

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
<b>MONDAYS</b> <span style="float: right;">13 weeks Centre closed October 9th</span>					
ZUMBA GOLD	Lizzeth	Sept 11 - Dec 11	9:00 - 9:45 am	\$48.75	Centre 1 & 2
Bone Builders	Nick	Sept 11 - Dec 11	10:00 - 11:00 am	\$48.75	Centre 2
Modern Square Dance	George	Sept 11 - Dec 11	10:15 - 12:15 pm	\$97.50	Centre 1
Stretch and Tone	Nick	Sept 11 - Dec 11	11:00 - 12:00 pm	\$48.75	Centre 2
<b>Dancing for People with Parkinson's</b>	Karen	Sept 11 - Dec 11	1:30 - 2:30 pm	\$48.75	Games Room
<b>TUESDAYS</b> <span style="float: right;">14 weeks</span>					
Fit for Life	Corinne	Sept 12 - Dec 12	9:30 - 10:30 am	\$52.50	Centre 1 & 2
ZUMBA GOLD (Class taught in Spanish) (6 weeks)	Lizzeth	Sept 12 - Oct 17 Oct 31 - Dec 5	10:30 - 11:15 am	\$22.50	Games Room
Low Stress - Chair Fit	Corinne	Sept 12 - Dec 12	10:45 - 11:45 am	\$52.50	Centre 1 & 2
Chair ZUMBA	Lizzeth	Sept 12 - Dec 12	11:30 - 12:30 pm	\$52.50	Games Room
Pilates	Corinne	Sept 12 - Dec 12	12:00 - 12:45 pm	\$52.50	Centre 2
Advanced Line Dancing	Karen	Sept 12 - Dec 12	12:00 - 2:00 pm	\$105.00	Centre 1
Cook with Me (check bulletin board for dates) (all ingredients included)	Ella	May 9 - Mar 20	1:30 - 3:30 pm	\$2.00 Per class	Kitchen
Mitzvah Technique (6 weeks)	Susan G.	Sept 12 - Oct 17	1:45 - 2:45 pm	\$22.50	Centre 2
<b>WEDNESDAYS</b> <span style="float: right;">13 weeks No Programs on December 6th</span>					
Beginner Tap Dance	Kharen	Sept 13 - Dec 13	9:00 - 9:30 am	\$24.50	Centre 1
Bone Builders	Sylvia	Sept 13 - Dec 13	9:15 - 10:15 am	\$48.75	Centre 2
Beginner Computer (6weeks)	Cathy-Ann	Oct 18 - Nov 22	9:30 - 11:00 am	\$35.00	Games Room
Advanced Tap Dance	Kharen	Sept 13 - Dec 13	9:35 - 11:05 am	\$73.25	Centre 1
Stretch and Tone	Sylvia	Sept 13 - Dec 13	10:15 - 11:15 am	\$48.75	Centre 2
Strong Spine Fitness (5 weeks)	Susan D.	Sept 13 - Oct 11	11:30 - 12:30 pm	\$18.75	Centre 2
Drum Fitness	Karen	Sept 13 - Dec 13	12:30 - 1:30 pm	\$48.75	Centre 1
Beginner Line Dance	Karen	Sept 13 - Dec 13	2:00 - 3:00 pm	\$48.75	Centre 1
<b>THURSDAYS</b> <span style="float: right;">14 weeks</span>					
Low Impact Fitness	Julie	Sept 14 - Dec 14	9:30 - 10:30 am	\$52.50	Centre 1 & 2
Chair Yoga	Bobbi	Sept 14 - Dec 14	10:45 - 11:45 am	\$52.50	Centre 2
Beginner Line Dancing	Karen	Sept 14 - Dec 14	11:00 - 12:00 pm	\$52.50	Centre 1
Yoga	Bobbie	Sept 14 - Dec 14	12:00 - 1:00 pm	\$52.50	Centre 2
Dancing Rivers of Wellbeing (7 weeks)	Lua	Sept 14 - Oct 26	12:00 - 1:00 pm	Free	YWALC Room
Intermediate Line Dancing	Karen	Sep 14 - Dec 14	12:00 - 1:30 pm	\$78.75	Centre 1
Low Stress Chair Fit	Julie	Sep 14 - Dec 14	1:00 - 2:00 pm	\$52.50	Games Room
Advanced Tai Chi	Marilyn	Sep 14 - Dec 14	1:15 - 2:15 pm	\$52.50	Centre 2
Beginner Tai Chi	Marilyn	Sep 14 - Dec 14	2:15 - 3:15 pm	\$52.50	Centre 2
<b>FRI DAYS</b> <span style="float: right;">14 weeks</span>					
Zoomba	Kharen	Sept 15 - Dec 15	9:00 - 9:45 am	\$52.50	Centre 1 & 2
