

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
<b>MONDAYS</b>					
<b>6 weeks - Centre is closed July 2, and Aug 6</b>					
Zumba	Kharen	July 9 - Aug 20	9:00 - 9:45 am	\$22.50	Centre 1
Stretch and Tone	Susan D.	July 9 - Aug 20	9:30 - 10:30 am	\$22.50	Centre 2
Bone Builders	Susan D.	July 9 - Aug 20	10:30 - 11:30 am	\$22.50	Centre 2
Mind Body and Yoga	Shruti	Jun 18 - Aug 13	1:00 - 2:30 pm	FREE	Centre 2
Dancing for People with Parkinson's	Karen	July 9 - Aug 20	1:30 - 2:30 pm	\$22.50	Games Room
<b>TUESDAYS</b>					
<b>8 weeks</b>					
Open Circuit Workout	Corinne	July 3 - Aug 21	9:30 - 11:30 am	Drop in fee \$1.00	Centre 1 & 2
Gentle Combo Yoga	Susan D.	July 3 - Aug 21	12:00 - 1:00 pm	\$30.00	Centre 2
Advanced Line Dancing	Karen	July 3 - Aug 21	12:00 - 2:00 pm	\$60.00	Centre 1
<b>WEDNESDAYS</b>					
<b>8 weeks</b>					
Beginner Tap Dance	Kharen	July 4 - Aug 22	9:00 - 9:30 am	\$15.00	Centre 1
Bone Builders	Lucy	July 4 - Aug 22	9:15 - 10:15 am	\$30.00	Centre 2
Advanced Tap Dance	Kharen	July 4 - Aug 22	9:35 - 11:05 am	\$30.00	Centre 1
Stretch and Tone	Lucy	July 4 - Aug 22	10:15 - 11:15 am	\$30.00	Centre 2
Pilates (7 weeks - no class on July 11)	Corinne	July 4 - Aug 22	11:30 - 12:15 pm	\$26.25	Centre 2
Drum Fitness - Seated	Karen	July 4 - Aug 22	12:30 - 1:30 pm	\$8.00	Centre 1
Beginner Line Dancing	Karen	July 4 - Aug 22	2:00 - 3:00 pm	\$30.00	Centre 1
<b>THURSDAYS</b>					
<b>8 weeks</b>					
Low Impact Fitness	Julie	July 5 - Aug 23	9:30 - 10:30 am	\$30.00	Centre 1 & 2
Fun and Easy Crafting with Paper	Susan S.	July 5 - Aug 23	10:15 - 12:15 pm	\$16.00	Games Room
Chair Yoga	Abhi	July 5 - Aug 23	10:45 - 11:45 am	\$30.00	Centre 2
Beginner Line Dancing	Karen	July 5 - Aug 23	11:00 - 12:00 pm	\$30.00	Centre 1
Yoga	Abhi	July 5 - Aug 23	12:00 - 1:00 pm	\$30.00	Centre 2
Intermediate Line Dancing	Karen	July 5 - Aug 23	12:00 - 1:30 pm	\$45.00	Centre 1
Low Stress Chair Fit	Julie	July 5 - Aug 23	1:15 - 2:15 pm	\$30.00	Centre 2
Dancing Rivers of Wellbeing	Lua	Jun 14 - Jul 26	1:15 - 2:15 pm	FREE	YWALC Room
<b>FRIDAYS</b>					
<b>8 weeks</b>					
Zumba	Kharen	July 6 - Aug 24	9:00 - 9:45 am	\$30.00	Centre 1 & 2
Get up and Go Fitness	Kharen	July 6 - Aug 24	10:00 - 11:00 am	\$30.00	Centre 2
Clogging	Shirley	July 6 - Aug 24	10:00 - 11:30 am	\$45.00	Centre 1
Strong Core - Better Balance Exercise	Susan D.	July 6 - Aug 24	11:15 - 12:15 pm	\$30.00	Centre 2
Drum Fitness - Standing	Karen	July 6 - Aug 24	11:45 - 12:45 pm	\$8.00	Centre 1
Mind Body and Yoga (No programs June 29)	Shruti	Jun 22- Aug 17	1:00 - 2:30 pm	FREE	Centre 1
<b>SATURDAYS</b>					
<b>8 weeks</b>					
Open Circuit Workout	Kharen	July 7 Aug 25	9:30 - 11:30 am	Drop in fee \$1.00	Centre 1 & 2

PROGRAM	DATE	TIME	ROOM
<b>MONDAYS</b>			
<b>6 weeks - Centre is closed July 2, and Aug 6</b>			
Italian Class	July 9 - Aug 20	9:30 - 11:00 am	YWALC Room
Nordic Pole Walking (Italian)	July 9 - Aug 20	10:30 - 11:30 am	Games Room
Lunch Program	July 9 - Aug 20	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	July 9 - Aug 20	12:30 - 3:30 pm	YWALC Room
Bingo	July 9 - Aug 20	1:30 - 3:30 pm	Centre 1
<b>TUESDAYS</b>			
<b>8 weeks</b>			
HOPE - English Class Beginner taught in Spanish	July 3 - Aug 21	9:00 - 10:30 am	MK Room
Nordic Pole Walking	July 3 - Aug 21	10:45 - 11:45 am	Hallway
Lunch Program	July 3 - Aug 21	11:30 - 1:00 pm	Kitchen
Low Vision Support Group (first Tuesday of each month)	July 3 - Aug 21	1:00 - 3:00 pm	Games Room
Plant, Paint and Chat	July 3 - Aug 21	1:00 - 3:30 pm	Games Room/Hallway
Beginners Bridge	July 3 - Aug 21	1:00 - 3:30 pm	MK Room
<b>WEDNESDAYS</b>			
<b>8 weeks</b>			
Friendship Group	July 4 - Aug 22	9:30 - 2:00 pm	Games Room
Knit and Stitch	July 4 - Aug 22	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	July 4 - Aug 22	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	July 25 - Aug 22	10:30 - 12:00 pm	YWALC Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	July 4 - Aug 1	11:15 - 12:45 pm	YWALC Room
Lunch Program	July 4 - Aug 22	11:30 - 1:00 pm	Kitchen
Bid Euchre	July 4 - Aug 22	1:00 - 3:30 pm	Centre 2
<b>THURSDAYS</b>			
<b>8 weeks</b>			
HOPE English Beginner taught in Spanish	July 5 - Aug 23	9:00 - 10:30 am	MK Room
Nordic Pole Walking	July 5 - Aug 23	10:45 - 11:45 am	Hallway
Lunch Program	July 5 - Aug 23	11:30 - 1:00 pm	Kitchen
Cribbage	July 5 - Aug 23	1:00 - 3:00 pm	MK Room
<b>FRIDAYS</b>			
<b>8 weeks</b>			
English Circle Conversation	July 6 - Aug 24	10:00 - 11:45 am	MK Room
Lunch Program	July 6 - Aug 24	11:30 - 1:00 pm	Kitchen
AA Meeting	July 6 - Aug 24	12:00 - 1:00 pm	MK Room
Craft Club Social	July 6 - Aug 24	1:05 - 3:30 pm	MK Room
Shuffleboard	July 6 - Aug 24	1:00 - 3:30 pm	Centre 2
Social Bridge	July 6 - Aug 24	1:00 - 3:30 pm	Games Room
Movie Afternoon	July 6 - Aug 24	1:30 - 3:30 pm	Welcome Room
<b>SATURDAYS</b>			
Book Club at the Weston Library (Last Saturday of the Month)	July 28 - Aug 25	9:30 - 11:00 am	The Weston Library (2 King St. children's department)