

## **NYD 2026: Wellness at The Forks**

### **CLASS DESCRIPTIONS**

For all classes, **please bring a yoga/exercise mat and water bottle**. Wear clothes you are comfortable moving in. All classes are done barefoot / in socks unless otherwise indicated.

#### **Gentle Resolutions: Hatha Yoga with Adrienne Shum**

10:00 AM – 10:45 AM

Start your year with intention and self-compassion. This soothing session is designed for all levels, focusing on gentle movements, mindful breathing, and relaxation techniques to help you get inspired for the year ahead.

#### **Iso-Strength IGNITE! With Jaybez Javier**

11:15 AM – 12:00 PM

A dynamic full-body strength class built around mastering the fundamentals. You'll move through essential movement patterns, build endurance with purposeful isometric holds, and finish with a core and conditioning circuit that leaves you feeling powerful and accomplished. Strong, steady, and sweat-worthy. Option to bring indoor running shoes for this class.

#### **Mandala Flow Yoga with Kelly Cowan**

1:00 PM – 1:45 PM

This practice will be all levels friendly! We will build heat within our bodies by connecting movement with breath. The circular flow sequence brings you fully around your mat with the intention to uplift and energize, a perfect way to ring in the new year.

#### **Charge It Up: Pilates Flow with TC Enwerem**

2:15 PM – 3:00 PM

Get ready to sweat! Kick off the year with a high-energy Pilates-inspired workout that will fire you up from the inside out. Move powerfully to the beat and set the tone for a strong, focused year. Let's go!

### **INSTRUCTOR BIOS**

#### **Adrienne Shum (IG: @adrienne.shum)**

A student and teacher in the Winnipeg yoga community since 2009, Adrienne's playful and encouraging style blends functional movement and somatic embodiment techniques to foster personal growth and exploration in her classes. Trained in Ashtanga, Restorative, and Functional Range Conditioning, she is also a lululemon Ambassador.

**Jaybez Javier (IG: @jaychubes)**

Jaybez Javier is a personal trainer and fitness instructor at Sport Manitoba and a group fitness coach with Fukumoto Fitness. He brings high energy to every class he teaches - including strength focused classes, conditioning circuits, and Spin sessions. He has also taught classes at Play at the Forks and is passionate about helping people move better, feel stronger, and have fun while doing it.

**Kelly Cowan (IG: kellyercowan)**

While Kelly's journey with yoga began while playing university volleyball, her love for the practice has deepened through studying with inspired teachers, travel, and especially from her passionate involvement with the local Winnipeg community. She believes the connection between breath and movement gets us to a place where we learn more about ourselves, so that we can generate more compassion, generosity, love, and strength - to bring off the mat and into our lives.

**TC Enwerem (IG: @inthevibeswetrust)**

TC has been training for over a decade, with movement rooted in years of competitive sport, from cricket and rugby to track and field. These days, he channels that foundation into his coaching, blending athletic strength training with mindful movement and total-body conditioning. You can find him in Winnipeg leading a wide range of classes including Mat Pilates, Lagree, Boot Camps, Rowing, and Barre - while bringing his characteristic energy, precision, and purpose into every session.