

Monday Morning Classes



Fitness "Tune Up"- \$75

Reach some health and fitness goals with a class that combines cardio and strength training.

Open Gym space

Great for ladies of any fitness level.

Senior Women's Yoga-\$60

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. 15 max. Room G



Conversational Spanish - \$40



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

Room D

Creative Card Design- \$40 + \$25 card kit fee

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



Sanctuary Space
20max

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.

Tuesday Morning Classes

Card Making-\$40 + \$25 card kit fee

Come join us for an opportunity to explore various techniques and make wonderful greeting cards. This class is suitable for both beginner and experienced card-makers. You will make 18-20 cards that you will be proud to give to your family and friends. Sanctuary space -Min 10 persons



NEW Intro to Pilates (Stott Pilates) - \$75

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

Room F -Max 8persons



Room G-Mac 10

YOGA-\$75

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

Remember, Yoga is for everyone.

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.



Daily Agenda

1: At 9:30 am arrive and get settled (Children to the nursery, find your name tag; settle into your group session). Fitness (Tune-up and Yoga) participants start at 9:30- 10:45, social time with snack and beverages to follow in sanctuary. 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. **Please wear your name tag ☺**

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 is 9:30 am with prompt pick up at 11:30am. Please no drop ins.

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

2: ENJOY YOUR SESSION

3: Between 10:30- 11:00 am all small session groups come together and join into one large group setting 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 at 10:30 am until 11:30 am.

In Community

Each of us have something to offer the other...First Lutheran Church is offers women from the greater community a place to gather and the opportunity to grow relationships, helping one another by networking, sharing our talents and experiences with others along the way. We gather together in activities of interest, then for a short time a large group session. 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. At this 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. Yes, we offer 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.



Ladies Time Out

Offered 3 Times Per Year

Fall - Winter - Spring

2018/2019 Session Dates

Offered three times a year,
each session runs for 9 weeks

FALL Session: Sept. 24/25 - Nov. 26/27

WINTER: Jan 14/15 - March 18/19

SPRING: April 8/9 - June 10/11

Please note:

No Sessions will take place on long weekends, see dates below

Fall: Oct 8/9 Thanksgiving

Winter: Feb. 18/19 Family Day

Spring: May 20/21 Victoria Day

Check us out on the web

www.ladiestimeout.ca

Session Information & Registration

Located at First Lutheran Church

7102 14th Avenue SW - 403-242-4544



Ladies Time Out

A peaceful and safe community environment...



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



Ladies Time Out

Coordinator: Liz Gahan

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