tone abdominals after childbirth. A great way to meet moms as well.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Mom and Baby Pilates	1637	Thurs	2:00 – 3:00 pm	Sept 22	Dec 1	11 wks	\$95

Thai Yoga Massage for Couples

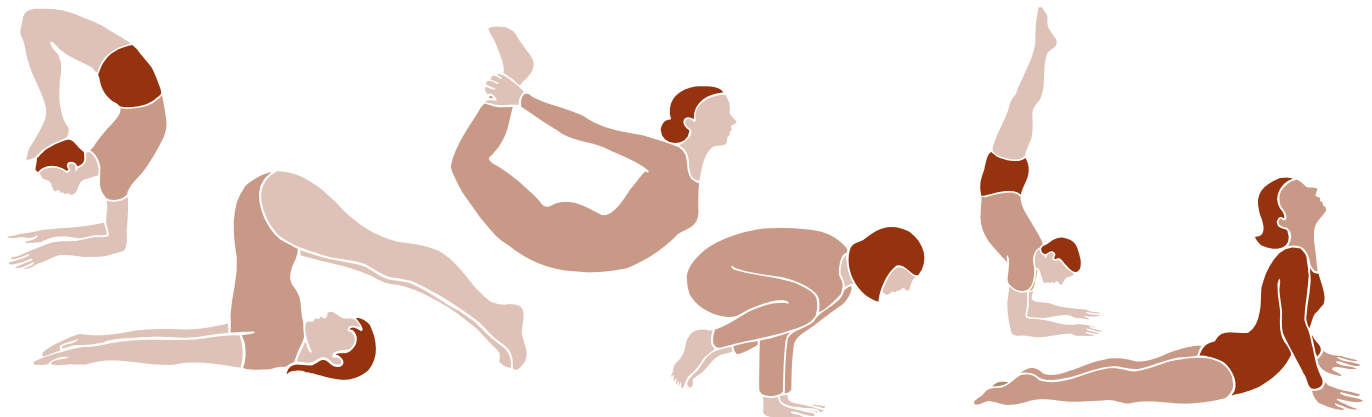
Thai Yoga massage is a powerful form of energy rebalancing. Learn different techniques to help your partner relax and rejuvenate. This is a hands on approach and must be attended with a partner.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Thai Yoga Massage For Couples	1703	Tues	8:00 – 9:00 pm	Sept 20	Nov 29	10 wks	\$129/couple

Hatha Yoga

During this class, participants will learn basic postures and breathing techniques to restore energy and increase flexibility.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Hatha Yoga	1639	Tues	7:15 – 8:30 pm	Sept 20	Nov 29	11 wks	\$95
Hatha Yoga Inter.	1640	Thurs	9:00 – 10:00 am	Sept 22	Dec 1	11 wks	\$95



Adult - General Interest

Adult Greek Cooking Workshop

Join us for a culinary experience! Tantalize your taste buds as Anna and Mary explore a different taste sensation each and every workshop. Watch for the workshop news to be available at registration.

Program	Reg. #	Day	Time	Start	Cost
Adult Greek	1641	Tues	7:00 - 9:00 pm	Oct 18	\$25/workshop
Cooking Workshop	1640	Tues	7:00 - 9:00 pm	Dec 6	\$25/workshop

Adult Tap

\$20

Adult will learn classic tap steps based on routine, adapted for adult with or without experience.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Adult Tap	1643	Wed	7:45 - 8:45 pm	Sept 14	Oct 26	6 weeks	\$20
Adult Tap	1704	Wed	7:45 - 8:45 pm	Nov 2	Dec 7	6 weeks	\$20

Adult Ballet - "Barre Fitness"

\$20

A unique fitness class based on principles of classical ballet barre exercise, pilates, mat work, core fitness ball, middle aerobic and warm-down.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Adult Ballet	1644	Wed	7:30 - 8:30 pm	Sept 14	Oct 26	6 weeks	\$20
Adult Ballet	1705	Wed	7:30 - 8:30 pm	Nov 2	Dec 7	6 weeks	\$20



We regret the inconvenience but due to the volume on Registration Nights, we will not be able to accommodate the use of the Visa, MasterCard, or Debit cards.

Here's your opportunity to save lives.

Blood Donor Clinic
Greenboro Community Centre

Aug 22

Monday 1:30-3:30 pm & 5:00-8:00 pm

Oct 26

Monday 1:30-3:30pm & 5:00-8:00 pm

Call 1 888 2 DONATE
for more information or to book an appointment.
www.blood.ca


Canadian Blood Services
it's in you to give

GREENBORO



Ottawa



Help us reduce the risk!

