

# KTC INSPIRE - movement and education studio

Kootenay Therapy Center – Unit 260-1311-2<sup>nd</sup> St N. Cranbrook, BC (250-426-4629)  
(Baker Professional Center)

Relax – Restore – Rejuvenate!



## February 2019



<b>MONDAY</b> No class on long weekends	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b> No class on long weekends
9:15AM-10:15AM RESTORE THE CORE & PELVIC FLOOR *Annie*	9:15-10:15AM HATHA YOGA (ALL LEVELS) *Daniela*	9:15-10:15 AM PILATES *Molly*	9:15-10:15AM HATHA YOGA (ALL LEVELS) *rotating*	9:15 – 10:15 AM GENTLE STRETCH/RESTORATIVE YOGA *rotating*	9:30-10:30AM HATHA YOGA (ALL LEVELS) *rotating*
10:30-11:30AM (Jan 7-Feb 11) EXERCISE FOR SPECIAL POPULATIONS *Annie* <b>(PREREGISTER ONLY)</b>		10:30-11:30AM (Jan 9-Feb 13) EXERCISE FOR SPECIAL POPULATIONS *Annie* <b>(PREREGISTER ONLY)</b>			
	1:30-2:30PM CHAIR FITNESS *Annie*	1:30-2:30PM CHRONIC PAIN *Annie*	1:30-2:30PM CHAIR FITNESS *Annie*		
		3:45-4:45PM *Jan 9 & 23* (Lacrosse Team)			
5:30-6:30PM GENTLE STRETCH/RESTORATIVE YOGA *rotating*	6:30 – 7:30PM MEN'S STRETCH Series (6 weeks) Jan 15-Feb19 <b>(PREREGISTER ONLY)</b>	5:00-6:00PM RESTORE THE CORE & PELVIC FLOOR *Annie*	5:30-6:30PM PILATES *Molly*		
<b>****All classes are instructed by a certified yoga instructor/yoga therapist, kinesiologist or physiotherapist.</b>					

**Studio RATES (GST included):**

**DROP-IN RATE @ \$10.00 .....(Seniors = \$9.00)**

**10 PUNCH PASS @ \$90.00 .....(Seniors = \$80.00)**

**UNLIMITED Sessions @ \$90/MONTH.....(Seniors = \$81.00)**

**\* Chamber Members -10% discount off regular session cost.**

**\* Seniors (65+ age) -10% discount off regular session cost.**

**\* All pass rates include GST**

**\* All passes non-refundable/non-transferrable**

**HATHA YOGA:** A blend of flowing and static postures (asanas) with a strong focus on alignment, breath techniques (pranayama) and strength building. Open to all levels.

**CHRONIC PAIN:** A gentle practice designed for those living with chronic pain. Specific breathing techniques combined with therapeutic movements help to restore energy. Movement is therapy!

**GENTLE STRETCH/RESTORATIVE YOGA:** This gentle class focusing on breathing, relaxation and supported poses with the use of props. The focus is on adapting postures, positions, and movements to meet the needs of your body, and is the perfect practice for anyone wanting to address the effects of stress, anxiety and/or pain.

**RESTORE YOUR CORE & PELVIC FLOOR:**

This class is for anyone who is interested in strengthening the foundational support muscles of the body. A practice for post pregnancy, incontinence, weak lower back or simply to maintain core health as you age.

**CHAIR EXERCISE FOR MOBILITY:** Chair exercise is gentle stretching that is practiced sitting on a chair, or standing using a chair for support. Perfect for those who are challenged getting on and off the floor! Poses are modified for people who cannot stand or lack the mobility to move easily from standing to seated.

**PILATES:** Core stability, pelvic & shoulder girdle stabilization, alignment & breathing exercises are introduced with the goal of optimizing musculoskeletal performance, strength, flexibility and endurance. Balanced exercise sequences and modifications can address special populations without risking injury.

**Specialty Populations CLASS:** (Pre-Registered & Pre-Paid Class)  
Very gentle stretch & breath class for a wide range of specialty populations including: elderly with walkers/canes, visually impaired, all mobility issues.