Watercolour Painting	Robert	Sept 15 - Dec 15	9:30 - 11:30 am	\$105.00	YWALC Room
Get up and Go Fitness	Kharen	Sept 15 - Dec 15	10:00 - 11:00 am	\$52.50	Centre 2
Clogging	Shirley	Sept 15 - Dec 15	10:00 - 11:30 am	\$78.75	Centre 1
This is my Legacy Scrapbooking (15 weeks) (all materials included)	Susan S.	Aug 25 - Dec 1	10:00 - 12:00 pm	\$30.00	Games Room
Balance and Stretch (5 weeks)	Susan D.	Sept 15 - Oct 13	11:15 - 12:15 pm	\$18.75	Centre 2
Beginner Clogging	Shirley	Sept 15 - Dec 15	11:35 - 12:05 pm	\$26.25	Centre 1

PROGRAM	DATE	TIME	ROOM
<b>MONDAYS</b> 14 weeks			
<b>It's Never too late (Italian Class)</b>	Sept 11 - Dec 18	9:30 - 11:00 am	YWALC Room
Nordic Pole Walking (Italian)	Sept 11 - Dec 18	10:30 - 11:30 am	Games Room
Lunch Program	Sept 11 - Dec 18	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	Sept 11 - Dec 18	12:30 - 3:30 pm	YWALC Room
Bingo	Sept 11 - Dec 18	1:30 - 3:30 pm	Centre 1
<b>TUESDAYS</b> 16 weeks			
HOPE - English Class Beginner taught in Spanish	Sept 5 - Dec 19	9:00 - 10:30 am	YWALC Room
Low Vision Craft Group	Sept 5 - Dec 19	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Sept 5 - Dec 19	10:45 - 11:45 am	Hallway
Light Lunch	Sept 5 - Dec 19	11:30 - 1:00 pm	Kitchen
Plant Paint and Chat with Me	Sept 26 - Dec 19	12:00 - 2:00 pm	Hallway
Karaoke for Fun	Sept 5 - Dec 19	1:00 - 2:30 pm	YWALC Room
Beginners Bridge	Sept 5 - Dec 19	1:00 - 3:30 pm	MK Room
<b>WEDNESDAYS</b> 16 weeks No Programs on December 6th			
Friendship Group	Sept 6 - Dec 27	9:30 - 2:00 pm	YWALC Room
Knit and Stitch	Sept 6 - Dec 27	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Sept 6 - Dec 27	10:00 - 11:00 am	Hallway
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Nov 1 - Dec 6	10:30 - 12:00 am	Games Room/Various
Conversation in Italian Workshop (last Wednesday of the Month)	Sept 6 - Dec 27	10:30 - 12:00 pm	Games Room
Lunch Program	Sept 6 - Dec 27	11:30 - 1:00 pm	Kitchen
Bid Euchre	Sept 6 - Dec 27	1:00 - 3:30 pm	Centre 2
<b>THURSDAYS</b> 16 weeks			
HOPE English Beginner taught in Spanish	Sept 14 - Dec 28	9:00 - 10:30 am	YWALC Room
Nordic Pole Walking	Sept 14 - Dec 28	10:45 - 11:45 am	Hallway
Easy Spanish Class	Sept 14 - Dec 28	11:00 - 12:30 pm	MK Room
Light Lunch	Sept 14 - Dec 28	11:30 - 1:00 pm	Kitchen
Cribbage	Sept 14 - Dec 28	1:00 - 3:00 pm	MK Room
<b>FRI DAYS</b> 17 weeks			
English Circle Conversation	Sept 8 - Dec 29	10:15 - 12:00 pm	MK Room
Soup Friday	Sept 8 - Dec 29	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	YWALC Room
Craft Club Social	Sept 8 - Dec 29	1:00 - 3:30 pm	MK Room
Shuffleboard	Sept 8 - Dec 29	1:00 - 3:30 pm	Centre 2
Social Bridge	Sept 8 - Dec 29	1:00 - 3:30 pm	Games Room
Movie Afternoon	Sept 8 - Dec 29	1:30 - 3:30 pm	YWALC Room
<b>SATURDAYS</b>			
Book Club at the Weston Library (Last Saturday of the Month)	Sept 16 - Dec 16	9:30 - 11:00 am	The Weston Library (2 King St. children's department)