

STARTING JANUARY 2025 SENIORS PROGRAMS

SIGN UP FOR JANUARY PROGRAMS!

The Essential Stretching Program at Holy Trinity starts Monday January 13th from 10 am to 10:45 am: This program is designed for seniors as a standing exercise and is a dynamic and fluid full-body workout that focuses on rebalancing the body by stretching and strengthening every muscle group. It combines the science of physiotherapy with traditional fitness practices like pilates, yoga, martial arts and tai chi to unlock muscles and restore circulation. The instructor is Paulette Haines. The cost is \$50 for 10 classes. Registration is required. Please contact Cleo Cyr for more information at 506-647-8170 or cleocyr1@gmail.com

Tai Chi Chair Exercise at Holy Trinity starts Monday January 13th from 11 am to 11:45 am: Tai chi is practiced in slow, intentional movements as a form of gentle exercise and moving meditation, with benefits to body, mind and spirit. The expected results are increased mobility, balance, coping with stress better and increased sleep. The instructor is Paulette Haines. Sign up soon, the classes are filling up! Cost is \$50 for 10 classes. Registration is required. Please contact Cleo Cyr for more information at 506-647-8170 or cleocyr1@gmail.com

Ballet Inspired Exercise Program Wednesdays at Holy Trinity from 1 pm to 1:45 pm starting January 15th, 2025 : This seniors exercise program focuses on good posture, mobility, core strength, balance and toning while bringing out musicality and artistry. Structured just like a ballet class, exercises will be taught and broken down explaining the proper technique and then executed to the music. The class instructor is ballet instructor Kimberly Hall. Each class lasts approximately 45 minutes and includes a gentle seated warm up, chair assisted standing exercises and cool down. Ideal for all levels and for those who love to move to music. This will be a 10-class program at a cost of \$50 for the 10 classes. Registration is required. Please contact Cleo Cyr for more information at 506-647-8170 or cleocyr1@gmail.com