

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
<b>MONDAYS</b> 11 weeks Centre is closed May 18					
Seated Pedaling - Beginner	Kharen	Apr 6 - Jun 22	9:15 - 9:45 am	\$21.00	Centre 2
Stretch and Tone	Jenni	Apr 6 - Jun 22	10:00 - 11:00 am	\$41.25	Centre 2
Open Circuit Workout - <b>time change</b>	Corinne	Apr 6 - Jun 22	10:00 - 11:30 am	Drop in fee \$2.00	Centre 1
Bone Builders	Jenni	Apr 6 - Jun 22	11:05 - 12:05 pm	\$41.25	Centre 2
Pilates - <b>New Day</b>	Corinne	Apr 6 - Jun 22	11:45 - 12:30 pm	\$41.25	Centre 1
Hand Dance	Karen	Apr 6 - Jun 22	12:30 - 1:00 pm	\$21.00	Games Room
Line Dancing - Intermediate	Karen	Apr 6 - Jun 22	1:15 - 2:45 pm	\$62.00	Centre 2
<b>TUESDAYS</b> 11 weeks Centre is closed April 21					
Body Boot Camp - Adapted	Jenni	Apr 7 - Jun 23	8:35 - 9:35 am	\$41.25	Centre 1 & 2
Fit for Life	Susan D.	Apr 7 - Jun 23	9:45 - 10:45 am	\$41.25	Centre 1 & 2
Low Stress Chair Fit	Susan D.	Apr 7 - Jun 23	10:50 - 11:50 am	\$41.25	Centre 1 & 2
Watercolour Painting Techniques	Susan M.	Apr 7 - Jun 23	1:00 - 3:00 pm	\$82.50	Games Room
<b>WEDNESDAYS</b> 12 weeks					
Stretch & Tone 1	Lucy	Apr 8 - Jun 24	9:00 - 10:00 am	\$45.00	Centre 2
Tap Dance - <b>all levels</b>	Kharen	Apr 8 - Jun 24	10:00 - 11:00 am	\$45.00	Centre 1
Bone Builders	Lucy	Apr 8 - Jun 24	10:05 - 11:05 am	\$45.00	Centre 2
Stretch and Tone 2	Lucy	Apr 8 - Jun 24	11:10 - 12:10 pm	\$45.00	Centre 2
Seated Pedaling - <b>all levels</b> - <b>New</b>	Kharen	Apr 8 - Jun 24	11:30 - 12:00 pm	\$22.50	Centre 1
Drum Fitness - Seated	Karen	Apr 8 - Jun 24	12:30 - 1:30 pm	\$45.00	Centre 1
Line Dancing - Absolute Beginners	Karen	Apr 8 - Jun 24	2:00 - 3:00 pm	\$45.00	Centre 1
<b>THURSDAYS</b> 12 weeks					
Body Boot Camp - <b>New Day &amp; Time</b>	Karen	Apr 9 - Jun 25	8:00 - 9:00 am	\$45.00	Centre 1 & 2
Low Impact Fitness	Julie	Apr 9 - Jun 25	9:30 - 10:30 am	\$45.00	Centre 1 & 2
Chair Yoga	Abhi	Apr 9 - Jun 25	10:45 - 11:45 am	\$45.00	Centre 2
Line Dancing - Beginners	Karen	Apr 9 - Jun 25	11:00 - 12:00 pm	\$45.00	Centre 1
Yoga	Abhi	Apr 9 - Jun 25	12:00 - 1:00 pm	\$45.00	Games Room
Line Dancing - Improvers	Karen	Apr 9 - Jun 25	12:00 - 1:30 pm	\$67.50	Centre 1
Low Stress Chair Fit	Julie	Apr 9 - Jun 25	12:45 - 1:45 pm	\$45.00	Centre 2
Tai Chi	Marilyn	Apr 9 - Jun 25	1:45 - 2:45 pm	\$45.00	Centre 1
<b>FRIDAYS</b> 11 weeks Centre is closed April 10					
Zoomba - High Intensity	Kharen	Apr 17 - Jun 26	9:00 - 9:45 am	\$41.25	Centre 1 & 2
Watercolour Painting (10 weeks only)	Susan M.	Apr 17 - Jun 19	9:30 - 11:30 am	\$75.00	Games Room
Get up and Go Fitness	Kharen	Apr 17 - Jun 26	10:00 - 11:00 am	\$41.25	Centre 2
Clogging - <b>all levels</b> - <b>New Instructor</b> (10 weeks no class Apr 17)	Shirley/Colleen	Apr 24- Jun 26	10:00 - 11:30 am	\$56.25	Centre 1
Seated Pedaling - Advanced	Kharen	Apr 17 - Jun 26	11:15 - 11:45 am	\$21.00	Centre 2
Drum Fitness - Standing - Advanced	Karen	Apr 17 - Jun 26	12:00 - 1:00 pm	\$41.25	Centre 1
<b>SATURDAYS</b> 12 weeks					
Open Circuit Workout	Karen	Apr 11 - Jun 27	8:30 - 10:00 am	Drop in fee \$2.00	Centre 1 & 2

