



WINTER PROGRAMS

HOW TO REGISTER:

ONLINE:

<https://central.ivrnet.com/mahogany>

IN PERSON:

Mahogany Beach Club
29 Masters Park SE Calgary, T3M 2C1

PHONE: 403-453-1221

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MAHOGANY | HOMEOWNERS
ASSOCIATION



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Youth Programs



START	END	PROGRAM	TIME	WKS	RESIDENT	CMCA*	PUBLIC	DESCRIPTION
Thurs Jan 17	Thurs Feb 7	Bricks4Kidz: Little Builders (Ages 3-5)	4:45 - 5:30PM	4	\$ 63.99	\$ 72.99	\$ 79.99	Kids will learn interesting facts about real world objects and animals in these interactive lessons which reinforce counting, patterning, spatial awareness and fine motor skills. Each week will focus on a different letter and will include lots of time for building as well as some learning time and a fingerplay or short story related to what is being built. Participants will build with Duplo or Traditional Bricks depending on ability.
Thurs Jan 17	Thurs Feb 7	Bricks4Kidz: Early Engineers STEM Enrichment (Ages 5-12)	5:30 - 6:30PM	4	\$ 63.99	\$ 72.99	\$ 79.99	Bricks 4 Kidz™ STEM enrichment programs combine inquiry based learning with hands-on building fun! Our interactive lessons and custom project builds introduce children to the dynamic fields of engineering and architecture using traditional bricks, technic LEGO® and power functions. Concepts of design, scale, torque, friction and gear ratio come alive! Imagination and critical thinking is encouraged as kids are challenged to modify pieces and test outcomes to further expand on their learning.
Wed Jan 23	Wed Mar 27	Tennis - Youth (Ages 8-12)	6:00 - 7:00PM	10	\$ 113.99	\$ 131.99	\$ 142.99	Utilizes Progressive Tennis which introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on.
Wed Jan 16	Wed Mar 6	*New* Ballet (Ages 3-4) by Puddle of Mud Theatre Productions	4:45 - 5:15PM	8	\$ 119.99	\$ 137.99	\$ 149.99	Focusing on storytelling, imagination and play this class will teach ballet basics with an emphasis on fun and creativity. Technique, play, performance and expression mingle together perfectly to create a positive and energetic learning environment. Please dress in something you can move in. Tutu's and ballet slippers are not required (they are more than welcome) but please no socks.
Wed Jan 16	Wed Mar 6	Dance Explosion (Ages 4-6) by Puddle of Mud Theatre Productions	5:20 - 6:05PM	8	\$ 119.99	\$ 137.99	\$ 149.99	An explosion of dance styles! Throughout the session each week will consist of a different style of dance. We will look at jazz, tap, ballet, creative movement, hip hop and more! A great introduction to the world of dance!
Wed Jan 16	Wed Mar 6	Hip Hop (Ages 4-6) by Puddle of Mud Theatre Productions	6:10 - 6:55PM	8	\$ 119.99	\$ 137.99	\$ 149.99	Participants will earn the coolest moves of today and showcase their own style. By learning different styles of hip-hop and including their own personal flair, dancers of all ages will be building confidence and being funky at the same time! This class is unparented.
Tues Jan 15	Tues Mar 19	Sportball Multisport (Tuesdays): Coach & Child (Ages 3-5)	11:15 - 12:00PM	10	\$ 170.99	\$ 195.99	\$ 212.99	Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.
Wed Jan 16	Wed Mar 20	Sportball Multisport (Wednesdays): Parent & Child (Ages 2-3)	10:15 - 11:00AM	10	\$ 170.99	\$ 195.99	\$ 212.99	You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

CMCA If you have a Copperfield-Mahogany Community Association Membership, you can get the CMCA rate

