

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	FACILITATOR
MONDAYS					
13 weeks no programs Sep 7, Oct 12					
Circuit Training	Corinne	Sep 14 - Dec 14	9:30 - 10:30 am	\$48.75	Rocio
BAM - Balance And Mobility - <i>new</i>	Susan D.	Sep 14 - Dec 14	10:45 - 11:45 am	\$48.75	Rocio
Bone Builders	Kharen	Sep 14 - Dec 14	12:00 - 1:00 pm	\$48.75	Rocio
Seated Pedaling - <i>all levels</i>	Kharen	Sep 14 - Dec 14	1:15 - 1:45 pm	\$24.50	Rocio
TUESDAYS					
15 weeks					
Fit for Life	Susan D.	Sep 8 - Dec 15	9:15 - 10:15 am	\$56.25	Joanne
Low Stress Chair Fit - <i>by phone</i>	Susan D.	Sep 8 - Dec 15	10:30 - 11:30 am	\$56.25	Dave
Watercolour Painting - 2 hours	Susan M.	Sep 8 - Dec 15	11:45 - 1:45 pm	\$112.50	Allegra
WEDNESDAYS					
15 weeks					
Stretch & Tone	Lucy	Sep 9 - Dec 16	9:00 - 10:00 am	\$56.25	Rocio
Bone Builders	Lucy	Sep 9 - Dec 16	10:15 - 11:15 am	\$56.25	Rocio
Pilates	Corinne	Sep 9 - Dec 16	11:45 - 12:30 pm	\$56.25	Rocio
THURSDAYS					
15 weeks					
Low Stress Chair Fit - <i>by phone</i>	Julie	Sep 10 - Dec 17	9:30 - 10:30 am	\$56.25	Dave
Yoga	Abhi	Sep 10 - Dec 17	9:30 - 10:30 am	\$56.25	Joanne
Line Dancing - Beginners	Karen	Sep 10 - Dec 17	11:00 - 12:00 pm	\$56.25	Suzanne
Line Dancing - Improvers	Karen	Sep 10 - Dec 17	1:30 - 2:30 pm	\$56.25	Suzanne
Hand Dance	Karen	Sep 10 - Dec 17	2:45 - 3:15 pm	\$28.50	Suzanne
FRIDAYS					
15 weeks					
Get up and Go Fitness	Kharen	Sep 11 - Dec 18	11:00 - 12:00 pm	\$56.25	Joanne
Drum Fitness - Standing - Advanced	Karen	Sep 11 - Dec 18	12:30 - 1:30 pm	\$56.25	Suzanne
Drawing Workshop - 2 hours - 6 weeks	Susan M	Sep 18 - Oct 23	1:00 - 3:00 pm	\$45.00	Bonnie
SATURDAYS					
15 weeks					
Body Boot Camp/Modified	Karen	Sep 12 - Dec 19	8:30 - 9:30 am	\$56.25	Bonnie
Chair Boxing with a Kick - <i>new</i>	Julie	Sep 12 - Dec 19	9:45 - 10:45 am	\$56.25	Bonnie

**All programs are subject to enrolment and subject to change without notice
Programs are for members only**

Instructional programs are proudly supported by

