

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 18					
Zumba	Kharen	Jan 7 - Mar 18	9:00 - 9:45 am	\$37.50	Centre 1
Stretch and Tone 1	Nick	Jan 7 - Mar 18	9:30 - 10:30 am	\$37.50	Centre 2
Bone Builders	Nick	Jan 7 - Mar 18	10:30 - 11:30 am	\$37.50	Centre 2
Open Circuit Workout	Corinne	Jan 7 - Mar 18	10:30 - 12:30 pm	Drop in fee \$1.00	Centre 1
Stretch and Tone 2	Nick	Jan 7 - Mar 18	11:30 - 12:30 pm	\$37.50	Centre 2
Hand Dance	Karen	Jan 7 - Mar 25	12:30 - 1:00 pm	Free	Games Room
Advanced Line Dancing	Karen	Jan 7 - Mar 18	1:00 - 2:30 pm	\$56.25	Centre 2
TUESDAYS 11 weeks					
Fit for Life	Corinne	Jan 8—Mar 19	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Low Stress Chair Fit	Corinne	Jan 8—Mar 19	10:45 - 11:45 am	\$41.25	Centre 1 & 2
Drum Fit - Standing - Beginners	Karen	Jan 8—Mar 19	1:00 - 2:00 pm	\$11.00	Centre 1
WEDNESDAYS 12 weeks					
Beginner Tap Dance	Kharen	Jan 2— Mar 20	9:00 - 9:30 am	\$22.50	Centre 1
Bone Builders	Lucy	Jan 2— Mar 20	9:15 - 10:15 am	\$45.00	Centre 2
Advanced Tap Dance	Kharen	Jan 2— Mar 20	9:35 - 11:05 am	\$67.50	Centre 1
Stretch and Tone	Lucy	Jan 2— Mar 20	10:15 - 11:15 am	\$45.00	Centre 2
Latin Dance for Individuals	Kharen	Jan 2— Mar 27	11:15 - 12:15 pm	\$12.00	Centre 1
Pilates (11 weeks)	Corinne	Jan 9— Mar 20	11:30 - 12:15 pm	\$41.25	Centre 2
Drum Fitness - Seated	Karen	Jan 2— Mar 20	12:30 - 1:30 pm	\$12.00	Centre 1
Beginner Line Dancing	Karen	Jan 2— Mar 20	2:00 - 3:00 pm	\$45.00	Centre 1
THURSDAYS 11 weeks no programs March 14					
Low Impact Fitness	Julie	Jan 3—Mar 21	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Hand Dance	Karen	Jan 3—Mar 28	10:15 - 10:45 pm	Free	Welcome Room
Chair Yoga	Abhi	Jan 10 — Mar 28	10:45 - 11:45 am	\$41.25	Centre 2
Beginner Line Dancing	Karen	Jan 3 — Mar 21	11:00 - 12:00 pm	\$41.25	Centre 1
Yoga	Abhi	Jan 10 — Mar 28	12:00 - 1:00 pm	\$41.25	Centre 2
Intermediate Line Dancing	Karen	Jan 3—Mar 21	12:00 - 1:30 pm	\$62.00	Centre 1
Low Stress Chair Fit	Julie	Jan 3—Mar 21	1:15 - 2:15 pm	\$41.25	Centre 2
Tai Chi	Marilyn	Jan 3—Mar 21	1:45 - 2:45 pm	\$41.25	Centre 1
FRI DAYS 12 weeks					
Zumba - High Intensity	Kharen	Jan 4 - Mar 22	9:00 - 9:45 am	\$45.00	Centre 1 & 2
Watercolour Painting	Elaine	Jan 4 - Mar 22	9:30 - 11:30 am	\$90.00	Games Room
Get up and Go Fitness	Kharen	Jan 4 - Mar 22	10:00 - 11:00 am	\$45.00	Centre 2
Clogging	Shirley	Jan 4 - Mar 22	10:00 - 11:30 am	\$67.50	Centre 1
Drum Fitness - Standing - Advanced	Karen	Jan 4 - Mar 22	11:45 - 12:45 pm	\$12.00	Centre 1
SATURDAYS 13 weeks					
Open Circuit Workout	Kharen	Jan 5 - Mar 23	9:30 - 11:30 am	Drop in fee \$1.00	Centre 1 & 2