Youth Programs

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Wed Jan 16	Wed Mar 20	Sportball Multisport (Wednesdays): Coach & Child (Ages 3-5)	11:15 - 12:00PM	10	\$ 170.99	\$ 195.99	\$ 212.99	Please see Sportball/Multisport Coach & Child description above.
Mon Jan 14	Mon Mar 18	Sportball Multisport (Mondays): Parent & Child (Ages 2-3)	5:00 - 5:45PM	9	\$ 152.99	\$ 176.99	\$ 191.99	Please see Sportball/Multisport Parent & Child description above.
Mon Jan 14	Mon Mar 18	Sportball Multisport (Mondays): Coach & Child (Ages 3-5)	5:45 - 6:45PM	9	\$ 152.99	\$ 176.99	\$ 191.99	Please see Sportball/Multisport Coach & Child description above.
Sun Jan 20	Sun Mar 31	Sportball Multisport (Sundays): Parent & Child (Ages 16-24 months)	9:30 - 10:15AM	10	\$ 170.99	\$ 195.99	\$ 212.99	Please see Sportball/Multisport Parent & Child description above.
Sun Jan 20	Sun Mar 31	Sportball Multisport (Sundays): Parent & Child (Ages 2-3)	10:15 - 11:00AM	10	\$ 170.99	\$ 195.99	\$ 212.99	Please see Sportball/Multisport Parent & Child description above.
Sun Jan 20	Sun Mar 31	Sportball Multisport (Sundays): Coach & Child (Ages 3-5)	11:00 - 12:00PM	10	\$ 170.99	\$ 195.99	\$ 212.99	Please see Sportball/Multisport Coach & Child description above.
Tues Jan 22	Tues Mar 12	*New* Sportball Indoor Soccer: Parent & Child (Ages 2-4)	5:00 - 5:45PM	8	\$ 136.50	\$ 156.99	\$ 170.99	<p>Get a kick out of Sportball Parent & Child Indoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more.</p> <p>Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.</p>
Tues Jan 22	Tues Mar 12	*New* Sportball Indoor Soccer: Coach & Child (Ages 4-6)	6:00 - 7:00PM	8	\$ 136.50	\$ 156.99	\$ 170.99	<p>Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment.</p> <p>Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, parents are required to remain on the field for children's safety.</p>
Mon Mar 25	Mon Mar 28	Sportball Spring Break Half-Day Camp (Ages 3-6) 4 Days	9:00AM - 12:00PM	n/a	\$ 99.99	\$ 114.99	\$ 124.99	Sportball's action-packed Half-Day camps introduce children to a variety of ball sports and fun games PLUS arts and crafts, snack time, stories, and more! Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Campers should bring nut-free snacks, a water bottle, and indoor shoes.





Youth Programs

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Fri Jan 18	Fri Mar 22	Young Rembrandt's Preschool (Ages 3.5-5)	5:00 - 5:45PM	9	\$ 123.99	\$ 141.99	\$ 154.99	Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today. THEY WILL LOVE IT!
Fri Jan 18	Fri Mar 22	Young Rembrandt's Elementary Drawing (Ages 6-12)	6:00 - 7:00PM	9	\$ 123.99	\$ 141.99	\$ 154.99	Enroll your elementary student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom! Sign up today!
Fri Jan 18	Fri Mar 22	Young Rembrandt's Cartoon Drawing (Ages 6-12)	7:10 - 8:10PM	9	\$ 123.99	\$ 141.99	\$ 154.99	Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. In our goofy animal portraits, students will learn how to personify animals, transforming them into cartoon characters. The importance of facial exaggeration and body gesture will be showcased in our illustrations featuring baseball characters and ogre expressions. Give your child the gift of learning and artistry. Enroll your student today!
Tues Jan 15	Tues Mar 19	Zumbini (Ages 0-3) Tuesdays	10:00 - 10:45AM	10	\$ 118.99	\$ 136.99	\$ 147.99	Designed to let you and your little ones (0 to 3 years old) wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba®. Registration fee includes family registration, a book and two music CDs.
Mon Jan 21	Mon Mar 18	*New* Jitterbugs Parent and Tots (Ages 2-4)	9:30 - 10:15AM	8	\$ 119.99	\$ 137.99	\$ 149.99	Wondering what to do with your little one first thing in the morning? Come and join Anna, our teacher at Jitterbugs parents and tots class! Start your day with our fun interactive class where you get to shake, jiggle and wiggle your sillies out! Super fun stories, related craft and a chance for you and your child to make new friends. Suitable for ages 2 to 4. Come and join our safe and happy environment to play, learn and interact.
Fri Feb 15	Fri Feb 15	*New* Money Basics for Kids (Ages 7-13)	1:00 - 2:00PM	n/a	\$9.99	\$9.99	\$9.99	This workshop is brought to you by TD Mahogany Branch. Kids will learn important life skills in this one hour 'Money Basics' workshop at the Mahogany Beach Club. The concept of cash has changed dramatically with the impact of technology on our society. With the digitization of currency, spending money has become easier than ever. Therefore, it is important for children to understand at a young age what money is, where it comes from, and how to use it responsibly. Money Basics Education for kids will teach all of these basic concepts in a fun and interactive workshop! Money Fun activity books will be provided for children to take home along with other useful takeaways.

