

Monday Morning 9:30-11:30

Fitness "Tune Up"- \$75-1 hr-9 wks

Reach some health and fitness goals with a class that combines cardio and strength training. Various instructors, great for any fitness level. In gym



Senior Women's Yoga-\$60 1 hr/9 wks



Join us for some gentle stretching, stress relieving actions. Chair assisted work, focused on individual ability to gain mobility and strength, while bringing balance and peace. Room G

Conversational Spanish - \$40 1.5 hr-9 wks

Perfect for the traveller who wants to feel comfortable expressing themselves in their destination community. Room D



Creative Card Design- \$40 + \$35 card kit fee

Apx 2 hr-9 wks

Complete a different card project each week. An additional fee required for material kits, provided by instructor.



Sanctuary Space 10 min-20max

Bring Your Own Thing- \$40

Apx 2hr-9wk



Share ideas or get caught up on all those projects you would normally do at home! Scrapbooking, painting, sewing, knitting & Wi-Fi available.

Sanctuary Space

Tuesday Morning 9:30-11:30



YOGA-\$75

1 hr-9 wks

Yoga emphasizes precision and physical alignment of the body while gaining flexibility and strength. Stress relieving and relaxation benefits.

Room G-Max 8-10

Pilates (Stott Pilates) \$75-1hr-9wk

Open Level

Mat work, which is key to building a strong foundation, enhances your strength, balance and posture- for all ages.

Room F -Max 8-10 persons

Tuesday Bring Your Own Thing- \$40

Share ideas or get caught up on all those projects you would normally do at home!

Scrapbooking, painting, sewing, knitting & Wi-Fi

available. Sanctuary Space Apx 2hr-9wk



NEW Pickle Ball-\$70

Apx 2hr-9wk -9 wks

Come join us for an opportunity to play pickle ball. Available spots for 6-8 women to play round robin intervals during 1& 1/2hrs Open gym-no self-guided



Equipment needed:
Bring your own paddle and court shoes

Class is Pending Interest

Wednesday Evening 7-9pm

NEW Pickle Ball-\$70

Apx 2 hr-9 wks

Come join us for an opportunity to play pickle ball. Available spots for 8 women to play round robin intervals during apx 2hrs open gym-no instruction. Equipment needed: your own paddle



Class is Pending Interest

Gentle Yoga -\$75-1 hr-9 wks



This beginner class consists of both seated and standing postures smoothly linked together with breath. Benefits include improved

flexibility, balance, energy, strength and relaxation. Proper alignment will be emphasized.

Various modifications and props will be offered in order to individualize, maximize and support the practice. Room G-Max 8-10

Bring Your Own Thing- \$40

Share ideas or get caught up on all those projects you would normally do at home! Scrapbooking, painting, sewing, knitting & Wi-Fi available.

Sanctuary Space Apx 2hr-9wk



Agenda for morning sessions:

1: Arrive and get settled (children to the nursery, & settle into your group session). Activities vary from 1 hr to 1 1/2hr then its social time with snack and beverages to follow as large group. Name tags are available for all registered participants and we encourage you to wear them to allow everyone the opportunity to get to know each other by name.

Child care is available for those who pre-book with registration, requiring the care while participating in the program. There is an additional fee for child care of \$60/child with reduction if more than one child per family registered. NOTE: Drop off few minutes prior to activity start time, with prompt pick up for the end of session. Due to care/ratio concerns, Please no drop ins.

(Out of courtesy for the health and wellbeing of all participants, please stay home if you or your child is sick)

2: ENJOY YOUR SESSION

3: Once your activity session is complete, all groups come together and join into one large group to socialize in sanctuary. Here we enjoy conversation and interaction with all



participants. We recommend that everyone stay for this short community building and conversation time.

“Gathering as One Body-
WOMEN IN COMMUNITY”

Snack List:

As a registered guest to Ladies Time Out you are asked to participate in a rotational snack sharing list. Participants will be assigned a snack day throughout the 9 week session. Please be generous with your portions bringing something to share with the group. We recommend cheese and crackers, mini muffins, fruits, veggies and yummy cookies or cakes. These delicious offerings will be prepped and delightfully arranged by our kitchen support person for all participants' to enjoy while in our large group gathering time.

In Community

Each of us have something to offer the other. **Ladies Time Out** offers women from the greater community a place to gather and the opportunity to grow friendships. We walk life's journey together, helping one another by networking, sharing talents and experiences along the way. We gather together to participate in activities of interest, then a large group session to socialize. The large group time offers all participants' to congregate in one place; this is a vital and substantial part of why we gather. The large group time is a time of community. To wrap up the session time the LTO coordinator will offer any necessary announcements and communications that may be required while in session, keeping everyone in the loop so to speak. Sometimes we have people share stories, enjoy special music, and on the occasion the resident preschool children will stop by and share their talents. Mostly it is a time to chat and get to know each other better. We also offer the opportunity for those in the program to share any concerns or thoughts that might be on their mind and heart. All are welcome to put forth a prayer request, as we closeout in a short prayer. Please be reassured that this is a place open to all, those who attend church and those who don't, multi-denominational and multi-faith. Prayer is an important part of our lives, which connects us to God and provides us a way to care for one another. Come and gather, share the journey...no one should walk alone.



Ladies Time Out

Located at First Lutheran Church

7102 14th Avenue SW - 403-242-4544

Contact: liz@makingfaithmatter.ca

Check us out on the web

www.makingfaithmatter.ca

Ladies Time Out” offers a place and the opportunity to grow relationships, helping one another by networking, sharing talents and experiences.



Monday, Tuesday 9:30-11:30am

& **New** Wednesday evenings 7-9pm

NEW 2020 SPRING SESSION DATES

Spring start April 20, 21, 22

Through June 22, 23, 24

No Sessions on dates below

May 18, 19, 20

Contact Liz 403-242-4544 ext. 205