

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 Jul 1 & Aug 5					
Zumba	Kharen	Jul 8 - Aug 19	9:00 - 9:45 am	\$22.50	Centre 1
Stretch and Tone	Susan D.	Jul 8 - Aug 19	9:15 - 10:15 am	\$22.50	Centre 2
Bone Builders	Susan D.	Jul 8 - Aug 19	10:30 - 11:30 am	\$22.50	Centre 2
Open Circuit Workout	Corinne	Jul 8 - Aug 19	10:30 - 12:00 pm	Drop in fee \$1.00	Centre 1
Hand Dance	Karen	Jul 8 - Aug 19	12:30 - 1:00 pm	\$11.25	Games Room
Line Dancing - Intermediate	Karen	Jul 8 - Aug 19	1:15 - 2:45 pm	\$33.75	Centre 2
TUESDAYS					
8 weeks					
Fit for Life	Corinne	Jul 2 - Aug 20	9:45 - 10:45 am	\$30.00	Centre 1 & 2
Low Stress Chair Fit	Corinne	Jul 2 - Aug 20	10:50 - 11:50 am	\$30.00	Centre 1 & 2
Mindful Movement Fusion	Susan D.	Jul 2 - Aug 20	11:00 - 12:00 pm	\$30.00	MK Room
1000 Words: Seniors Storytelling	Jaqueline, Linh, Richa	Jun 4 - Jul 9	1:00 - 3:00 pm	Free	Centre 1
Urban Dance Workshop (6 weeks)	Karen	Jul 16 - Aug 20	1:00 - 2:00 pm	\$22.50	Centre 1
WEDNESDAYS					
8 weeks					
Bone Builders	Lucy	Jul 10 - Aug 28	9:00 - 10:00 am	\$30.00	Centre 2
Tap Dance - Beginner & Intermediate	Kharen	Jul 3 - Aug 21	10:15 - 11:15 am	\$30.00	Centre 1
Stretch and Tone	Lucy	Jul 10 - Aug 28	10:15 - 11:15 am	\$30.00	Centre 2
Pilates	Corinne	Jul 3 - Aug 21	11:30 - 12:15 pm	\$30.00	Centre 2
Drum Fitness - Seated	Karen	Jul 3 - Aug 21	12:30 - 1:30 pm	\$30.00	Centre 1
Line Dancing - Absolute Beginners	Karen	Jul 3 - Aug 21	2:00 - 3:00 pm	\$30.00	Centre 1
THURSDAYS					
8 weeks					
Open Circuit Workout - NEW	Julie	Jul 4 - Aug 22	8:00 - 9:00 am	Drop in fee \$1.00	Centre 1 & 2
Low Impact Fitness	Julie	Jul 4 - Aug 22	9:30 - 10:30 am	\$30.00	Centre 1 & 2
Chair Yoga	Abhi	Jul 4 - Aug 22	10:45 - 11:45 am	\$30.00	Games Room
Line Dancing - Beginners	Karen	Jul 4 - Aug 22	11:00 - 12:00 pm	\$30.00	Centre 1
Yoga	Abhi	Jul 4 - Aug 22	12:00 - 1:00 pm	\$30.00	Games Room
Line Dancing - Improvers	Karen	Jul 4 - Aug 22	12:00 - 1:30 pm	\$45.00	Centre 1
Low Stress Chair Fit	Julie	Jul 4 - Aug 22	1:15 - 2:15 pm	\$30.00	Centre 2
FRIDAYS					
8 weeks					
Zumba - High Intensity	Kharen	Jul 5 - Aug 23	9:00 - 9:45 am	\$30.00	Centre 1 & 2
Get up and Go Fitness	Kharen	Jul 5 - Aug 23	10:00 - 11:00 am	\$30.00	Centre 1 & 2
Hand Dance	Karen	Jul 5 - Aug 23	11:15 - 11:45 am	\$15.00	Centre 1
Drum Fitness - Standing - Advanced	Karen	Jul 5 - Aug 23	12:00 - 1:00 pm	\$30.00	Centre 1
SATURDAYS					
8 weeks					
Open Circuit Workout	Susan D.	Jul 6 - Aug 24	8:30 - 10:00 am	Drop in fee \$1.00	Centre 1 & 2
Strong Core Fitness - NEW	Susan D.	Jul 6 - Aug 24	10:15 - 11:15 am	\$30.00	Centre 2

Instructional programs are proudly supported by



PROGRAM	DATE	TIME	ROOM
MONDAYS			
6 weeks Centre is closed July 1 and Aug 5			
Nordic Pole Walking (Italian)	Jul 8 - Aug 19	10:30 - 11:30 am	Games Room
Logic Games (in Italian)	Jul 8 - Aug 19	11:30 - 12:15 pm	Games Room
Lunch Program	Jul 8 - Aug 19	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Jul 8 - Aug 19	1:30 - 3:30 pm	Centre 1
Mindful Monday Adult Colouring	Jul 8 - Aug 19	2:00 - 3:30 pm	Games Room
TUESDAYS			
8 weeks			
HOPE - English Class Beginner taught in Spanish	Jul 2 - Aug 20	9:00 - 10:30 am	MK Room
Nordic Pole Walking	Jul 2 - Aug 20	10:45 - 11:45 am	Hallway
Lunch Program	Jul 2 - Aug 20	11:30 - 1:00 pm	Kitchen
Beginners Bridge	Jul 2 - Aug 20	1:00 - 3:30 pm	MK Room
WEDNESDAYS			
8 weeks			
Friendship Group	Jul 3 - Aug 21	9:30 - 2:00 pm	Games Room (front)
Knit and Stitch	Jul 3 - Aug 21	10:00 - 12:00 pm	Games Room (back)
Nordic Pole Walking	Jul 3 - Aug 21	10:00 - 11:00 am	Hallway
Italian Conversation Group	Jul 3 - Aug 21	10:30 - 12:00 pm	MK Room
Lunch Program	Jul 3 - Aug 21	11:30 - 1:00 pm	Kitchen
Bid Euchre	Jul 3 - Aug 21	1:00 - 3:30 pm	Centre 2
THURSDAYS			
8 weeks			
HOPE English Beginner taught in Spanish	Jul 4 - Aug 22	9:00 - 10:30 am	MK Room
Nordic Pole Walking	Jul 4 - Aug 22	10:45 - 11:45 am	Hallway
Easy Spanish Class	Jul 4 - Aug 22	11:00 - 12:30 pm	MK Room
Lunch Program	Jul 4 - Aug 22	11:30 - 1:00 pm	Kitchen
Cribbage	Jul 4 - Aug 22	1:00 - 3:00 pm	MK Room
FRIDAYS			
8 weeks			
English Circle Conversation	Jul 5 - Aug 23	10:00 - 11:30 am	MK Room
Lunch Program	Jul 5 - Aug 23	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	MK Room
Shuffleboard	Jul 5 - Aug 23	1:00 - 3:30 pm	Centre 2
Social Bridge	Jul 5 - Aug 23	1:00 - 3:30 pm	Games Room
Craft Club Social	Jul 5 - Aug 23	1:05 - 3:30 pm	MK Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Jul 27 - Aug 31	9:30 - 11:00 am	The Weston Library (2 King St. Community Room)

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.