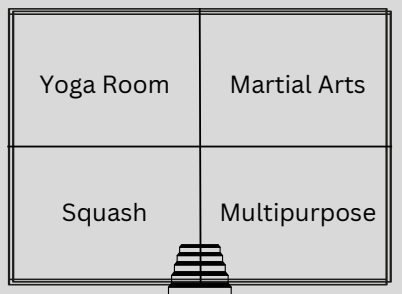


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	---------	-----------	----------	--------	----------

# Yoga, Martial Arts and Multipurpose

CLOSED unless in use by class or program

<b>7:30am</b> Traditional Yoga (Flora 60 min) Yoga Room	<b>9:45am</b> Yoga (Leah 60min) Yoga Room	<b>7:30am</b> Traditional Yoga (Flora 60 min) Yoga Room	<b>10:00am</b> All in One (Deb/Vickie 45min) Multipurpose Room	<b>7:30am</b> Traditional Yoga (Flora 60 min) Yoga Room	
<b>11:45am</b> Yin Yoga (Hedy 60 min) Yoga Room		<b>10:45am</b> Hatha Yoga (Hedy 60min) Yoga Room	<b>10:45am</b> Hatha/Restorative Yoga (Hedy 90min) Yoga Room	<b>9:45am</b> Yoga (Hedy 60min) Yoga Room	<b>10:00am</b> Hatha/Restorative Yoga (Hedy 90min) Yoga Room
<b>5:00pm</b> Yoga CLOSED for Ladies Bootcamp (60min)			<b>6:00pm</b> Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Martial Arts Room	<b>10:55</b> Stay and Stretch (Hedy 60 min) Yoga Room	
<b>6:30pm</b> Express Pilates (Krista 30 min) Martial Arts Room	<b>6:00pm</b> Karate (Sensei Kristie/Shihan Jason 60min) Bi-weekly Martial Arts Room		<b>6:30pm</b> Hatha Yoga (Flora 75 min) Yoga Room		
	<b>7:15pm</b> Jiujitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		<b>7:15pm</b> Jiujitsu (Coach Kristie/Professor Jason 60min) Martial Arts Room		



Notes: For more information on our specialty programs such as Splash and Dash, Gym and Swim and Ladies Bootcamp please refer to the Kids and Aquatics / Personal Training Brochures. Don't miss out! Make sure you also grab the Pool & Cycle and Studio Brochures for more great fitness classes!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Squash</b>							
OPEN 8:00am-4:00pm	OPEN 6:00am-11:45am	OPEN 6:00am-9:45am	OPEN 6:00am-10:35am	OPEN 6:00am-10:35am	OPEN 6:00am-9:45am	OPEN 8:00am-10:00am	
	<b>11:45am</b> Squash Court Closed During Yoga (60 min)	<b>9:45am</b> Squash Court Closed During Yoga (60min)	<b>10:35am</b> Squash Court Closed During Yoga (60min)	<b>10:35am</b> Squash Court Closed During Yoga (90min)	<b>9:45am -12:00pm</b> Squash Court Closed During Yoga (60min)	<b>10:00am</b> Squash Court Closed During Yoga (Hedy 90min)	
	OPEN 12:45pm-9:00pm	OPEN 10:45am-6:15pm	OPEN 11:35am-6:15pm	OPEN 12:05pm-6:00pm	<b>6:30pm</b> Squash Court Closed During Yoga (60min)	OPEN 12:00pm-9:00pm	OPEN 11:30am-4:00pm
		<b>6:30pm- 8:45pm</b> Squash Social	<b>6:30pm- 8:45pm</b> Squash Social	OPEN 7:45pm-9:00pm			

# Yoga, Martial Arts, Multipurpose, Squash Room Schedules



[www.pefac.ca](http://www.pefac.ca)

Like us on Facebook  
Instagram @thepefac  
[info@pefac.ca](mailto:info@pefac.ca)

**Legend (for Online Viewing)**  
**Blue** = Kids/ Aquatics Program  
**Green** = Personal Training  
Program  
**Purple** = Group Fitness Class

**Traditional Yoga** - A traditional Hatha yoga sequence that will help to develop strength, flexibility, balance and breathing. This yoga class is rooted in a series of Sun Salutations that activate and warm the body. It includes guided breathing with a rotating series of well known standing, balancing, seated and supine poses. Through breath, movement and stillness, this class promotes wellness both on and off the mat. Limit of 20

**Stay and Stretch** - This class combines active stretching to release muscle tension and Yin Yoga postures held for several minutes to deeply target and release tightness in the hips and hamstrings. Perfect for those looking to enhance flexibility and feel long-lasting relief. Limit of 20.

**Yin Yoga** - Is a slow-paced style of yoga with postures held for longer periods of time that apply moderate stress to the connective tissues, the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Limit of 20.

**Yoga** – Moving through a variety of poses that will challenge and improve your balance, flexibility, driving energy into all areas of the body, removing any built-up tension. Yoga will also incorporate breathing techniques and poses to increase flexibility all while allowing you to feel relaxed yet energized. Limit of 20.

**All in One** - You'll get some of everything in this class: cardio, strength and stretch moves set to great music. All In One is a low impact class that will use a chair as well as the wall to assist with balance using lots of toys such as balls, tubes, blocks and weights. You'll get a bit of cardio to work your heart, some moves to strengthen your muscles and a lovely stretch to improve your flexibility. Limit of 14.

**Express Pilates** - This introductory pilates class combines breathing and mat work to increase overall strength, improve posture as well as increase flexibility. This class will leave you feeling relaxed and energized. Limit of 20

**Hatha/ Restorative Yoga** – An hour moving through a variety of poses that will challenge and improve your balance, flexibility, and strength. Followed by a half hour of Restorative focusing on a variety of breathing techniques and poses to create positive energy. Limit of 20.

**JiuJitsu (BJJ)** - is based on the technique that immobilizes or submits the opponent. It teaches joint locks, choke holds and pins and is often considered the best art to beat an opponent having more physical prowess. Limit of 15.

**Karate** - Okinawa Goju Ryu Karate is one of the oldest, most traditional styles of Karate. It is a beautiful style and an efficient method of self-defence, also it's a great way to get into shape. Suitable for everyone! Bi-weekly Tuesdays and Thursdays, refer to Wellness Living for accurate schedule. Limit of 15.