Adult Programs



START	END	PROGRAM	TIME	WKS	RESIDENT	CMCA*	PUBLIC	DESCRIPTION
Wed Jan 23	Wed Mar 27	Cardio Tennis	7:00 - 8:00PM	10	\$ 114.99	\$ 131.99	\$ 142.99	Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very fun and social class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is the best way to train for tennis. The one hour class includes a warm-up, drills and games. The program utilizes music in a fun and motivating experience.
Tues Jan 15	Tues Mar 26	Bootcamp	6:30 - 7:30PM	11	\$ 123.99	\$ 141.99	\$ 154.99	This innovative metabolic and strength training Co Ed workout is sure to impress fitness lovers of all levels maximizing your fitness goals to give you the best bang for your buck. Classes involve an unique and comprehensive training system using body weight, various equipment and Metabolic HIIT intervals (Tabata workout) to leave you burning calories and torching fat all day long, further optimizing lean tissue gains and improving your strength and sporting performance to whole new levels. All drills an exercises can be modified to suit any fitness level - beginners to advanced are all welcome.
Tues Jan 15	Tues Mar 26	Bootcamp (Daily Drop-In)	6:30 - 7:30PM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	Please see description above. Drop-In for as many days as you want!
Fri Jan 18	Fri Apr 5	Kickboxing	7:30 - 8:30PM	11	\$ 123.99	\$ 141.99	\$ 154.99	KickForFit Co Ed program brings it on! This electric 50-60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Kickboxing is an effective workout that uses all your muscles. It will increase strength, cardio, balance, and flexibility while teaching you how to properly defend yourself. This program gets rave reviews from women as it uses mostly the upper body to give great shoulder and arm definition as well as allows them to punch and kick stress out their lives. Men enjoy it because it is about as far from an "aerobics" class as you can get. All levels and any experience in kickboxing is welcome!
Fri Jan 18	Fri Apr 5	Kickboxing (Daily Drop-In)	7:30 - 8:30PM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	Please see description above. Drop-In for as many days as you want!
Mon Jan 14	Mon Apr 1	*New* Total Body Co Ed (Kid Friendly)	9:15 - 10:00AM	11	\$ 123.99	\$ 141.99	\$ 154.99	This innovative metabolic and strength training Co Ed workout is sure to impress fitness lovers of all levels maximizing your fitness goals to give you the best bang for your buck. Classes involve a unique and comprehensive training system using body weight, various equipment (weights, resistance bands, gliders, balls etc.) and Metabolic HIIT intervals (Tabata workout etc.) to leave you burning calories and torching fat all day long, further optimizing lean tissue gains and improving your strength and sporting performance to whole new levels. All drills and exercises can be modified to suit any fitness level - beginners to advanced are all welcome. Bring your kids so they could play next to you while you are working out. You can be such a great example for them how to stay fit and to make yourself stronger and healthier!
Mon Jan 14	Mon Apr 1	*New* Total Body Co Ed (Daily Drop-In)	9:15 - 10:00AM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	Please see description above. Drop-In for as many days as you want!

