

2021 - VIRTUAL- SUMMER INSTRUCTIONAL PROGRAM

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

| PROGRAM | INSTRUCTOR | DATE | TIME | COST | FACILITATOR |
|--|-------------------|-----------------|------------------|---------|-------------|
| MONDAY | | | | | |
| 6 weeks no programs August 2 | | | | | |
| Circuit Training | Corinne | Jul 5 - Aug 16 | 9:30 - 10:30 am | \$22.50 | Dave |
| BAM - Balance And Mobility | Susan D. | Jul 5 - Aug 16 | 10:45 - 11:45 am | \$22.50 | Dave |
| TUESDAY | | | | | |
| 7 weeks | | | | | |
| Fit for Life | Susan D. | Jul 6 - Aug 17 | 9:15 - 10:15 am | \$26.25 | Joanne |
| Low Stress Chair Fit - by phone & video | Susan D. | Jul 6 - Aug 17 | 10:30 - 11:30 am | \$26.25 | Dave |
| Drawing Workshop - 2 hours (4 weeks) | Susan M. | Jul 6 - Jul 27 | 11:45 - 1:45 pm | \$30.00 | Joanne |
| WEDNESDAY | | | | | |
| 7 weeks | | | | | |
| Pure Cardio | Lucy/ Susan D. | Jul 7 - Aug 18 | 9:00 - 10:00 am | \$26.25 | Rocio |
| Bone Builders Plus | Lucy/ Corinne | Jul 7 - Aug 18 | 10:15 - 11:15 am | \$26.25 | Rocio |
| Pilates | Corinne | Jul 7 - Aug 18 | 11:45 - 12:30 pm | \$26.25 | Rocio |
| THURSDAY | | | | | |
| 7 weeks | | | | | |
| Low Stress Chair Fit - by phone & video | Julie | Jul 8 - Aug 19 | 9:30 - 10:30 am | \$26.25 | Dave |
| Yoga | Abhi | Jul 8 - Aug 19 | 9:30 - 10:30 am | \$26.25 | Joanne |
| Line Dancing - Beginners | Karen | Jul 8 - Aug 19 | 11:00 - 12:00 pm | \$26.25 | Suzanne |
| Line Dancing - Improvers | Karen | Jul 8 - Aug 19 | 1:30 - 2:30 pm | \$26.25 | Suzanne |
| Hand Dance | Karen | Jul 8 - Aug 19 | 2:45 - 3:15 pm | \$13.50 | Suzanne |
| FRIDAY | | | | | |
| 7 weeks | | | | | |
| Get Up and Go Fitness | Karen | Jul 9 - Aug 20 | 10:00 - 11:00 am | \$26.25 | Danna |
| Seated Pedaling - all levels by phone & video | Karen | Jul 9 - Aug 20 | 11:15-11:45 am | \$13.50 | Danna |
| Drum Fitness - all levels | Karen | Jul 9 - Aug 20 | 12:30 - 1:30 pm | \$26.25 | Danna |
| SATURDAY | | | | | |
| 7 weeks | | | | | |
| Body Boot Camp/Modified | Karen | Jul 10 - Aug 21 | 8:30 - 9:30 am | \$26.25 | Danna |
| Chair Boxing with a Kick | Julie | Jul 10 - Aug 21 | 9:45 - 10:45 am | \$26.25 | Danna |

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

Instructional programs are proudly supported by

