

## MOSAICS Fall Schedule

Fall programming starts Tuesday September 16, 2008

Activity	Day	Time
<b>Pilates (Stott):</b>		
Level 2	Monday	5:30-6:30pm
Level 1: Beginners	Monday	6:45-7:45pm
Level 2	Wednesday	5:30-6:30pm
Men's Class	Wednesday	6:45-7:45 pm
Golden Level 2	Friday	8:30-9:30 am
Golden :Beginners	Friday	9:45-10:45 am
<b>Fitness</b>		
Golden Aerobics	Wednesday	8:30-9:30 am
Dance and Get Fit (includes line dancing)	Monday	4:00-5:00 pm
Wainfleet Fitness Night: Aerobics & Pilates (Held at Christ Church in Wainfleet)	Tuesday Tuesday	7:15-8:15 pm 8:30-9:30 pm

### Personalized Requests:

Pilates

1. Create your own group: If you have 6-8 individuals who are interested, a personalized class may be scheduled.
2. Private/ semi-private sessions: mat and/or reformer: by appointment

Older Adult Specialist Training and Certification

In-house training sessions for health care providers/ professionals on fitness for the Older Adult. Can-Fit Pro programming. (Minimum 6 participants)

Walking Program: register at Health Wise

### Therapies:

By appointment: Cranio Sacral Therapy, Zero-Balancing, Reflexology

**Now Available:** Lifestyle Coaching and Ear Candling



Rita Talosi RN, BScN, MSN

*Rita's Fitness and Therapy certifications are based on a 34 year foundation of Nursing and Education.*

**Call today, 905-735-3222 for more information!**

