

WELLNESS PROGRAMS

WELLNESS



Connect with others in a fitness class

Our facilities are filled with people of all ages, abilities, and backgrounds. Our programs create opportunities to build positive relationships with other people in the community.

Participation with others provides a powerful combination of support, accountability, and motivation to stay active and helps build healthy communities

Be active for life at the gym

We offer accessible programs and facilities that help develop and sustain healthy and active lifestyles.

**Drop in and
be active
at the CGC.**



**Drop-in schedules can be picked up at the
Canada Games Centre or viewed online at
www.whitehorse.ca/cgcschedules**



Instructor in the Spotlight

Lana O'Connell

Lana is originally from Ontario and has been in Whitehorse for close to two years. Lana grew up playing hockey and baseball and was always active in sports at school. Her active lifestyle carried over into her career choice as she graduated from the Fitness and Health Promotion program at Fanshawe College in London, ON. Lana has completed her group fitness certification, CSEP certification, Osteofit training and is working towards completing her hours for her Level 1 Yoga certification.

Lana loves working in the fitness field as she enjoys helping people choose to live a healthy and active lifestyle and help make it a life-long commitment.

SuperBrain Yoga®

SuperBrain Yoga® is simple, highly effective, and can be practiced at home, work and while at play. SuperBrain Yoga® improves concentration levels and enhances balance, releasing tension, leaving you calm and revitalized. This workshop provides all the tools needed to embrace this unique yoga practice.

Instructor: Julie White

Canada Games Centre – Boardroom & Wellness Studio

Tu	Apr. 11	7:00 pm – 9:00 pm	1	\$50	68629
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Strong Woman

Build confidence with this 6 week program specifically designed for women who are interested in learning proper lifting technique. Change the way you look at lifting weights and understand the benefits of lifting heavy.

Instructor: Lana O'Connell

Canada Games Centre – Dasani® Running Track

Sa	Apr. 1 – May 6	9:00 am – 10:30 am	6	\$75	68621
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Strong Woman 2.0

Prerequisite: Strong Woman

Looking for more? This program is designed to take your lifting to the next level.

Feel stronger, more confident and understand of how to build your own workouts, with proper muscle grouping exercises.

Instructor: Lana O'Connell

Canada Games Centre – Wellness Centre

Sa	Jun. 3 – 24	9:00 am – 10:30 am	4	\$50	68623
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Trail-Fit

Intrigued by the outdoor fitness equipment in our local parks and trails? Join our certified instructor, at different fitness locations, throughout Whitehorse, for a variety of workout styles. Please come prepared for all-weather conditions with appropriate clothing, footwear and water bottle.

Rotary Peace Park – Gazebo

Tu & Th	May 9 – Jun. 1	5:30 pm – 6:30 pm	8	\$101	68614
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Tu & Th	Jun. 6 – 29	5:30 pm – 6:30 pm	8	\$101	68613
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Tu & Th	Jul. 4 – 27	5:30 pm – 6:30 pm	8	\$101	68615
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Tu & Th	Aug. 1 – 24	5:30 pm – 6:30 pm	8	\$101	68616
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Foam Rolling 101

Foam rolling is also called myofascial release and is designed to work out the “knots” in your muscles. When it comes to fighting soreness, boosting recovery, and getting the body prepared for a workout, foam rolling can’t be beat.

Instructor: April 9 – Eliza Pahl
April 27 – Clint Sauter

Canada Games Centre – Wellness Studio

Su	Apr. 9	1:15 pm – 3:00 pm	1	\$30	68624
Th	Apr. 27	1:15 pm – 3:00 pm	1	\$30	68625

Pre-Natal Yoga

Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility as your instructor leads you through a series of pregnancy-safe yoga poses. Connect with other moms-to-be in your community as you enjoy the benefits of this class.

Instructor: Jennifer Kiess

Canada Games Centre – Wellness Studio

Su	Apr. 2 – May 7	3:00 pm – 4:00 pm	6	\$75	68628
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Stroller Bootcamp

Designed for all fitness levels, this outdoor stroller fitness program combines cardio, body weight training and core strengthening. Get fit while enjoying fresh air and time to connect with other parents and babies.

Instructor: Jennifer Kiess

Rotary Peace Park

Tu & Th	May 2 – 25*	11:00 am - 12:00 pm	8	\$100	68618
Tu & Th	Jun. 6 – 29	11:00 am - 12:00 pm	8	\$100	68619
Tu & Th	Jul. 4 – 27	11:00 am - 12:00 pm	8	\$100	68620

* Location is weather dependent. Instructor will call to confirm location prior to first class.



Wellness Program Design

Are you looking to start a fitness program or not sure if your current workout is right for you?

A Wellness Program Design is a customized workout plan created through consultation with one of our certified Fitness Specialists that will reflect your needs and fitness & lifestyle goals. These workout plans are designed for a 3 month period to keep you moving forward towards a healthy and active life.

How do I book a Wellness Program Design?

- Book online or in person at the Canada Games Centre
- Complete the PAR-Q Questionnaire prior to appointment
- Check in at Reception on the day of your appointment and to get your wristband
- Come prepared to be active, indoor shoes, comfortable clothing and a water bottle
- Meet your Fitness Specialist in the Wellness Centre for all appointments
- 24 hours’ notice for all bookings
- 24 hours for all cancellations. A “no show” fee of the cost equal to your booking will be charged for all no shows

\$25

Annual or Continuous members get 4 Free Wellness Program Design appointments per year!

For more information call the Wellness Centre at 633-8502.