

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
MONDAYS 11 weeks - Centre closed May 22					
Zoomba	Kharen	April 3 - June 19	9:00 - 9:45 am	\$33.00	Centre 1 & 2
Bone Builders	Ella	April 3 - June 19	10:00 - 11:00 am	\$33.00	Centre 2
Modern Square Dance	George	April 3 - June 19	10:15 - 12:15 pm	\$66.00	Centre 1
Nordic Pole Walking (Italian)	Various	April 3 - June 26	10:30 - 11:30 am	Free	Hallway
Stretch & Tone	Ella	April 3 - June 19	11:00 - 12:00 pm	\$33.00	Centre 2
Dancing for People with Parkinson's	Karen	April 3 - June 19	1:30 - 2:30 pm	\$33.00	Centre 2
TUESDAYS 12 weeks					
Fit for Life	Corinne	April 4 - June 20	9:30 - 10:30 am	\$36.00	Centre 1 & 2
Chair ZUMBA	Lizzeth	April 4 - June 20	10:30 - 11:30 am	\$36.00	MK room
Low Stress - Chair Fit	Corinne	April 4 - June 20	10:45 - 11:45 am	\$36.00	Centre 1 & 2
Nordic Pole Walking	Various	April 4 - June 27	10:45 - 11:45 am	Free	Meet in the hallway
Pilates	Corinne	April 4 - June 20	12:00 - 12:45 pm	\$36.00	Centre 2
Advanced Line Dancing	Karen	April 4 - June 20	12:00 - 1:30 pm	\$54.00	Centre 1
Cook with Me (check bulletin board for dates)	Ella	May 9 - Mar 20	1:30 - 3:30 pm	\$2.00 per	Kitchen
Mitzvah Technique	Susan G.	April 4 - June 20	1:45 - 2:45 pm	\$36.00	Centre 1
Low Impact Fitness	Julie	April 4 - June 20	2:30 - 3:30 pm	\$36.00	Centre 2
WEDNESDAYS 12 weeks					
Beginner Happy Tappers (11 weeks)	Kharen	April 12 - June 21	9:00 - 9:30 am	\$16.50	Centre 1
Bone Builders	Sylvia	April 5 - June 21	9:15 - 10:15 am	\$36.00	Centre 2
Happy Tappers (11 weeks)	Kharen	April 12 - June 21	9:35 - 11:05 am	\$49.50	Centre 1
Nordic Pole Walking	Various	April 5 - June 28	10:00 - 11:00 am	Free	Meet in the hallway
Stretch & Tone	Sylvia	April 5 - June 21	10:15 - 11:15 am	\$36.00	Centre 2
Strong Spine Fitness	Susan D.	April 5 - June 21	11:30 - 12:30 pm	\$36.00	Centre 2
Drum Fitness	Karen	April 5 - June 21	12:30 - 1:30 pm	\$36.00	Centre 1
Beginner Line Dance	Karen	April 5 - June 21	2:00 - 3:00 pm	\$36.00	Centre 1
THURSDAYS 11 weeks - No programs April 27					
Low Impact Fitness	Julie	April 6 - June 22	9:30 - 10:30 am	\$33.00	Centre 1 & 2
Chair Yoga	Deborah	April 6 - June 22	10:45 - 11:45 am	\$33.00	Centre 2
Nordic Pole Walking	Various	April 6 - June 29	10:45 - 11:45 am	Free	Meet in the hallway
Beginner Line Dancing	Karen	April 6 - June 22	11:00 - 12:00 pm	\$33.00	Centre 1
Yoga	Deborah	April 6 - June 22	12:00 - 1:00 pm	\$33.00	Centre 2
Intermediate Line Dancing	Karen	April 6 - June 22	12:00 - 1:30 pm	\$49.50	Centre 1
Low Stress Chair Fit	Julie	April 6 - June 22	1:00 - 2:00 pm	\$33.00	YWALC Room
Advanced Tai Chi	Marilyn	April 6 - June 22	1:15 - 2:15 pm	\$33.00	Centre 2
Beginner Tai Chi	Marilyn	April 6 - June 22	2:15 - 3:15 pm	\$33.00	Centre 2
FRI DAYS 11 weeks - Centre closed April 14					