Adult Programs Con't

START	END	PROGRAM	TIME	WKS	RESIDENT	CMCA*	PUBLIC	DESCRIPTION
Fri Jan 18	Fri Apr 5	*New* SHRED Co Ed Jillian Michaels (Kid Friendly)	10:15 - 11:00AM	11	\$ 123.99	\$ 141.99	\$ 154.99	<p>Jillian Michaels BODYSHRED is a high-intensity and endurance based 30 minute workout utilizing Jillian's 3-2-1 interval approach. (Additional 15 minutes pre/post are for a warm up and some demonstration of the exercises at the beginning of the class and stretching at the end of it). 3 minutes of strength/2 minutes of cardio/1 minute of abs - BODYSHRED is Intelligent Training. It's kinetic, it's energetic; it provides challenge, regardless of level integrating all of the most progressive exercise science techniques used by world-class athletes into one program.</p> <p>The MUST to try if you need to lose some weight and tone your muscles. Bring your kids so they could play next to you while you are working out. You can be such a great example for them how to stay fit and to make yourself stronger and healthier!</p>
Fri Jan 18	Fri Apr 5	*New* SHRED Co Ed Jillian Michaels (Daily Drop-In)	10:15 - 11:00AM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	Please see description above. Drop-In for as many days as you want!
Thurs Jan 17	Thurs Feb 28	Mom & Baby Yoga Jan/Feb (6wks to crawling)	9:30 - 10:30AM	6	\$ 89.99	\$ 103.50	\$ 112.50	Soothe the aches of new parenthood while connecting with your newest addition and meeting other new Moms in the community. This class will teach postures to reconnect with your postnatal body and rejuvenate through gentle exercise focusing on safely restoring core and pelvic floor strength, as well as some exercises for baby that will aid digestion, relaxation and sleep patterns and provide a unique bonding experience through these important and stressful early months. Come and connect with new Moms in a supportive environment; diaper and cuddle breaks are welcomed. Recommended six weeks postpartum to crawling. Please bring a yoga mat & towel.
Thurs Mar 7	Thurs Apr 18	Mom & Baby Yoga Mar/Apr (6wks to crawling)	9:30 - 10:30AM	6	\$ 89.99	\$ 103.50	\$ 112.50	Please see Mom & Baby Yoga description above.
Thurs Jan 17	Thurs Mar 28	Systema	7:30 - 9:00PM	11	\$ 137.50	\$ 157.99	\$ 171.99	<p>Systema: Martial Arts (Self-Defense)</p> <p>An eclectic approach to martial arts training for both health and self-defence, all within a safe and supportive environment. Each class combines dynamic strengthening, flexibility, and endurance exercises into a component that stresses proper posture, breathing, relaxation, and movement. No previous martial art experience required.</p>
Thurs Jan 17	Thurs Mar 28	Systema (Daily Drop-In)	7:30 - 9:00PM	n/a	\$ 12.99	\$ 14.99	\$ 15.99	Please see description above. Drop-In for as many days as you want!
Thurs Jan 17	Thurs Feb 28	Prenatal Yoga	6:00 - 7:00PM	6	\$ 82.50	\$ 94.99	\$ 102.99	<p>Connect with other moms-to-be in your community. A gentle class to unwind, relax and build strength in a safe and supportive environment. We will practice yoga and breathing techniques to help prepare you for childbirth and make your prenatal experience more enjoyable and comfortable.</p> <p>Please bring a yoga mat, pillow and blanket.</p>
Thurs Jan 17	Thurs Feb 28	Prenatal Yoga (Daily Drop-In)	6:00 - 7:00PM	n/a	\$14.99	\$16.99	\$18.99	Please see description above. Drop-In for as many days as you want!

Adult Programs Con't



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Thurs Jan 17	Thurs Mar 21	Yoga with Kimberly	7:15 - 8:15PM	9	\$ 100.99	\$ 115.99	\$ 126.99	<p>Come out for a fun & light-hearted yoga class with neighbours in your community. Connect your breath, body, and mind as we integrate flexibility, strength, balance and relaxation into this yoga practice. Suitable for all levels. Modifications will be offered.</p> <p>Please bring a yoga mat.</p>
Thurs Jan 17	Thurs Mar 21	Yoga with Kimberly (Daily Drop-In)	7:15 - 8:15PM	n/a	\$11.99	\$13.99	\$14.99	See description above. Drop-In for as many days as you want!
Wed Jan 16	Wed Mar 20	Zumba	7:00 - 8:00PM	10	\$ 145.99	\$ 167.99	\$ 181.99	<p>Zumba Fitness® is a fitness program that associates aerobic movements with the use of Latin rhythm and more. The Zumba approach introduces exercising through dance. It is a fun way to get in shape because each class is like a party.</p> <p>Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful dance fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries.</p>
Wed Jan 16	Wed Mar 20	Zumba (Daily Drop-In)	7:00 - 8:00PM	n/a	\$ 15.99	\$ 16.99	\$ 17.99	Please see description above. Drop-In for as many days as you want!
Wed Jan 9	Wed Jan 30	Zumba STRONG (January)	7:15 - 8:15PM	4	\$ 44.99	\$ 51.99	\$ 55.99	<p>Strong by Zumba is a high intensity interval training, it is not a dance class. This class combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music like no other fitness program ever.</p> <p>This program provides to the participants a challenging yet safe way to increase their fitness level with science-based, cutting edge, high intensity, full body training methods synced to the music!</p> <p>Strong by Zumba revolutionizes group fitness by syncing high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout that is different than any other fitness program on the market.</p>
Wed Jan 9	Wed Jan 30	Zumba STRONG (Daily Drop-In) January	7:15 - 8:15PM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	See description above. Drop-In for as many days as you want!
Wed Mar 13	Wed Apr 3	Zumba STRONG (Mar/Apr)	7:15 - 8:15PM	4	\$ 44.99	\$ 51.99	\$ 55.99	<p>Strong by Zumba is a high intensity interval training, it is not a dance class. This class combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music like no other fitness program ever.</p> <p>This program provides to the participants a challenging yet safe way to increase their fitness level with science-based, cutting edge, high intensity, full body training methods synced to the music!</p> <p>Strong by Zumba revolutionizes group fitness by syncing high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout that is different than any other fitness program on the market.</p>
Wed Mar 13	Wed Apr 3	Zumba STRONG (Daily Drop-In) Mar/Apr	7:15 - 8:15PM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	See description above. Drop-In for as many days as you want!

