

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 is closed October 8					
Zumba	Kharen	Sept 10 - Dec 10	9:00 - 9:45 am	\$48.75	Centre 1
Stretch and Tone 1	Nick	Sept 10 - Dec 10	9:30 - 10:30 am	\$48.75	Centre 2
Open Circuit Workout	Corinne	Sept 10 - Dec 10	10:15 - 12:15 pm	Drop in fee \$1.00	Centre 1
Bone Builders	Nick	Sept 10 - Dec 10	10:30 - 11:30 am	\$48.75	Centre 2
Stretch and Tone 2	Nick	Sept 10 - Dec 10	11:30 - 12:30 pm	\$48.75	Centre 2
Dancing for People with Parkinson's	Karen	Sept 10 - Dec 10	1:30 - 2:30 pm	\$48.75	Games Room
TUESDAYS					
14 weeks					
Fit for Life	Corinne	Sept 11 - Dec 11	9:30 - 10:30 am	\$52.50	Centre 1 & 2
Low Stress Chair Fit	Corinne	Sept 11 - Dec 11	10:45 - 11:45 am	\$52.50	Centre 1 & 2
Free Your Joints - Yoga Series for Joint Mobility (4 weeks)	Susan D.	Sept 11 - Oct 2	12:00 - 1:00 pm	\$15.00	Centre 2
Advanced Line Dancing	Karen	Sept 11 - Dec 11	12:00 - 2:00 pm	\$105.00	Centre 1
WEDNESDAYS					
13 weeks No Programs December 5					
Beginner Tap Dance	Kharen	Sept 12 - Dec 12	9:00 - 9:30 am	\$25.00	Centre 1
Bone Builders	Lucy	Sept 12 - Dec 12	9:15 - 10:15 am	\$48.75	Centre 2
Advanced Tap Dance	Kharen	Sept 12 - Dec 12	9:35 - 11:05 am	\$75.00	Centre 1
Stretch and Tone	Lucy	Sept 12 - Dec 12	10:15 - 11:15 am	\$48.75	Centre 2
Pilates	Corinne	Sept 19 - Dec 19	11:30 - 12:15 pm	\$48.75	Centre 2
Drum Fitness - Seated	Karen	Sept 12 - Dec 12	12:30 - 1:30 pm	\$13.00	Centre 1
Beginner Line Dancing	Karen	Sept 12 - Dec 12	2:00 - 3:00 pm	\$48.75	Centre 1
THURSDAYS					
14 weeks					
Low Impact Fitness	Julie	Sept 13 - Dec 13	9:30 - 10:30 am	\$52.50	Centre 1 & 2
Fun and Easy Crafting with Paper	Susan S.	Sept 13 - Dec 13	10:15 - 12:15 pm	\$28.00	Games Room
Chair Yoga	Abhi	Sept 13 - Dec 13	10:45 - 11:45 am	\$52.50	Centre 2
Beginner Line Dancing	Karen	Sept 13 - Dec 13	11:00 - 12:00 pm	\$52.50	Centre 1
Yoga	Abhi	Sept 13 - Dec 13	12:00 - 1:00 pm	\$52.50	Centre 2
Intermediate Line Dancing	Karen	Sept 13 - Dec 13	12:00 - 1:30 pm	\$78.75	Centre 1
Low Stress Chair Fit	Julie	Sept 13 - Dec 13	1:15 - 2:15 pm	\$52.50	Centre 2
Tai Chi	Marilyn	Sept 13 - Dec 13	1:45 - 2:45 pm	\$52.50	Centre 1
FRIDAYS					
14 weeks					
Zumba	Kharen	Sept 14 - Dec 14	9:00 - 9:45 am	\$52.50	Centre 1 & 2
Watercolour Painting	Robert	Sept 14 - Dec 14	9:30 - 11:30 am	\$105.00	Games Room
Get up and Go Fitness	Kharen	Sept 14 - Dec 14	10:00 - 11:00 am	\$52.50	Centre 2
Clogging	Shirley	Sept 14 - Dec 14	10:00 - 11:30 am	\$78.75	Centre 1
Drum Fitness - Standing	Karen	Sept 14 - Dec 14	11:45 - 12:45 pm	\$14.00	Centre 1
