

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	FACILITATOR
MONDAYS					
10 weeks no programs February 15					
Circuit Training	Corinne	Jan 11 - Mar 22	9:30 - 10:30 am	\$37.50	Dave
BAM - Balance And Mobility	Susan D.	Jan 11 - Mar 22	10:45 - 11:45 am	\$37.50	Dave
Bone Builders	Kharen	Jan 11 - Mar 22	12:00 - 1:00 pm	\$37.50	Dave
Seated Pedaling - all levels by phone & video	Kharen	Jan 11 - Mar 22	1:15 - 1:45 pm	\$18.75	Dave
TUESDAYS					
11 weeks					
Fit for Life	Susan D.	Jan 12 - Mar 23	9:15 - 10:15 am	\$41.25	Joanne
Low Stress Chair Fit - by phone & video	Susan D.	Jan 12 - Mar 23	10:30 - 11:30 am	\$41.25	Dave
Watercolour Painting - 2 hours	Susan M.	Jan 12 - Mar 23	11:45 - 1:45 pm	\$82.50	Allegra
WEDNESDAYS					
11 weeks					
Stretch & Tone	Lucy	Jan 13 - Mar 24	9:00 - 10:00 am	\$41.25	Rocio
Bone Builders	Lucy	Jan 13 - Mar 24	10:15 - 11:15 am	\$41.25	Rocio
Pilates	Corinne	Jan 13 - Mar 24	11:45 - 12:30 pm	\$41.25	Rocio
THURSDAYS					
11 weeks					
Low Stress Chair Fit - by phone & video	Julie	Jan 14 - Mar 25	9:30 - 10:30 am	\$41.25	Dave
Yoga	Abhi	Jan 14 - Mar 25	9:30 - 10:30 am	\$41.25	Joanne
Line Dancing - Beginners	Karen	Jan 14 - Mar 25	11:00 - 12:00 pm	\$41.25	Suzanne
Line Dancing - Improvers	Karen	Jan 14 - Mar 25	1:30 - 2:30 pm	\$41.25	Suzanne
Hand Dance	Karen	Jan 14 - Mar 25	2:45 - 3:15 pm	\$21.00	Suzanne
FRIDAYS					
11 weeks					
Get Up and Go Fitness	Kharen	Jan 15 - Mar 26	11:00 - 12:00 pm	\$41.25	Joanne
Drum Fitness - all levels	Karen	Jan 15 - Mar 26	12:30 - 1:30 pm	\$41.25	Suzanne
Drawing - 2 hours	Susan M	Jan 15 - Mar 26	1:00 - 3:00 pm	\$82.50	Dave
SATURDAYS					
11 weeks					
Body Boot Camp/Modified	Karen	Jan 16 - Mar 27	8:30 - 9:30 am	\$41.25	Danna
Chair Boxing with a Kick	Julie	Jan 16 - Mar 27	9:45 - 10:45 am	\$41.25	Danna

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

Instructional programs are proudly supported by

