

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	ROOM
MONDAYS 10 weeks Centre is closed February 19					
ZUMBA GOLD	Lizzeth	Jan 8 - Mar 19	9:00 - 9:45 am	\$37.50	Centre 1
Stretch and Tone	Nick	Jan 8 - Mar 19	9:30 - 10:30 am	\$37.50	Centre 2
Modern Square Dance	George	Jan 8 - Mar 19	10:15 - 12:15 pm	\$75.00	Centre 1
Bone Builders	Nick	Jan 8 - Mar 19	10:30 - 11:30 am	\$37.50	Centre 2
Stretch and Tone	Nick	Jan 8 - Mar 19	11:30 - 12:30 pm	\$37.50	Centre 2
Minds in Motion (7 weeks Workshop)	Romina	Jan 22 - Mar 12	12:00 - 1:30 pm	Free	Games Room
Dancing for People with Parkinson's	Karen	Jan 8 - Mar 19	1:45 - 2:45 pm	\$37.50	Games Room
Dance with Me	Various	Jan 15 - Mar 26	4:00 - 6:00 pm	Free	Centre 1 & 2
TUESDAYS 11 weeks No Programs March 20 in Centre 1 and 2					
Fit for Life (10 weeks)	Corinne	Jan 9 - Mar 13	9:30 - 10:30 am	\$37.50	Centre 1 & 2
ZUMBA GOLD (Class taught in Spanish) (10 weeks)	Lizzeth	Jan 9 - Mar 13	10:30 - 11:15 am	\$37.50	Games Room
Low Stress Chair Fit (10 weeks)	Corinne	Jan 9 - Mar 13	10:45 - 11:45 am	\$37.50	Centre 1 & 2
Advanced Line Dancing	Karen	Jan 2 - Mar 13	12:00 - 2:00 pm	\$82.50	Centre 1
Cook with Me (check bulletin board for dates)(all ingredients included)	Dirk	Jan 2 - Mar 20	1:30 - 3:30 pm	\$2.00 Per class	Kitchen
WEDNESDAYS 12 weeks					
Beginner Tap Dance	Kharen	Jan 3 - Mar 21	9:00 - 9:30 am	\$22.50	Centre 1
Bone Builders	Sylvia	Jan 3 - Mar 21	9:15 - 10:15 am	\$45.00	Centre 2
Advanced Tap Dance	Kharen	Jan 3 - Mar 21	9:35 - 11:05 am	\$67.50	Centre 1
Stretch and Tone	Sylvia	Jan 3 - Mar 21	10:15 - 11:15 am	\$45.00	Centre 2
Pilates (11 weeks)	Corinne	Jan 10 - Mar 21	11:30 - 12:15 pm	\$41.25	Centre 2
Drum Fitness	Karen	Jan 3 - Mar 21	12:30 - 1:30 pm	\$45.00	Centre 1
Beginner Line Dancing	Karen	Jan 3 - Mar 21	2:00 - 3:00 pm	\$45.00	Centre 1
THURSDAYS 11 weeks No Program March 15					
Low Impact Fitness	Julie	Jan 4 - Mar 22	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Chair Yoga	Abhi	Jan 4 - Mar 22	10:45 - 11:45 am	\$41.25	Centre 2
Beginner Line Dancing	Karen	Jan 4 - Mar 22	11:00 - 12:00 pm	\$41.25	Centre 1
Yoga	Abhi	Jan 4 - Mar 22	12:00 - 1:00 pm	\$41.25	Centre 2
Intermediate Line Dancing	Karen	Jan 4 - Mar 22	12:00 - 1:30 pm	\$62.00	Centre 1
Low Stress Chair Fit	Julie	Jan 4 - Mar 22	1:15 - 2:15 pm	\$41.25	Centre 2
Tai Chi	Marilyn	Jan 4 - Mar 22	1:45 - 2:45 pm	\$41.25	Centre 1
FRI DAYS 12 weeks					
Zoomba	Kharen	Jan 5 - Mar 23	9:00 - 9:45 am	\$45.00	Centre 1 & 2
Watercolour Painting	Robert	Jan 5 - Mar 23	9:30 - 11:30 am	\$90.00	YWALC Room
Get up and Go Fitness	Kharen	Jan 5 - Mar 23	10:00 - 11:00 am	\$45.00	Centre 2
Clogging	Shirley	Jan 5 - Mar 23	10:00 - 11:30 am	\$67.50	Centre 1