SATURDAYS					
14 weeks					
Open Circuit Workout	Kharen	Sep 15 - Dec 15	9:30 - 11:30 am	Drop in fee \$1.00	Centre 1 & 2

PROGRAM	DATE	TIME	ROOM
MONDAYS			
14 weeks Centre closed October 8			
Italian Class	Sept 10 - December 17	9:30 - 11:00 am	MK Room
Nordic Pole Walking (Italian)	Sept 10 - December 17	10:30 - 11:30 am	Games Room
Lunch Program	Sept 10 - December 17	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Sept 10 - December 17	1:30 - 3:30 pm	Centre 1
TUESDAYS			
16 weeks			
HOPE - English Class Beginner taught in Spanish	Sept 4 - Dec 18	9:00 - 10:30 am	MK Room
Low Vision Craft Group	Sept 4 - Dec 18	10:00 - 12:00 pm	Games Room
Nordic Pole Walking	Sept 4 - Dec 18	10:45 - 11:45 am	Hallway
Lunch Program	Sept 4 - Dec 18	11:30 - 1:00 pm	Kitchen
Karaoke	Sept 4 - Dec 18	1:00 - 2:30 pm	Welcome Room
Low Vision Support Group (first Tuesday of each month)	Sept 4 - Dec 4	1:00 - 3:00 pm	Games Room
Plant, Paint and Chat	Sept 4 - Dec 18	1:00 - 3:30 pm	Games Room/Hallway
Beginners Bridge	Sept 4 - Dec 18	1:00 - 3:30 pm	MK Room
WEDNESDAYS			
15 weeks No Programs December 5			
Friendship Group	Sept 5 - Dec 19	9:30 - 2:00 pm	Games Room
Knit and Stitch	Sept 5 - Dec 19	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Sept 5 - Dec 19	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	Sept 26 - Dec 19	10:30 - 12:00 pm	Welcome Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Sept 5 - Dec 12	11:15 - 12:45 pm	Welcome Room
Lunch Program	Sept 5 - Dec 19	11:30 - 1:00 pm	Kitchen
Bid Euchre	Sept 5 - Dec 19	1:00 - 3:30 pm	Centre 2
THURSDAYS			
15 weeks No Programs September 6			
HOPE English Beginner taught in Spanish	Sept 13 - December 20	9:00 - 10:30 am	MK Room
Nordic Pole Walking	Sept 13 - December 20	10:45 - 11:45 am	Hallway
Easy Spanish Class	Sept 13 - December 20	11:00 - 12:30 pm	MK Room
Lunch Program	Sept 13 - December 20	11:30 - 1:00 pm	Kitchen
Cribbage	Sept 13 - December 20	1:00 - 3:00 pm	MK Room
FRIDAYS			
16 weeks			
English Circle Conversation	Sept 7 - Dec 21	10:00 - 11:30 am	MK Room
Lunch Program	Sept 7 - Dec 21	11:30 - 1:00 pm	Kitchen
AA Meeting	Sept 7 - Dec 21	12:00 - 1:00 pm	MK Room
Craft Club Social	Sept 7 - Dec 21	1:05 - 3:30 pm	MK Room
Shuffleboard	Sept 7 - Dec 21	1:00 - 3:30 pm	Centre 2
Social Bridge	Sept 7 - Dec 21	1:00 - 3:30 pm	Games Room
Movie Afternoon	Sept 7 - Dec 21	1:30 - 3:30 pm	Welcome Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Sept 29 - Dec 22	9:30 - 11:00 am	The Weston Library (2 King St. children's department)