

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
MONDAYS					
		6 weeks	Centre closed July 3 and August 7		
Zoomba	Kharen	July 10 - Aug 21	9:00 - 9:45 am	\$18.00	Centre 1 & 2
Bone Builders	Susan D.	July 10 - Aug 21	10:00 - 11:00 am	\$18.00	Centre 1 & 2
Stretch & Tone	Susan D.	July 10 - Aug 21	11:00 - 12:00 pm	\$18.00	Centre 1 & 2
Dancing for People with Parkinson's	Karen	July 10 - Aug 21	1:30 - 2:30 pm	\$18.00	Centre 2
TUESDAYS					
		8 weeks			
Fit for Life	Corinne	July 4 - Aug 22	9:30 - 10:30 am	\$24.00	Centre 1 & 2
Chair ZUMBA	Lizzeth	July 4 - Aug 22	10:30 - 11:30 am	\$24.00	Games room
Low Stress - Chair Fit	Corinne	July 4 - Aug 22	10:45 - 11:45 am	\$24.00	Centre 1 & 2
Pilates	Corinne	July 4 - Aug 22	12:00 - 12:45 pm	\$24.00	Centre 2
Advanced Line Dancing (Now 2hrs)	Karen	July 4 - Aug 22	12:00 - 2:00 pm	\$48.00	Centre 1
Cook with Me	Ella	May 9 - March 20	1:30 - 3:30 pm	\$2.00 per class	Kitchen
WEDNESDAYS					
		8 weeks			
Beginner Happy Tappers	Kharen	July 5 - Aug 23	9:00 - 9:30 am	\$12.00	Centre 1
Bone Builders	Sylvia	July 5 - Aug 23	9:15 - 10:15 am	\$24.00	Centre 2
Happy Tappers	Kharen	July 5 - Aug 23	9:35 - 11:05 am	\$36.00	Centre 1
Stretch & Tone	Sylvia	July 5 - Aug 23	10:15 - 11:15 am	\$24.00	Centre 2
Strong Spine Fitness	Susan D.	July 5 - Aug 23	11:30 - 12:30 pm	\$24.00	Centre 2
Drum Fitness	Karen	July 5 - Aug 23	12:30 - 1:30 pm	\$24.00	Centre 1
Beginner Line Dancing	Karen	July 5 - Aug 23	2:00 - 3:00 pm	\$24.00	Centre 1
THURSDAYS					
		8 weeks			
Low Impact Fitness	Julie	July 6 - Aug 24	9:30 - 10:30 am	\$24.00	Centre 1 & 2
Chair Yoga	Susan	July 6 - Aug 24	10:45 - 11:45 am	\$24.00	Centre 2
Beginner Line Dancing	Karen	July 6 - Aug 24	11:00 - 12:00 pm	\$24.00	Centre 1
Yoga	Susan	July 6 - Aug 24	12:00 - 1:00 pm	\$24.00	Centre 2
Intermediate Line Dancing	Karen	July 6 - Aug 24	12:00 - 1:30 pm	\$36.00	Centre 1
Low Stress Chair Fit	Julie	July 6 - Aug 24	1:00 - 2:00 pm	\$24.00	Centre 2
FRI DAYS					
		8 weeks			
Zoomba	Kharen	July 7 - Aug 25	9:00 - 9:45 am	\$24.00	Centre 1 & 2
Clogging	Shirley	July 7 - Aug 25	10:00 - 11:30 am	\$36.00	Centre 1
This is my Legacy Scrapbooking Program (15 weeks)	Susan S.	May 12 - Aug 18	10:00 - 12:00 pm	\$30.00	Games Room
Balance and Stretch	Susan D.	July 7 - Aug 25	11:15 - 12:15 pm	\$24.00	Centre 2

PROGRAM	DATE	TIME	ROOM
MONDAYS 7 weeks Centre closed July 3 and August 7			
It's Never too late (Italian Class)	July 10 - August 21	9:30 - 11:00 am	YWALC Room
Nordic Pole Walking (Italian)	July 10 - August 21	10:30 - 11:30 am	Games Room
Lunch Program	July 10 - August 21	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	July 10 - August 21	12:30 - 3:30 pm	YWALC Room
Bingo	July 10 - August 21	1:30 - 3:30 pm	Centre 1
TUESDAYS 9 weeks			
HOPE - English Class Beginner taught in Spanish	July 4 - August 22	9:00 - 10:30 am	YWALC Room
Nordic Pole walking	July 4 - August 22	10:45 - 11:45 am	Hallway
Light Lunch	July 4 - August 22	11:30 - 1:00 pm	Kitchen
Euchre	July 4 - August 22	1:00 - 3:00 pm	MK Room
Beginners Bridge	July 4 - August 22	1:00 - 3:30 pm	Games Room
WEDNESDAYS 9 weeks			
Friendship Group	July 5 - August 23	9:30 - 2:00 pm	YWALC Room
Waist Watchers (second & fourth Wednesday of the month)	July 5 - August 23	10:30 - 11:30 am	Hallway
Knit & Stitch	July 5 - August 23	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	July 5 - August 23	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	July 5 - August 23	10:30 - 12:00 pm	Games Room
Lunch Program	July 5 - August 23	11:30 - 1:00 pm	Kitchen
Bid Euchre	July 5 - August 23	1:00 - 3:30 pm	Centre 2
THURSDAYS 9 weeks			
HOPE - English Beginner taught in Spanish	July 6 - August 24	9:00 - 10:30 am	YWALC Room
Nordic Pole Walking	July 6 - August 24	10:45 - 11:45 am	Hallway
Easy Spanish Class	July 6 - August 24	11:00 - 12:30 pm	YWALC Room
Light Lunch	July 6 - August 24	11:30 - 1:00 pm	Kitchen
Cribbage	July 6 - August 24	1:00 - 3:00 pm	MK Room
FRI DAYS 8 weeks			
English Circle Conversation	July 7 - August 25	10:15 - 12:00 pm	MK Room
Soup Friday	July 7 - August 25	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	YWALC Room
Craft Club Social	July 7 - August 25	1:00 - 3:30 pm	MK Room
Shuffleboard	July 7 - August 25	1:00 - 3:30 pm	Centre 2
Social Bridge	July 7 - August 25	1:00 - 3:30 pm	Games Room
Movie Afternoon	July 7 - August 25	1:30 - 3:30 pm	Various
SATURDAYS 7 weeks			
Book Club at the Weston Library (Last Saturday of the Month)	July 8 - August 26	9:30 - 11:00 am	The Weston Library (2 King St. children's department)