We have children with life-threatening allergies.
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Adult - Sports

All sport programs at Greenboro are of a recreational nature. The aim is to have a good time regardless of individual skill levels. Overly competitive behaviour will not be tolerated and participants will be disqualified from the program after one warning from the instructor. Minimum age: 18 years.

Basketball

Basketball is back at Greenboro and better than ever. Sign up with some friends and get ready to shoot some hoops.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Rec. B-ball	1645	Mon	7:00 - 8:30 pm	Sept 26	Dec 5	10 wks	\$56

No program Monday, October 10 (Thanksgiving), October 31 (Halloween)

Badminton

Come out and join your neighbours for a fun evening of badminton. No instruction given. Both beginner and intermediate players welcome. Bring your own racquet, we will supply the birdies.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Badminton 1	1646	Tues	8:30 - 10:00 pm	Sept 20	Nov 29	11 wks	\$61
Badminton 2	1647	Sun	6:45 - 8:15 pm	Sept 18	Dec 4	10 wks	\$56

No program Sunday, October 9 (Thanksgiving Weekend), October 23 (Halloween Party)

Floor Hockey

Calling all hockey enthusiasts! Weekly pick-up games provide an opportunity to improve your skills, meet new people and have fun. Grab a stick and get in the game. Bring a black T-shirt and a white T-shirt.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Floor Hockey	1648	Thurs	8:30 - 10:00 pm	Sept 22	Dec 1	11 wks	\$61

Intermediate Volleyball

A step up from our recreational level. This program is for those participants interested in a higher skill level. Games will allow participants a quicker pace, while still allowing you to enjoy a recreational atmosphere. (Participants must have basic volleyball skills and experience).

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Intermediate Volleyball	1649	Sun	5:00 - 6:30 pm	Sept 18	Dec 4	10 wks	\$56

No program Sunday, October 9 (Thanksgiving Weekend), October 23 (Halloween Party)

Recreational Volleyball

All skill levels are welcome to participate and enjoy an evening of recreational volleyball. Whether you're a beginner or a pro, we want to see you out there!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Rec Volleyball	1650	Mon	8:30 - 10:00 pm	Sept 19	Dec 5	10 wks	\$56

No program Monday, October 10 (Thanksgiving), October 31 (Halloween)



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Adult - Sports

Soccer

Sign up to play this fast paced sport. All skill levels are welcome for this recreational program.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Rec. Soccer	1651	Wed	8:30-10:00 pm	Sept 21	Nov 30	11 wks	\$61

Table Tennis

\$20

This program is back and better then ever. With our new resurfaced tables, we are able to provide a Recreational and Intermediate program that takes place in the gym!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Table Tennis Rec.	1652	Thurs	6:30 - 7:30 pm	Sept 22	Oct 27	6 wks	\$20
Table Tennis Rec.	1706	Thurs	6:30 - 7:30 pm	Nov 3	Dec 8	6 wks	\$20
Table Tennis Int.	1653	Thurs	7:30 - 8:30 pm	Sept 22	Oct 27	6 wks	\$20
Table Tennis Int.	1707	Thurs	7:30 - 8:30 pm	Nov 3	Dec 8	6 wks	\$20

Nordic Walking

The benefits of this outdoor low-impact, high energy activity includes caloric expenditure between 20% and 45%, increased heart rate between 5-7 beats per minute, increased upper body strength, work on core stability and help alleviate tension in your neck and shoulders. Each week, rain or shine, will offer a new route and new challenges. Individual coaching will be offered and as the weeks go along, you will progress and develop the technique from basic to more advanced. This low-impact, high-energy activity will enhance your walking workout by adding poles. Introductory/refresher workshop will be held on the first day. Poles are available. From a beginner level to advanced, Nordic Walking can help you achieve your fitness goals. Location: Greenboro Park and local neighborhood.

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Nordic Walk	1569	Wed	10:30 - 11:30 am	Sept 28	Dec 7	11 wks	\$75

Seniors - Sports (55+)

\$20

Recreational fun. Come play and meet your neighbours!

Program	Reg. #	Day	Time	Start	Finish	Length	Cost
Senior Badminton	1654	Mon	10:30 - 11:30 am	Sept 26	Dec 5	10 wks	\$20
Senior Table Tennis	1655	Tues	10:30 - 11:30 am	Sept 27	Dec 6	11 wks	\$20
Senior Pickleball	1656	Wed	10:30 - 11:30 am	Sept 28	Dec 7	11 wks	\$20

Pickleball

This innovative sports combines elements of badminton and table tennis to provide an excellent work out. **Excellent for seniors!!!**
No program Monday, October 10 (Thanksgiving).



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