Old Metchosin School Programs										
Course Name	Barcode	Location	Day	Time	Course Start Date	Course End Date	No Class Dates	# Classes	Fee	Instructor
Essentrics - Try it, Class!	18008	Old Metchosin School - Classroom 3	Wednesday	12-1pm	January 8, 2025				FREE	Lynda Lafond
Functional Fitness - Try it Class!	18010	Old Metchosin School - Gym	Thursday	9:30-10:30am	January 9. 2025				FREE	Lynda Lafond
Essentrics - Try it Class!	18011	Old Metchosin School - Classroom 3	Friday	12-1pm	January 10, 2025				FREE	Lynda Lafond
Essentrics (Wed)	18130	Old Metchosin School - Classroom 3	Wednesday	12-1pm	15-Jan-25	29-Jan-25		3	$ 25.29	Lynda Lafond
Essentrics (Wed)	18132	Old Metchosin School - Classroom 3	Wednesday	12-1pm	5-Feb-25	26-Feb-25		4	$ 33.72	Lynda Lafond
Essentrics (Wed)	18133	Old Metchosin School - Classroom 3	Wednesday	12-1pm	5-Mar-25	26-Mar-25		4	$ 33.72	Lynda Lafond
Essentrics (Wed)	18134	Old Metchosin School - Classroom 3	Wednesday	12-1pm	2-Apr-25	30-Apr-25	9-Apr-25	4	$ 33.72	Lynda Lafond
Essentrics (Fri)	18135	Old Metchosin School - Classroom 3	Friday	12-1pm	17-Jan-25	31-Jan-25		3	$ 25.29	Lynda Lafond
Essentrics (Fri)	18136	Old Metchosin School - Classroom 3	Friday	12-1pm	2-Feb-25	28-Feb-25		4	$ 33.72	Lynda Lafond
Essentrics (Fri)	18137	Old Metchosin School - Classroom 3	Friday	12-1pm	7-Mar-25	28-Mar-25		4	33.72	Lynda Lafond
Essentrics (Fri)	18138	Old Metchosin School - Classroom 3	Friday	12-1pm	4-Apr-25	2-May-25	18-Apr-25	4	$ 33.72	Lynda Lafond
Functional Fitness	18139	Old Metchosin School - Gym	Thursday	9:30-10:30am	16-Jan-25	30-Jan-25		3	$ 25.29	Lynda Lafond
Functional Fitness	18140	Old Metchosin School - Gym	Thursday	9:30-10:30am	6-Feb-25	27-Feb-25		4	33.72	Lynda Lafond
Functional Fitness	18141	Old Metchosin School - Gym	Thursday	9:30-10:30am	6-Mar-25	27-Mar-25		4	$ 33.72	Lynda Lafond
Functional Fitness	18142	Old Metchosin School - Gym	Thursday	9:30-10:30am	3-Apr-25	1-May-25		5	$ 42.15	Lynda Lafond

Functional Fitness
A well-rounded full body workout focusing on strength, agility, stability, and flexibility using a variety of equipment, including free weights, body weight, bands, and balls. Move through exercises involving multiple joints and muscle groups and movement planes to enhance full body function, strength, conditioning, and core.

Essentrics
This is a dynamic and fluid combination of strengthening and stretching based on the science of eccentric movement. Challenge the muscles in a lengthened position resulting a long lean and toned shape. All levels and abilities welcome.