

KTC INSPIRE - movement and education studio

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

Relax – Restore – Rejuvenate!

September-December 2021



MONDAY <i>*NO CLASS on Long Weekends!</i>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:30AM <u>EXERCISE FOR SPECIAL POPULATIONS</u> *Cheryl*			CHAIR FITNESS *6 weeks <u>12:15-1:15 PM</u> *JESSICA*		
CHAIR FITNESS *6 weeks <u>12:15-1:15 PM</u> *CHERYL*			CHAIR FITNESS *6 weeks <u>1:30-2:30 PM</u> *JESSICA*		
CHAIR FITNESS *6 weeks <u>1:30-2:30 PM</u> *CHERYL*					

***6 session classes - \$51.00 (+tax)**

*** Seniors (60+) -10% discount**

4 person minimum needed to run classes- 6 person maximum

**** All sessions are pre-registered- we currently are not offering a drop-in rate for sessions****

Specialty Populations CLASS: Very gentle stretch & breath class for a wide range of specialty populations including: elderly with walkers/canes, visually impaired, all mobility issues.

CHAIR FITNESS: 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.

***All classes are instructed by a certified yoga instructor/yoga therapist, kinesiologist or physiotherapist.**