CITY OF NANAIMO
PARKS, RECREATION & CULTURE

Yoga PROGRAMS 2026/2027

Move Breathe Feel Better



Oliverwoods Community Centre

City of Nanaimo Parks & Recreation

6000 Oliver Road, Nanaimo, BC

Program & Class Time	November – December 2026	January – February 2027	February – March 2027
Gentle Yoga AM Monday 10:15 AM	Nov 2 – Dec 14 Code: 172693	Jan 4 – Feb 8 Code: 172694	Feb 22 – Mar 22 Code: 172695
Chair Yogalates Tuesday 9:30 AM	Nov 3 – Dec 15 Code: 172697	Jan 5 – Feb 16 Code: 172698	Feb 23 – Mar 30 Code: 172699
Men's Yoga Tuesday 5:15 PM	Nov 3 – Dec 15 Code: 172835	Jan 5 – Feb 16 Code: 172836	Feb 23 – Mar 30 Code: 172837
Yogalates AM Wednesday 9:00 AM	Nov 4 – Dec 16 Code: 173635	Jan 6 – Feb 17 Code: 173636	Feb 24 – Mar 31 Code: 173637
Yoga Kids Power Hour Wednesday 3:30 PM	Nov 4 – Dec 16 Code: 174954	Jan 6 – Feb 17 Code: 174956	Feb 24 – Mar 31 Code: 174968
Restorative Sound Meditation Wednesday 5:15 PM	Nov 4 – Dec 16 Code: 173644	Jan 6 – Feb 17 Code: 173645	Feb 24 – Mar 31 Code: 173646
50+ Chair Fitness Yogalates Thursday 9:00 AM	Nov 5 – Dec 17 Code: 173652	Jan 7 – Feb 18 Code: 173653	Feb 25 – Mar 25 Code: 173654
Yogalates PM Thursday 5:15 PM	Nov 5 – Dec 17 Code: 173662	Jan 7 – Feb 18 Code: 173663	Feb 25 – Mar 25 Code: 173664

Register Today

Missed classes are pro-rated.

(250) 756-5200 | IslandHealing.net/yoga

Island Healing
PROVIDING HOLISTIC & SPIRITUAL WELLNESS ON VANCOUVER ISLAND