

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

| PROGRAM | INSTRUCTOR | DATE | TIME | COST | ROOM |
|---|------------|------------------|------------------|---------------------|--------------|
| MONDAYS 13 weeks Centre closed October 9th | | | | | |
| 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 & Tone | Nick | Sept 11 - Dec 11 | 11:00 - 12:00 pm | \$48.75 | Centre 2 |
| Dancing for People with Parkinson's | Karen | Sept 11 - Dec 11 | 1:30 - 2:30 pm | \$48.75 | Games Room |
| TUESDAYS 14 weeks | | | | | |
| 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 | 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 |
| WEDNESDAYS 13 weeks No Programs on December 6th | | | | | |
| 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 |
| Advanced Tap Dance | Kharen | Sept 13 - Dec 13 | 9:35 - 11:05 am | \$73.25 | Centre 1 |
| Stretch & 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 |
| THURSDAYS 14 weeks | | | | | |
| 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 |
| FRI DAYS 14 weeks | | | | | |
| 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 |
| Beg. Clogging | Shirley | Sept 15 - Dec 15 | 11:35 - 12:05 pm | \$26.25 | Centre 1 |

| PROGRAM | DATE | TIME | ROOM |
|---|---------------------------------|------------------|--|
| MONDAYS 14 weeks | | | |
| It's Never too late (Italian Class) | 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 |
| TUESDAYS 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 |
| 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 |
| WEDNESDAYS 16 weeks No Programs on December 6th | | | |
| Friendship Group | Sept 6 - Dec 27 | 9:30 - 2:00 pm | YWALC Room |
| Knit & 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 |
| Waist Watchers (second & fourth Wednesday of the month) | Sept 6 - Dec 27 | 10:30 - 11:30 am | Welcome Room |
| 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 |
| THURSDAYS 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 |
| FRI DAYS 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 |
| SATURDAYS | | | |
| 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) |