

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 20)					
Zumba	Kharen	Apr 1 - Jun 17	9:00 - 9:45 am	\$41.25	Centre 1
Stretch and Tone 1	Nick	Apr 1 - Jun 17	9:30 - 10:30 am	\$41.25	Centre 2
Bone Builders	Nick	Apr 1 - Jun 17	10:30 - 11:30 am	\$41.25	Centre 2
Open Circuit Workout	Corinne	Apr 1 - Jun 17	10:30 - 12:00 pm	Drop in fee \$1.00	Centre 1
Stretch and Tone 2	Nick	Apr 1 - Jun 17	11:30 - 12:30 pm	\$41.25	Centre 2
Advanced Line Dancing	Karen	Apr 1 - Jun 17	1:00 - 2:30 pm	\$62.00	Centre 2
TUESDAYS					
12 weeks					
Fit for Life	Corinne	Apr 2 - Jun 18	9:30 - 10:30 am	\$45.00	Centre 1 & 2
Low Stress Chair Fit	Corinne	Apr 2 - Jun 18	10:45 - 11:45 am	\$45.00	Centre 1 & 2
Education & Exercise Workshop Series Series 1: Balance (4 Weeks) - NEW	Susan D.	Apr 2 - Apr 23	10:45 - 11:45 am	\$15.00	MK Room
Mindful Movement Fusion - NEW	Susan D.	Apr 2 - Jun 18	12:00 - 1:00 pm	\$45.00	Centre 2
Drum Fitness - Standing - Beginners	Karen	Apr 2 - Jun 18	1:00 - 2:00 pm	\$45.00	Centre 1
WEDNESDAYS					
12 weeks					
Beginner Tap Dance	Kharen	Apr 3 - Jun 19	9:00 - 9:30 am	\$22.50	Centre 1
Bone Builders	Lucy	Apr 3 - Jun 19	9:15 - 10:15 am	\$45.00	Centre 2
Advanced Tap Dance	Kharen	Apr 3 - Jun 19	9:35 - 11:05 am	\$67.50	Centre 1
Stretch and Tone	Lucy	Apr 3 - Jun 19	10:15 - 11:15 am	\$45.00	Centre 2
Pilates	Corinne	Apr 3 - Jun 19	11:30 - 12:15 pm	\$45.00	Centre 2
Drum Fitness - Seated	Karen	Apr 3 - Jun 19	12:30 - 1:30 pm	\$45.00	Centre 1
Beginner Line Dancing	Karen	Apr 3 - Jun 19	2:00 - 3:00 pm	\$45.00	Centre 1
THURSDAYS					
11 weeks (Centre Closed April 11)					
Open Circuit Workout - NEW	Julie	Apr 4 - Jun 20	8:00 - 9:00 am	Drop in fee \$1.00	Centre 1 & 2
Low Impact Fitness	Julie	Apr 4 - Jun 20	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Chair Yoga	Abhi	Apr 4 - Jun 20	10:45 - 11:45 am	\$41.25	Games Room
Beginner Line Dancing	Karen	Apr 4 - Jun 20	11:00 - 12:00 pm	\$41.25	Centre 1
Yoga	Abhi	Apr 4 - Jun 20	12:00 - 1:00 pm	\$41.25	Games Room
Intermediate Line Dancing	Karen	Apr 4 - Jun 20	12:00 - 1:30 pm	\$62.00	Centre 1
Low Stress Chair Fit	Julie	Apr 4 - Jun 20	1:15 - 2:15 pm	\$41.25	Centre 2
Tai Chi	Marilyn	Apr 4 - Jun 20	1:45 - 2:45 pm	\$41.25	Centre 1
FRIDAYS					
11 weeks (Centre Closed April 19)					
Zumba - High Intensity	Kharen	Apr 5 - Jun 21	9:00 - 9:45 am	\$41.25	Centre 1 & 2
Watercolour Painting (9 weeks) (no class May 17 & 31)	Elaine	Apr 5 - Jun 21	9:30 - 11:30 am	\$67.50	Games Room
Get up and Go Fitness	Kharen	Apr 5 - Jun 21	10:00 - 11:00 am	\$41.25	Centre 2
Clogging (starts 1 week later)	Shirley	Apr 12 - Jun 28	10:00 - 11:30 am	\$62.00	Centre 1
Drum Fitness - Standing - Advanced	Karen	April 5 - Jun 21	11:45 - 12:45 pm	\$41.25	Centre 1
SATURDAYS					
Open Circuit Workout	Susan D.	Mar 31 - Jun 29	8:30 - 10:00 am	Drop in fee \$1.00	Centre 1 & 2
Strong Core Fitness - NEW	Susan D.	April 6 - Jun 22	10:15 - 11:15 am	\$45.00	Games Room