This is my Legacy Scrapbooking (15 weeks)(all materials included)	Susan S.	Dec 8 - Mar 16	10:00 - 12:00 pm	\$30.00	Games Room
Extreme Line Dancing	Karen	Jan 12 - Mar 23	11:45 - 1:45 pm	\$82.50	Centre 1

PROGRAM	DATE	TIME	ROOM
MONDAYS			
11 weeks Centre is closed February 19			
It's Never too late (Italian Class)	Jan 8 - March 26	9:30 - 11:00 am	YWALC Room
Nordic Pole Walking (Italian)	Jan 8 - March 26	10:30 - 11:30 am	Games Room
Lunch Program	Jan 8 - March 26	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Duplicate Bridge	Jan 8 - March 26	12:30 - 3:30 pm	YWALC Room
Bingo	Jan 8 - March 26	1:30 - 3:30 pm	Centre 1
TUESDAYS			
13 weeks			
HOPE - English Class Beginner taught in Spanish	Jan 2 - March 27	9:00 - 10:30 am	YWALC Room
Low Vision Craft Group	Jan 2 - March 27	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Jan 2 - March 27	10:45 - 11:45 am	Hallway
Lunch Program	Jan 2 - March 27	11:30 - 1:00 pm	Kitchen
Plant, Paint and Chat	Jan 2 - March 27	1:00 - 3:30 pm	Games Room/Hallway
Low Vision Support Group (first Tuesday of each month)	Jan 2 - March 27	1:00 - 3:00 pm	Games Room
Karaoke for Fun	Jan 2 - March 27	1:00 - 2:30 pm	YWALC Room
Beginners Bridge	Jan 2 - March 27	1:00 - 3:30 pm	MK Room
WEDNESDAYS			
13 weeks			
Friendship Group	Jan 3 - March 28	9:30 - 2:00 pm	YWALC Room
Knit and Stitch	Jan 3 - March 28	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Jan 3 - March 28	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	Jan 3 - March 28	10:30 - 12:00 pm	Games Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Jan 3 - March 28	11:15 - 12:45 pm	Games Room
Lunch Program	Jan 3 - March 28	11:30 - 1:00 pm	Kitchen
Bid Euchre	Jan 3 - March 28	1:00 - 3:30 pm	Centre 2
THURSDAYS			
12 weeks No Programs March 15			
HOPE English Beginner taught in Spanish	Jan 4 - March 29	9:00 - 10:30 am	YWALC Room
Nordic Pole Walking	Jan 4 - March 29	10:45 - 11:45 am	Hallway
Easy Spanish Class	Jan 4 - March 29	11:00 - 12:30 pm	YWALC Room
Lunch Program	Jan 4 - March 29	11:30 - 1:00 pm	Kitchen
Cribbage	Jan 4 - March 29	1:00 - 3:00 pm	MK Room
FRI DAYS			
12 weeks Centre closed March 30			
English Circle Conversation	Jan 5 - March 23	10:15 - 12:00 pm	MK Room
Lunch Program	Jan 5 - March 23	11:30 - 1:00 pm	Kitchen
AA Meeting	every Fri. except stat holidays	12:00 - 1:00 pm	YWALC Room
Craft Club Social	Jan 5 - March 23	1:00 - 3:30 pm	MK Room
Shuffleboard	Jan 5 - March 23	1:00 - 3:30 pm	Centre 2
Social Bridge	Jan 5 - March 23	1:00 - 3:30 pm	Games Room
Movie Afternoon	Jan 5 - March 23	1:30 - 3:30 pm	YWALC Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Jan 27 - March 24	9:30 - 11:00 am	The Weston Library (2 King St. children's department)