

July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Statutory Holiday No classes	9:30-10:30AM: Gentle Yoga* ■ 11AM-12PM: Fireside Info Session
5	6	7	8	9
11:15AM-12:15PM: Mindfulness Meditation ☼	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Chair Yoga* ■	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Gentle Yoga* ■
1:30-2:30PM: Restorative Yoga* ■	1:30-2:30PM: Beginner's Group Strength & Stretch* ■	1:30-2:45PM: Gentle Yoga* ■	5-6PM: Fireside Info Session	11AM-12PM: Fireside Info Session
2:45-3:30PM: Aerobic-Based Exercise* ■	5-5:30PM: Gratitude Meditation ☼		7-7:45PM: Guided Meditation ☼	
3-4PM: Fireside Info Session	7-8PM: Qigong for Sleep & Relaxation* ■			
3:45-4:30PM: Beginner Chair-Based Aerobics* ■				
12	13	14	15	16
11:15AM-12:15PM: Mindfulness Meditation ☼	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Chair Yoga* ■	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Gentle Yoga* ■
1:30-2:30PM: Restorative Yoga* ■	11AM-12:30PM: Navigating Change, Grief & Loss ●	1:30-2:45PM: Gentle Yoga* ■	5-6PM: Fireside Info Session	11AM-12PM: Fireside Info Session
2:45-3:30PM: Aerobic-Based Exercise* ■ (last class)	1:30-2:30PM: Beginner's Group Strength & Stretch* ■		7-7:45PM: Guided Meditation ☼	
3-4PM: Fireside Info Session	5-5:30PM: Gratitude Meditation ☼			
3:45-4:30PM: Beginner Chair-Based Aerobics* ■ (last class)	7-8PM: Qigong for Sleep & Relaxation* ■			
19	20	21	22	23
11:15AM-12:15PM: Mindfulness Meditation ☼	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Chair Yoga* ■	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Gentle Yoga* ■
1:30-2:30PM: Restorative Yoga* ■	11AM-12:30PM: Passion & Joy ●	1:30-2:45PM: Gentle Yoga* ■	5-6PM: Fireside Info Session	11AM-12PM: Fireside Info Session
3-4PM: Cooking - Quinoa Salad & Fudge Cookies ▲	1:30-2:30PM: Beginner's Group Strength & Stretch* ■		7-7:45PM: Guided Meditation ☼	
3-4PM: Fireside Info Session	5-5:30PM: Gratitude Meditation ☼			
	7-8PM: Qigong for Sleep & Relaxation* ■			
26	27	28	29	30
11:15AM-12:15PM: Mindfulness Meditation ☼	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Chair Yoga* ■	9:30-10:30AM: Group Strength & Stretch* ■	9:30-10:30AM: Gentle Yoga* ■
1:30-2:30PM: Restorative Yoga* ■	11AM-12:30PM: Resilience ●	1:30-2:45PM: Gentle Yoga* ■	5-6PM: Fireside Info Session	11AM-12PM: Fireside Info Session
3-4PM: Cooking - Soup, Smoothies & Puddings ▲	1:30-2:30PM: Beginner's Group Strength & Stretch* ■		7-7:45PM: Guided Meditation ☼	
3-4PM: Fireside Info Session	5-5:30PM: Gratitude Meditation ☼			

■ Exercise (Patient pre-consultation required) ▲ Nutrition (Cooking Class) ☼ Stress Reduction ● Counselling

LOWER MAINLAND VANCOUVER 604.734.7125 #200 - 1330 West 8th Ave.	VANCOUVER ISLAND VICTORIA 250.595.7125 #212 - 2187 Oak Bay Ave.	SOUTHERN INTERIOR KELOWNA 250.861.7125 #204 - 1740 Gordon Dr.	ONLINE PROGRAMS AND SERVICES https://www.inspirehealth.ca
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