Zoomba	Kharen	April 7 - June 23	9:00 - 9:45 am	\$33.00	Centre 1 & 2
Watercolour Painting	Robert	April 7 - June 23	9:30 - 11:30 am	\$66.00	YWALC Room
Get up and Go Fitness	Kharen	April 7 - June 23	10:00 - 11:00 am	\$33.00	Centre 2
Clogging (10 weeks)	Shirley	April 21 - June 23	10:00 - 11:30 am	\$45.00	Centre 1
This is my Legacy Scrapbooking (15 weeks)	Susan S.	May 12 - Aug 18	10:00 - 12:00 pm	\$30.00	Games Room
Balance and Stretch	Susan D.	April 7 - June 23	11:15 - 12:15 pm	\$33.00	Centre 2

PROGRAM	DATE	TIME	ROOM
MONDAYS			
	12 weeks	Centre closed May 22	
It's Never too late (Italian Class)	April 3 - June 26	9:00 - 10:30 am	YWALC Room
Lunch Program	April 3 - June 26	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	April 3 - June 26	12:30 - 3:30 pm	YWALC Room
Bingo	April 3 - June 26	1:30 - 3:30 pm	Centre 1
TUESDAYS			
	13 weeks		
HOPE - English Class Beginner taught in Spanish	April 4 - June 27	9:00 - 10:30 am	YWALC Room
Low Vision Craft Group	April 4 - June 27	10:00 - 12:00 pm	Games Room
Moments to Remember (fourth Tuesday of the month)	April 25 - June 27	10:00 - 12:00 pm	Games Room
Latin Fitness - in Spanish	April 4 - June 27	11:30 - 12:30 pm	YWALC Room
Light Lunch	April 4 - June 27	11:30 - 1:00 pm	Kitchen
Karaoke for Fun	April 4 - June 27	1:00 - 2:30 pm	YWALC Room
Beginners Bridge	April 4 - June 27	1:00 - 3:30 pm	Games Room
WEDNESDAYS			
	13 weeks		
Friendship Group	April 5 - June 28	9:30 - 2:00 pm	YWALC Room
Waist Watchers (second & fourth Wednesday of the month)	April 12 - June 28	10:30 - 11:30 am	Hallway
Knit & Stitch	April 5 - June 28	10:00 - 12:00 pm	MK Room
Conversation in Italian Workshop (last Wednesday of the Month)	April 26 - June 28	10:30 - 12:00 pm	Games Room
Lunch Program	April 5 - June 28	11:30 - 1:00 pm	Kitchen
Bid Euchre	April 5 - June 28	1:00 - 3:30 pm	Centre 2
THURSDAYS			
	12 weeks	No Programs April 27	
HOPE English Beginner taught in Spanish	April 6 - June 29	9:00 - 10:30 am	YWALC Room
Easy Spanish Class	April 6 - June 29	11:00 - 12:30 pm	MK Room
Latin Fitness - in Spanish	April 6 - June 29	11:30 - 12:30 pm	YWALC Room
Light Lunch	April 6 - June 29	11:30 - 1:00 pm	Kitchen
Cribbage	April 6 - June 29	1:00 - 3:00 pm	Games Room
FRI DAYS			
	11 weeks	Centre closed April 14 and No Programs June 30	
English Circle Conversation	April 7 - June 23	10:15 - 12:00 pm	MK Room
Soup Friday	April 7 - June 23	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	YWALC Room
Craft Club Social	April 7 - June 23	1:00 - 3:30 pm	MK Room
Shuffleboard	April 7 - June 23	1:00 - 3:30 pm	Centre 2
Social Bridge	April 7 - June 23	1:00 - 3:30 pm	Centre 1
Movie Afternoon	April 7 - June 23	1:30 - 3:30 pm	Welcome Room
SATURDAYS			
	11 weeks		
Book Club at the Weston Library (Last Saturday of the Month)	April 22 - June 24	9:30 - 11:00 am	The Weston Library (2 King St. children's department)