

We offer various levels of fitness/dance classes. Check the program description sheet for details.

PROGRAM	INSTRUCTOR	DATE	TIME	COST	FACILITATOR
<b>MONDAY</b>					
<b>13 weeks no programs Sep 6, Oct 11</b>					
Circuit Training	Corinne	Sep 13 - Dec 13	9:30 - 10:30 am	\$48.75	Rocio
BAM - Balance and Mobility	Susan D.	Sep 13 - Dec 13	10:45 - 11:45 am	\$48.75	Rocio
Breath Work (6 weeks no class Oct 11)	Shruti/ Unison HCS	Sep 27 - Nov 8	2:00 - 3:00 pm	Free	Allegra
<b>TUESDAY</b>					
<b>15 weeks</b>					
Fit for Life Fusion	Susan D.	Sep 7 - Dec 14	9:15 - 10:15 am	\$56.25	Joanne
Chair Yoga - <b>by phone &amp; video</b>	Nancy	Sep 7 - Dec 14	10:30 - 11:30 am	\$56.25	Rocio
Watercolour Painting - <b>2 hours</b>	Susan M.	Sep 7 - Dec 14	11:45 - 1:45 pm	\$112.50	Allegra
Getting Grounded - Covid Edition (6 weeks)	Unison HCS	Aug 31 - Oct 5	2:00 - 4:00 pm	Free	Danna
Seniors Wellness College (9 weeks)	Unison HCS	Oct 19 - Dec 14	4:30 - 6:30 pm	Free	Danna
<b>WEDNESDAY</b>					
<b>15 weeks</b>					
Pure Cardio	*Lucy	Sep 8 - Dec 15	8:45 - 9:45 am	\$56.25	Joanne
Bone Builders Plus	*Lucy	Sep 8 - Dec 15	10:00 - 11:00 am	\$56.25	Joanne
Pilates	Corinne	Sep 8 - Dec 15	11:45 - 12:30 pm	\$56.25	Joanne
<b>THURSDAY</b>					
<b>15 weeks</b>					
Low Stress Chair Fit - <b>by phone &amp; video</b>	Julie	Sep 9 - Dec 16	9:30 - 10:30 am	\$56.25	Allegra
Yoga	Abhi	Sep 9 - Dec 16	9:30 - 10:30 am	\$56.25	Suzanne
Chair Boxing with a Kick	Julie	Sep 9 - Dec 16	11:00 - 12:00 pm	\$56.25	Allegra
Line Dancing - Beginners	Karen	Sep 9 - Dec 16	11:00 - 12:00 pm	\$56.25	Suzanne
Line Dancing - Improvers	Karen	Sep 9 - Dec 16	1:30 - 2:30 pm	\$56.25	Suzanne
Hand Dance	Karen	Sep 9 - Dec 16	2:45 - 3:15 pm	\$29.00	Suzanne
<b>FRIDAY</b>					
<b>15 weeks</b>					
Body Boot Camp/Modified	Karen	Sep 10 - Dec 17	9:00 - 10:00 am	\$56.25	Danna
Seated Pedaling - <b>all levels</b> <b>by phone &amp; video</b>	Karen	Sep 10 - Dec 17	10:30 - 11:00 am	\$29.00	Danna
Drum Fitness - <b>all levels</b>	Karen	Sep 10 - Dec 17	12:00 - 1:00 pm	\$56.25	Danna
Stretch & Relax	Susan D	Sep 10 - Dec 17	1:30 - 2:30 pm	\$56.25	Danna

## Try Before You Buy Week August 30 - September 3, 2021

Try any or all classes free of charge during this week,  
for members and non-members 55 and over

All programs are subject to enrolment and subject to change without notice  
Programs are for members only (with the exception of Breath Work fall 2021)

\* Sep 1, 8 & 15 Lucy will be substituted by Susan D. for Pure Cardio and Corinne for Bone Builders Plus

Instructional programs are proudly supported by



**Delta**  
BINGO & GAMING

