

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 21)					
ZUMBA GOLD	Lizzeth	Apr 2 - Jun 18	9:00 - 9:45 am	\$41.25	Centre 1
Stretch and Tone	Nick	Apr 2 - Jun 18	9:30 - 10:30 am	\$41.25	Centre 2
Modern Square Dance	George	Apr 2 - Jun 18	10:15 - 12:15 pm	\$82.50	Centre 1
Bone Builders	Nick	Apr 2 - Jun 18	10:30 - 11:30 am	\$41.25	Centre 2
Stretch and Tone	Nick	Apr 2 - Jun 18	11:30 - 12:30 pm	\$41.25	Centre 2
Dancing for People with Parkinson's	Karen	Apr 2 - Jun 18	1:30 - 2:30 pm	\$41.25	Games Room
TUESDAYS 12 weeks					
Fit for Life	Corinne	Apr 3 - Jun 19	9:30 - 10:30 am	\$45.00	Centre 1 & 2
ZUMBA GOLD (Class taught in Spanish)	Lizzeth	Apr 3 - Jun 19	10:30 - 11:15 am	\$45.00	Games Room
Low Stress Chair Fit	Corinne	Apr 3 - Jun 19	10:45 - 11:45 am	\$45.00	Centre 1 & 2
Gentle Combo Yoga	Susan D.	Apr 3 - Jun 19	12:00 - 1:00 pm	\$45.00	Centre 2
Advanced Line Dancing	Karen	Apr 3 - Jun 19	12:00 - 2:00 pm	\$90.00	Centre 1
WEDNESDAYS 12 weeks					
Beginner Tap Dance	Kharen	Apr 4 - Jun 20	9:00 - 9:30 am	\$22.50	Centre 1
Bone Builders	Lucy	Apr 4 - Jun 20	9:15 - 10:15 am	\$45.00	Centre 2
Advanced Tap Dance	Kharen	Apr 4 - Jun 20	9:35 - 11:05 am	\$67.50	Centre 1
Stretch and Tone	Lucy	Apr 4 - Jun 20	10:15 - 11:15 am	\$45.00	Centre 2
Pilates	Corinne	Apr 4 - Jun 20	11:30 - 12:15 pm	\$45.00	Centre 2
Drum Fitness	Karen	Apr 4 - Jun 20	12:30 - 1:30 pm	\$45.00	Centre 1
Beginner Line Dancing	Karen	Apr 4 - Jun 20	2:00 - 3:00 pm	\$45.00	Centre 1
THURSDAYS 11 weeks (No Programs April 19)					
Belly Dance	Sue	Apr 5 - June 21	9:00 - 10:00 am	\$41.25	Games room
Low Impact Fitness	Julie	Apr 5 - Jun 21	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Fun and Easy Crafting with Paper	Susan S.	Apr 5 - Jun 21	10:15 - 12:15 pm	\$22.00	Games Room
Chair Yoga	Abhi	Apr 5 - Jun 21	10:45 - 11:45 am	\$41.25	Centre 2
Beginner Line Dancing	Karen	Apr 5 - Jun 21	11:00 - 12:00 pm	\$41.25	Centre 1
Yoga	Abhi	Apr 5 - Jun 21	12:00 - 1:00 pm	\$41.25	Centre 2
Intermediate Line Dancing	Karen	Apr 5 - Jun 21	12:00 - 1:30 pm	\$62.00	Centre 1
Low Stress Chair Fit	Julie	Apr 5 - Jun 21	1:15 - 2:15 pm	\$41.25	Centre 2
Tai Chi	Marilyn	Apr 5 - Jun 21	1:45 - 2:45 pm	\$41.25	Centre 1
FRI DAYS 12 weeks					
Zoomba	Kharen	Apr 6 - Jun 22	9:00 - 9:45 am	\$45.00	Centre 1 & 2
Watercolour Painting	Robert	Apr 6 - Jun 22	9:30 - 11:30 am	\$90.00	YWALC Room
Get up and Go Fitness	Kharen	Apr 6 - Jun 22	10:00 - 11:00 am	\$45.00	Centre 2
Clogging (11 weeks no class April 20)	Shirley	Apr 6 - Jun 22	10:00 - 11:30 am	\$62.00	Centre 1
