

Register with Communibee

March 28 - April 9



<https://app.communibee.ca/#/register?community=BREVOORTPARK>

Spring programs will be offered virtually. All programs are live instruction and not pre-recorded. Enrollment fees are for each individual. A valid community association membership is required; memberships are non-refundable. Brevoort Park honours all community association memberships.

For questions or to get involved, email: indoorcoordinator@brevoortpark.ca

Program	Day	Dates	Time	Cost
Yoga with Marie (14+) All Levels Yoga integrates all aspects of yoga including breath work, active yoga postures, mindful movement, passive stretching and deep relaxation. This is a great class for experienced yoga students, but is open to all levels.	Mon.	April 12-June 21	7:30PM-9:00PM	\$100
Cardio-Sculpt (14+) A fitness class for all levels with low impact choreography and exercises focusing on building bone mass, muscular strength and endurance.	Tues.	April 13-June 22	6:00PM-6:45PM	\$55
Gentle Yoga (14+) Gentle Yoga uses passive stretching, restorative postures and deep relaxation to help calm the mind and release tension in the body. This is a great class for beginners, but is open to all levels.	Wed.	April 14-June 23	6:00PM-7:00PM	\$80
Painting with Bailey (11-18yrs)	TBA	TBA	TBA	FREE