

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

Program	Instructor	Date	Time	Cost	Facilitator/Room
MONDAY					
10 weeks no programs Feb 21					
Circuit Training - Virtual only	Corinne	Jan 10 - Mar 21	9:30 - 10:30 am	\$37.50	Allegra
BAM - Balance and Mobility - Virtual only	Susan D.	Jan 10 - Mar 21	10:45 - 11:45 am	\$37.50	Allegra
TUESDAY					
11 weeks					
Fit for Life Fusion - Virtual only	Susan D.	Jan 11 - Mar 22	9:15 - 10:15 am	\$41.25	Allegra
Chair Yoga - Virtual only by phone & video	Nancy	Jan 11 - Mar 22	10:30 - 11:30 am	\$41.25	Rocio
Meditation - In-person & Virtual	Nancy	Jan 11 - Mar 22	12:00 - 1:00 pm	\$free	Allegra
Watercolour Painting - In-person only (10 weeks no class February 8)	Susan M.	Jan 11 - Mar 22	11:15 - 1:15 pm	\$75.00	Games Room
WEDNESDAY					
11 weeks					
Pure Cardio - Virtual only	Lucy	Jan 12 - Mar 23	8:45 - 9:45 am	\$41.25	Joanne
Bone Builders Plus - Virtual only	Lucy	Jan 12 - Mar 23	10:00 - 11:00 am	\$41.25	Joanne
Pilates - Virtual only	Corinne	Jan 12 - Mar 23	11:45 - 12:30 pm	\$41.25	Joanne
THURSDAY					
11 weeks					
Low Stress Chair Fit - In-person & Virtual by phone & video	Julie	Jan 13 - Mar 24	9:00 - 10:00 am	\$41.25	Centre 1 & 2 Allegra
Yoga - Virtual only	Abhi	Jan 13 - Mar 24	9:30 - 10:30 am	\$41.25	Suzanne
Chair Boxing with a Kick - In-person & Virtual	Julie	Jan 13 - Mar 24	10:15 - 11:15 am	\$41.25	Centre 1 & 2 Allegra
Line Dancing - Beginners - In-person & Virtual	Karen	Jan 13 - Mar 24	11:45 - 12:45 pm	\$41.25	Centre 1 & 2 Suzanne
Line Dancing - Improvers - In-person & Virtual	Karen	Jan 13 - Mar 24	1:00 - 2:00 pm	\$41.25	Centre 1 & 2 Suzanne
Hand Dance - In-person & Virtual	Karen	Jan 13 - Mar 24	2:15 - 2:45 pm	\$21.00	Centre 1 & 2 Suzanne
FRIDAY					
11 weeks					
Body Boot Camp/Modified - Virtual only	Karen	Jan 14 - Mar 25	9:00 - 10:00 am	\$41.25	Danna
Seated Pedaling - In-person & Virtual by phone & video	Karen	Jan 14 - Mar 25	10:30 - 11:00 am	\$21.00	Centre 1 & 2 Danna
Drum Fitness - In-person & Virtual	Karen	Jan 14 - Mar 25	11:30 - 12:30 pm	\$41.25	Centre 1 & 2 Danna
Stretch & Relax - Virtual only	Susan D	Jan 14 - Mar 25	1:30 - 2:30 pm	\$41.25	Allegra

Try Before You Buy Week January 3 - 7, 2022

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

Instructional programs are proudly supported by