Strong Core - Better Balance Exercise	Susan D.	April 6 - Jun 22	11:15 - 12:15 pm	\$45.00	Centre 2
Extreme Line Dancing	Karen	Apr 6 - Jun 22	11:45 - 1:45 pm	\$90.00	Centre 1

PROGRAM	DATE	TIME	ROOM
MONDAYS			
	12 weeks	Centre is closed May 21	
It's Never too late (Italian Class)	Apr 2 - Jun 25	9:30 - 11:00 am	YWALC Room
Nordic Pole Walking (Italian)	Apr 2 - Jun 25	10:30 - 11:30 am	Games Room
Lunch Program	Apr 2 - Jun 25	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	Apr 2 - Jun 25	12:30 - 3:30 pm	YWALC Room
Bingo	Apr 2 - Jun 25	1:30 - 3:30 pm	Centre 1
TUESDAYS			
	13 weeks		
HOPE - English Class Beginner taught in Spanish	Apr 3 - Jun 26	9:00 - 10:30 am	YWALC Room
Low Vision Craft Group	Apr 3 - Jun 26	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Apr 3 - Jun 26	10:45 - 11:45 am	Hallway
Lunch Program	Apr 3 - Jun 26	11:30 - 1:00 pm	Kitchen
Karaoke for Fun	Apr 3 - Jun 26	1:00 - 2:30 pm	YWALC Room
Low Vision Support Group (first Tuesday of each month)	Apr 3 - Jun 25	1:00 - 3:00 pm	Games Room
Plant, Paint and Chat	Apr 3 - Jun 26	1:00 - 3:30 pm	Games Room/Hallway
Beginners Bridge	Apr 3 - Jun 26	1:00 - 3:30 pm	MK Room
WEDNESDAYS			
	13 weeks		
Friendship Group	Apr 4 - Jun 27	9:30 - 2:00 pm	Games Room
Knit and Stitch	Apr 4 - Jun 27	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Apr 4 - Jun 27	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	Apr 25 - Jun 27	10:30 - 12:00 pm	YWALC Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Apr 4 - Jun 6	11:15 - 12:45 pm	YWALC Room
Lunch Program	Apr 4 - Jun 27	11:30 - 1:00 pm	Kitchen
Bid Euchre	Apr 4 - Jun 27	1:00 - 3:30 pm	Centre 2
THURSDAYS			
	12 weeks	No Programs April 19	
HOPE English Beginner taught in Spanish	Apr 5 - Jun 28	9:00 - 10:30 am	YWALC Room
Nordic Pole Walking	Apr 5 - Jun 28	10:45 - 11:45 am	Hallway
Easy Spanish Class	Apr 5 - Jun 28	11:00 - 12:30 pm	YWALC Room
Lunch Program	Apr 5 - Jun 28	11:30 - 1:00 pm	Kitchen
Cribbage	Apr 5 - Jun 28	1:00 - 3:00 pm	MK Room
FRI DAYS			
	12 weeks		
English Circle Conversation	Apr 6 - Jun 22	10:15 - 12:00 pm	MK Room
Lunch Program	Apr 6 - Jun 22	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:30 pm	YWALC Room
Craft Club Social	Apr 6 - Jun 22	1:00 - 3:30 pm	MK Room
Shuffleboard	Apr 6 - Jun 22	1:00 - 3:30 pm	Centre 2
Social Bridge	Apr 6 - Jun 22	1:00 - 3:30 pm	Games Room
Movie Afternoon	Apr 6 - Jun 22	1:30 - 3:30 pm	Welcome Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Apr 28 - Jun 23	9:30 - 11:00 am	The Weston Library (2 King St. children's department)