Instructional programs are proudly supported by



PROGRAM	DATE	TIME	ROOM
MONDAYS			
12 weeks		Centre is closed May 20	
Italian Class	Apr 1 - Jun 24	9:30 - 11:00 am	MK Room
Nordic Pole Walking (Italian)	Apr 1 - Jun 24	10:30 - 11:30 am	Games Room
Logic Games (in Italian)	Apr 1 - Jun 24	11:30 - 12:15 pm	Games Room
Lunch Program	Apr 1 - Jun 24	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Apr 1 - Jun 24	1:30 - 3:30 pm	Centre 1
Mindful Monday Adult Colouring	Apr 1 - Jun 24	2:00 - 3:30 pm	Games Room
TUESDAYS			
13 weeks			
HOPE - English Class Beginner taught in Spanish	Apr 2 - Jun 25	9:00 - 10:30 am	MK Room
Low Vision Craft Group	Apr 2 - Jun 25	10:00 - 12:00 pm	Games Room
Nordic Pole Walking	Apr 2 - Jun 25	10:45 - 11:45 am	Hallway
Lunch Program	Apr 2 - Jun 25	11:30 - 1:00 pm	Kitchen
Low Vision Support Group (first Tuesday of each month)	Apr 2 - Jun 25	1:00 - 3:00 pm	Games Room
Beginners Bridge	Apr 2 - Jun 25	1:00 - 3:30 pm	MK Room
WEDNESDAYS			
13 weeks			
Friendship Group	Apr 3 - Jun 26	9:30 - 2:00 pm	Games Room
Knit and Stitch	Apr 3 - Jun 26	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Apr 3 - Jun 26	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	Apr 24 - Jun 26	10:30 - 12:00 pm	Welcome Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Apr 3 - Jun 5	11:15 - 12:45 pm	Welcome Room
Lunch Program	Apr 3 - Jun 26	11:30 - 1:00 pm	Kitchen
Bid Euchre	Apr 3 - Jun 26	1:00 - 3:30 pm	Centre 2
THURSDAYS			
12 weeks		No Programs April 11	
HOPE English Beginner taught in Spanish	Apr 4 - Jun 27	9:00 - 10:30 am	MK Room
Nordic Pole Walking	Apr 4 - Jun 27	10:45 - 11:45 am	Hallway
Easy Spanish Class	Apr 4 - Jun 27	11:00 - 12:30 pm	MK Room
Lunch Program	Apr 4 - Jun 27	11:30 - 1:00 pm	Kitchen
Cribbage	Apr 4 - Jun 27	1:00 - 3:00 pm	MK Room
FRIDAYS			
12 weeks		Centre is closed April 19	
English Circle Conversation	Apr 5 - Jun 28	10:00 - 11:30 am	MK Room
Lunch Program	Apr 5 - Jun 28	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	MK Room
Shuffleboard	Apr 5 - Jun 28	1:00 - 3:30 pm	Centre 2
Social Bridge	Apr 5 - Jun 28	1:00 - 3:30 pm	Games Room
Craft Club Social	Apr 5 - Jun 28	1:05 - 3:30 pm	MK Room
Movie Afternoon	Apr 5 - Jun 28	1:30 - 3:30 pm	Welcome Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Apr 27 - Jun 29	9:30 - 11:00 am	The Weston Library (2 King St. children's department)