

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>10 weeks no programs May 24</b>					
Circuit Training	Corinne	Apr 12 - Jun 21	9:30 - 10:30 am	\$37.50	Dave
BAM - Balance And Mobility	Susan D.	Apr 12 - Jun 21	10:45 - 11:45 am	\$37.50	Dave
Seated Pedaling - all levels by phone & video (*note: time change)	Kharen	Apr 12 - Jun 21	12:30 - 1:00 pm	\$18.75	Dave
<b>TUESDAY</b>					
<b>11 weeks</b>					
Fit for Life	Susan D.	Apr 13 - Jun 22	9:15 - 10:15 am	\$41.25	Joanne
Low Stress Chair Fit - by phone & video	Susan D.	Apr 13 - Jun 22	10:30 - 11:30 am	\$41.25	Dave
Watercolour Painting - 2 hours	Susan M.	Apr 13 - Jun 22	11:45 - 1:45 pm	\$82.50	Allegra
<b>WEDNESDAY</b>					
<b>11 weeks</b>					
Pure Cardio - New	Lucy	Apr 14 - Jun 23	9:00 - 10:00 am	\$41.25	Rocio
Bone Builders Plus - New	Lucy	Apr 14 - Jun 23	10:15 - 11:15 am	\$41.25	Rocio
Pilates (*note: starts/ends 1 week later)	Corinne	Apr 21 - Jun 30	11:45 - 12:30 pm	\$41.25	Rocio
<b>THURSDAY</b>					
<b>11 weeks</b>					
Low Stress Chair Fit - by phone & video	Julie	Apr 15 - Jun 24	9:30 - 10:30 am	\$41.25	Dave
Yoga	Abhi	Apr 15 - Jun 24	9:30 - 10:30 am	\$41.25	Joanne
Line Dancing - Beginners	Karen	Apr 15 - Jun 24	11:00 - 12:00 pm	\$41.25	Suzanne
Line Dancing - Improvers	Karen	Apr 15 - Jun 24	1:30 - 2:30 pm	\$41.25	Suzanne
Hand Dance	Karen	Apr 15 - Jun 24	2:45 - 3:15 pm	\$21.00	Suzanne
Seated Pedaling - all levels by phone & video (No class Apr 22)	Kharen	Apr 15 - Jun 24	7:00 - 7:45 pm	Free for members	Danna
<b>FRIDAY</b>					
<b>11 weeks</b>					
Get Up and Go Fitness	Kharen	Apr 16 - Jun 25	11:00 - 12:00 pm	\$41.25	Joanne
Drum Fitness - all levels	Karen	Apr 16 - Jun 25	12:30 - 1:30 pm	\$41.25	Suzanne
Multi Media Art Class - 2 hours - New	Susan M	Apr 16 - Jun 25	1:30 - 3:30 pm	\$82.50	Dave
Stretch & Relax	Susan D	Apr 16 - Jun 25	7:00 - 8:00 pm	Free for members	Joanne
<b>SATURDAY</b>					
<b>11 weeks</b>					
Body Boot Camp/Modified	Karen	Apr 17 - Jun 26	8:30 - 9:30 am	\$41.25	Danna
Chair Boxing with a Kick	Julie	Apr 17 - Jun 26	9:45 - 10:45 am	\$41.25	Danna
<b>SUNDAY</b>					
<b>11 weeks</b>					
Low Stress Chair Fit - by phone & video	Julie	Apr 18 - Jun 27	11:30 - 12:30 pm	Free for members	Joanne

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

Instructional programs are proudly supported by