Adult Programs Con't

START	END	PROGRAM	TIME	WKS	RESIDENT	CMCA*	PUBLIC	DESCRIPTION
Mon Feb 4	Mon Apr 1	Pilates	7:15 - 8:15PM	8	\$ 89.99	\$ 103.50	\$ 112.50	<p>Pilates: In this dynamic group class, ideal for beginners and intermediate students. The classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. The mat floor exercises may also be combined with other props such as weights, balls and thera-bands. Instructor is able to give participants hand-on attention and make appropriate modifications for each student's ability.</p> <p>What is Pilates: Pilates is a mind-body method of movement that rejuvenates the physical and mental well-being. It is a full body health program and therapeutic exercise with the purpose to improve body strength, flexibility, circulation, and rehabilitation from injury or those living with chronic pain.</p> <p>What to wear: Wear comfortable, breathable, clothes that you can move easily in so that you can focus on your breathing and movements. Socks are important for all Pilates classes and we recommend grip socks for safety prospective.</p> <p>What to bring: Bring your yoga mat and your bottle of water. You can refill your bottle of water at HOA. Don't forget your socks!</p>
Mon Feb 4	Mon Apr 1	Pilates (Daily Drop-In)	7:15 - 8:15PM	n/a	\$ 11.99	\$ 13.99	\$ 14.99	Please see description above. Drop-In for as many days as you want!
Wed Jan 23	Wed Jan 23	Prenatal Pelvic Floor Physiotherapy Workshop	6:30 - 9:00PM	n/a	\$ 62.99	\$ 71.99	\$ 77.99	<p>Pelvic floor symptoms are common, but should never be considered normal! Pregnancy and childbirth is a special time with many wonderful life changes. However, having a baby doesn't mean you need to live with pelvic floor dysfunction. Corinne Langford is a Pelvic Floor Physiotherapist with Inner Balance Physiotherapy. Join us for this 2.5 hour Pre-Natal Pelvic Floor Workshop. The first half will be education, and the second half will be exercises to practice what you've learned. Learn how to connect with your pelvic floor, protect it during pregnancy, and what to do after delivery help prevent issues from developing. A physiotherapy receipt will be issued for insurance reimbursement. Bring a yoga mat and comfortable clothing. This class is for all woman during all stage of pregnancy.</p> <p>www.innerbalancephysio.com</p>
new date Wed Jan 30 Wed Feb 6	*new date* Wed Jan 30 Wed Feb 6	*New* Your Core & Floor – Pelvic Floor Physiotherapy Workshop	6:30 - 9:00PM	n/a	\$ 62.99	\$ 71.99	\$ 77.99	<p>Pelvic floor symptoms are common but never normal! This workshop is for everyone with a pelvic floor. We will discuss bladder and bowel incontinence and urgency, pelvic organ prolapse, diastasis recti, and more. Come learn how to connect with your pelvic floor correctly, and what the guidelines are for doing kegels (and whether or not you should be doing them!). This is a very interactive session that will include education and exercises, as well as a resource handout. Bring a yoga mat and wear comfortable clothing. \$63 (can be claimed through physio benefits)</p>

REFUND POLICY

- Refunds will only be issued up to 2 week before the class begins, less a \$30.00 admin fee.
- The Mahogany Homeowner's Association reserves the right to cancel any programs that may not meet the minimum participant required to operate or due to unforeseen circumstances.
- Should a class be cancelled due to insufficient registration, you will be notified by phone at least one day prior to the commencement of the program.
- When a program is cancelled due to insufficient registration you have the following options:
 1. Receive a full refund.
 2. Receive a credit on your registration account to be used towards another program.
 3. Transfer participant to another program (space permitting).
- Once class commences, refunds will only be issued due to medical reasons with a doctor's note (prorated to remaining classes).
- Reasonable efforts will be made to reschedule a lesson cancelled by the instructor or the MHOA.
- Classes will not be prorated for late registration, unless otherwise reviewed and approved by the MHOA.
- Session Times may change based on enrolment.
- Refunds will not be issued for participants who are unable to attend rescheduled make-up classes.