

Health & Wellness Program

Fitness & Yoga (Senior's and Adult Classes)

Belledune Recreation and Cultural Centre - 2404 Main Street, Belledune.

The Health and Wellness Pilot Program was a great success. Dozens and Dozens and Dozens of people from the Greater Belledune Region shook off the dust from their exercise gear and made our Fitness and Yoga classes a huge success. Because of the outstanding support we have received, we are going to be continuing to run the program for the next six months (at least).

The class times won't change and the types of programs won't either, so if you have a New Year's resolution to chase down join us. Free classes end the week of January 15, 2017 and paid classes begin the week of January 22, 2017 (see details below). The price provides significant savings over the standard cost of these exercise programs; due in part by a commitment from Belledune Council to cover over half of the expense of the program to support the health and wellness of our citizens.

Starting the week of January 22, 2017 the fees will commence per class (\$5) each or a \$40 monthly membership, which will give you access to all classes. (both fitness and yoga).

Early incentive membership fee of \$30 per month applies if you registered prior to January 24, 2017. Following that membership fees are \$40 per month.

Tuesdays –Andre Lanteigne Fitness

Senior's and Beginners – 6:45 p.m. - \$5

Adults (Ages 18-55) – 7:30 p.m. - \$5

Special weekend classes; dates, time and location to be determined.

Wednesdays – Mélanie Doucet Yoga (new instructor)

Senior's – 6:00 p.m. – 7:00 p.m. - \$5

Adults – 7:15 p.m. – 8:15 p.m. - \$5

You can pay at the door or by visiting the village office.