Instructional programs are proudly supported by



PROGRAM	DATE	TIME	ROOM
MONDAYS 11 weeks Centre is closed February 18			
Italian Class	Jan 7 - Mar 25	9:30 - 11:00 am	MK Room
Nordic Pole Walking (Italian)	Jan 7 - Mar 25	10:30 - 11:30 am	Games Room
Lunch Program	Jan 7 - Mar 25	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Jan 7 - Mar 25	1:30 - 3:30 pm	Centre 1
Mindful Monday Adult Colouring	Jan 7 - Mar 25	2:00 - 3:30 pm	Games Room
TUESDAYS 12 weeks			
HOPE - English Class Beginner taught in Spanish	Jan 8—Mar 26	9:00 - 10:30 am	MK Room
Low Vision Craft Group	Jan 8—Mar 26	10:00 - 12:00 pm	Games Room
Nordic Pole Walking	Jan 8—Mar 26	10:45 - 11:45 am	Hallway
Lunch Program	Jan 8—Mar 26	11:30 - 1:00 pm	Kitchen
Low Vision Support Group (first Tuesday of each month)	Jan 8—Mar 26	1:00 - 3:00 pm	Games Room
Beginners Bridge	Jan 8—Mar 26	1:00 - 3:30 pm	MK Room
WEDNESDAYS 13 weeks			
Friendship Group	Jan 2—Mar 27	9:30 - 2:00 pm	Games Room
Knit and Stitch	Jan 2—Mar 27	10:00 - 12:00 pm	MK Room
Nordic Pole Walking	Jan 2—Mar 27	10:00 - 11:00 am	Hallway
Conversation in Italian Workshop (last Wednesday of the Month)	Jan 30—Mar 27	10:30 - 12:00 pm	Welcome Room
Memorie Musicali (Musical Memories) (first Wednesday of the month)	Jan 2—Mar 6	11:15 - 12:45 pm	Welcome Room
Lunch Program	Jan 2—Mar 27	11:30 - 1:00 pm	Kitchen
Bid Euchre	Jan 2—Mar 27	1:00 - 3:30 pm	Centre 2
THURSDAYS 12 weeks no programs March 14			
HOPE English Beginner taught in Spanish	Jan 3—Mar 28	9:00 - 10:30 am	MK Room
Nordic Pole Walking	Jan 3—Mar 28	10:45 - 11:45 am	Hallway
Easy Spanish Class	Jan 3—Mar 28	11:00 - 12:30 pm	MK Room
Lunch Program	Jan 3—Mar 28	11:30 - 1:00 pm	Kitchen
Cribbage	Jan 3—Mar 28	1:00 - 3:00 pm	MK Room
FRI DAYS 13 weeks			
English Circle Conversation	Jan 4 - Mar 29	10:00 - 11:30 am	MK Room
Lunch Program	Jan 4 - Mar 29	11:30 - 1:00 pm	Kitchen
AA Meeting	Jan 4 - Mar 29	12:00 - 1:00 pm	MK Room
Shuffleboard	Jan 4 - Mar 29	1:00 - 3:30 pm	Centre 2
Social Bridge	Jan 4 - Mar 29	1:00 - 3:30 pm	Games Room
Craft Club Social	Jan 4 - Mar 29	1:05 - 3:30 pm	MK Room
Movie Afternoon	Jan 4 - Mar 29	1:30 - 3:30 pm	Welcome Room
SATURDAYS			
Book Club at the Weston Library (Last Saturday of the Month)	Jan 26 - Mar 30	9:30 - 11:00 am	The Weston Library (2 King St. children's department)