Instructional programs are proudly supported by



PROGRAM	DATE	TIME	ROOM
<b>MONDAYS</b> 11 weeks Centre is closed May 18			
French Class	Mar 30 - Jun 29	10:00 - 11:00 am	MK Room
Nordic Pole Walking (Italian)	Mar 30 - Jun 29	10:30 - 11:30 am	Games Room
Logic Games (in Italian)	Mar 30 - Jun 29	11:30 - 12:15 pm	Games Room
Lunch Program	Mar 30 - Jun 29	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Mar 30 - Jun 29	1:30 - 3:30 pm	Centre 1
Mindful Monday Adult Colouring	Mar 30 - Jun 29	2:00 - 3:30 pm	Games Room
<b>TUESDAYS</b> 11 weeks Centre is closed April 21			
HOPE - English for Beginners (taught in Spanish)	Mar 31 - Jun 30	9:00 - 10:30 am	MK Room
Low Vision Craft Group	Mar 31 - Jun 30	10:00 - 12:00 pm	Games Room
HOPE - Social Hour	Mar 31 - Jun 30	10:30 - 11:30 am	Hallway
Lunch Program	Mar 31 - Jun 30	11:30 - 1:00 pm	Kitchen
Low Vision Support Group (first Tuesday of each month)	Apr 7 - Jun 2	1:00 - 3:00 pm	Centre 2
Beginners Bridge	Mar 31 - Jun 30	1:00 - 3:30 pm	MK Room
TV Series Afternoon	Mar 31 - Jun 30	1:30 - 3:30 pm	Welcome Room
<b>WEDNESDAYS</b> 12 weeks			
Friendship Group	Apr 1 - Jun 24	9:30 - 2:00 pm	Games Room (front)
Knit and Stitch	Apr 1 - Jun 24	10:00 - 12:00 pm	Games Room (back)
Italian Conversation Group	Apr 1 - Jun 24	10:30 - 12:00 pm	Welcome Room
Lunch Program	Apr 1 - Jun 24	11:30 - 1:00 pm	Kitchen
Bid Euchre	Apr 1 - Jun 24	1:00 - 3:30 pm	Centre 2
<b>THURSDAYS</b> 12 weeks			
HOPE - English for Beginners (taught in Spanish)	Apr 2 - Jun 25	9:00 - 10:30 am	MK Room
HOPE - Social Hour	Apr 2 - Jun 25	10:30 - 11:30 am	Hallway
Easy Spanish Class	Apr 2 - Jun 25	11:00 - 12:30 pm	MK Room
Lunch Program	Apr 2 - Jun 25	11:30 - 1:00 pm	Kitchen
Cribbage	Apr 2 - Jun 25	1:00 - 3:00 pm	MK Room
<b>FRIDAYS</b> 11 weeks Centre is closed April 10			
English Circle Conversation	Apr 3 - Jun 26	10:00 - 11:30 am	MK Room
Lunch Program	Apr 3 - Jun 26	11:30 - 1:00 pm	Kitchen
AA Meeting	Apr 3 - Jun 26	12:00 - 1:00 pm	MK Room
Shuffleboard	Apr 3 - Jun 26	1:00 - 3:30 pm	Centre 2
Social Bridge	Apr 3 - Jun 26	1:00 - 3:30 pm	Games Room
Craft Club Social	Apr 3 - Jun 26	1:05 - 3:30 pm	MK Room
Movie Afternoon	Apr 3 - Jun 26	1:30 - 3:30 pm	Welcome Room
Craft Club Social Tea	Apr 3 - Jun 26	2:00 - 2:30 pm	Hallway
<b>SATURDAYS</b>			
Book Club at the Weston Library (Last Saturday of the Month)	Apr 25 - Jun 27	9:30 - 11:00 am	The Weston Library (2 King St. children's department)

**Note:** For all drop-in social programs, a suggested donation of \$1.00 (unless otherwise specified) would be appreciated to help with the upkeep costs of the programs.