



# Centre communautaire Hatley Hatley Community Centre

## Classes – Autumn 2018

### **Aerobics low impact**

**Monday, 4 to 5 pm**, Sep 17 - Dec 10, bilingual, \$144 for 12 weeks, 14\$ per class  
Low-impact exercises designed to increase muscular strength, flexibility, balance and cardiovascular health.  
**Registration:** Shannon Stoddard, (819) 820-4286, [ssfitness100@gmail.com](mailto:ssfitness100@gmail.com)

### **Yoga**

**Mercredi, 7 to 8 pm**, 19 Sep - 21 Nov, bilingual, 100 \$ for 10 weeks  
Basic Yoga movements, breathing and meditation techniques to help manage your stress.  
**Registration:** Amy Jones (819) 835-0533, [jonesar@hotmail.com](mailto:jonesar@hotmail.com)

### **Body Sculpt**

**Wednesday, 4 to 5 pm**, Sep 19 - Dec 5, bilingual, \$144 for 12 weeks, \$14 per class  
Strength and stretching exercises for stronger bones and muscles, improved balance and increased metabolism  
**Registration:** Shannon Stoddard, (819) 820-4286, [ssfitness100@gmail.com](mailto:ssfitness100@gmail.com)

### **Spanish**

**Wednesday**, Sep 26 - Dec 12, \$180/12 classes  
Beginners: **1:00 - 2:30 pm**; Intermediates: **10:45 am - 12:15 pm**; Advanced: **9:00 - 10:30 am**  
**Registration:** Ursula Julve, (819) 416-2728, [ursulajulve@gmail.com](mailto:ursulajulve@gmail.com)

### **Pilates**

**Tuesday and Thursday, 9 to 10 am**, Sep 11 - Dec 13, bilingual, \$175.50 for 13 weeks or \$16 per class  
Exercises to strengthen deep body muscles, personal attention to allow you to reach your full potential.  
**Registration:** Annie St-Amour, (819) 620-6801, [anniesta01@gmail.com](mailto:anniesta01@gmail.com)

### **Tai Chi**

**Friday, 1:00 to 2:30 pm**, Sep 14 - Dec 14, in English, \$160 for 13 weeks  
Gentle exercises to bring your entire system into balance, a great way to start your weekend!  
**Registration:** Kim Prangley, [kadelaide2000@yahoo.com](mailto:kadelaide2000@yahoo.com)

### **Group practice of the 108 Taoist Tai Chi movements**

**Wednesday, 10:45 - 11:15 am**, Sept 12 - Dec 12, bilingual, free  
30 min of practice of the 108 Taoist Tai Chi moves  
**Registration required before practice :** Josée Terriault, [jterriault@hotmail.com](mailto:jterriault@hotmail.com).

Register as soon as possible, a minimum number of participants is required for classes and events to take place.

For a more detailed description of classes and activity, go to:  
<https://www.municipalitehatley.com/loisirs-et-culture/cours/>