

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>11 weeks Centre is closed February 17</b>					
Seated Pedaling - Beginner - <b>NEW</b>	Kharen	Jan 6 - Mar 23	9:15 - 9:45 am	\$11.00	Centre 1
Stretch and Tone	Jenni	Jan 6 - Mar 23	10:00 - 11:00 am	\$41.25	Centre 2
Open Circuit Workout - <b>now longer</b>	Corinne	Jan 6 - Mar 30	10:00 - 12:00 pm	Drop in fee \$1.00	Centre 1
Bone Builders	Jenni	Jan 6 - Mar 23	11:05 - 12:05 pm	\$41.25	Centre 2
Hand Dance	Karen	Jan 6 - Mar 23	12:30 - 1:00 pm	\$21.00	Games Room
Line Dancing - Intermediate	Karen	Jan 6 - Mar 23	1:15 - 2:45 pm	\$62.00	Centre 2
<b>TUESDAYS</b>					
<b>12 weeks</b>					
Body Boot Camp - Adapted	Jenni	Jan 7 - Mar 24	8:35 - 9:35 am	\$12.00	Centre 1 & 2
Fit for Life	Corinne	Jan 7 - Mar 24	9:45 - 10:45 am	\$45.00	Centre 1 & 2
Low Stress Chair Fit	Corinne	Jan 7 - Mar 24	10:50 - 11:50 am	\$45.00	Centre 1 & 2
Watercolour Painting Techniques - <b>now longer</b>	Susan M.	Jan 7 - Mar 24	1:00 - 3:30 pm	\$112.50	Games Room
Body Boot Camp	Karen	Jan 7 - Mar 24	1:30 - 2:30 pm	\$12.00	Centre 1 & 2
<b>WEDNESDAYS</b>					
<b>11 weeks No programs March 11</b>					
Stretch & Tone 1	Lucy	Jan 8 - Mar 25	9:00 - 10:00 am	\$41.25	Centre 2
Tap Dance - <b>all levels</b> - <b>NEW</b>	Kharen	Jan 8 - Mar 25	10:00 - 11:00 am	\$41.25	Centre 1
Bone Builders	Lucy	Jan 8 - Mar 25	10:05 - 11:05 am	\$41.25	Centre 2
Stretch and Tone 2	Lucy	Jan 8 - Mar 25	11:10 - 12:10 pm	\$41.25	Centre 2
Pilates	Corinne	Jan 8 - Mar 25	11:30 - 12:15 pm	\$41.25	Centre 1
Drum Fitness - Seated	Karen	Jan 8 - Mar 25	12:30 - 1:30 pm	\$41.25	Centre 1
Mural Workshop (8 weeks) - <b>NEW</b>	Jim	Jan 8 - Feb 26	1:00 - 3:00 pm	\$ Free	MK Room
Line Dancing - Absolute Beginners	Karen	Jan 8 - Mar 25	2:00 - 3:00 pm	\$41.25	Centre 1
<b>THURSDAYS</b>					
<b>12 weeks</b>					
Low Impact Fitness	Julie	Jan 9 - Mar 26	9:30 - 10:30 am	\$45.00	Centre 1 & 2
Chair Yoga	Abhi	Jan 9 - Mar 26	10:45 - 11:45 am	\$45.00	Centre 2
Line Dancing - Beginners	Karen	Jan 9 - Mar 26	11:00 - 12:00 pm	\$45.00	Centre 1
Yoga	Abhi	Jan 9 - Mar 26	12:00 - 1:00 pm	\$45.00	Games Room
Line Dancing - Improvers	Karen	Jan 9 - Mar 26	12:00 - 1:30 pm	\$67.50	Centre 1
Low Stress Chair Fit - <b>time change</b>	Julie	Jan 9 - Mar 26	12:45 - 1:45 pm	\$45.00	Centre 2
Tai Chi	Marilyn	Jan 9 - Mar 26	1:45 - 2:45 pm	\$45.00	Centre 1
<b>FRIDAYS</b>					
<b>12 weeks</b>					
Zoomba - High Intensity	Kharen	Jan 10 - Mar 27	9:00 - 9:45 am	\$45.00	Centre 1 & 2
Watercolour Painting	Susan M.	Jan 10 - Mar 27	9:30 - 11:30 am	\$90.00	Games Room
Get up and Go Fitness	Kharen	Jan 10 - Mar 27	10:00 - 11:00 am	\$45.00	Centre 2
Clogging - <b>all levels</b>	Shirley	Jan 10 - Mar 27	10:00 - 11:30 am	\$67.50	Centre 1
Seated Pedaling - Advanced - <b>NEW</b>	Kharen	Jan 10 - Mar 27	11:15 - 11:45 am	\$12.00	Centre 2
Drum Fitness - Standing - Advanced	Karen	Jan 10 - Mar 27	12:00 - 1:00 pm	\$45.00	Centre 1
<b>SATURDAYS</b>					
<b>13 weeks</b>					
Open Circuit Workout	Karen	Jan 4 - Mar 28	8:30 - 10:00 am	Drop in fee \$1.00	Centre 1 & 2

Instructional programs are proudly supported by



PROGRAM	DATE	TIME	ROOM
<b>MONDAYS</b> 11 weeks Centre is closed February 17			
French Class	Jan 6 - Mar 23	10:00 - 11:00 am	MK Room
Nordic Pole Walking (Italian)	Jan 6 - Mar 23	10:30 - 11:30 am	Games Room
Logic Games (in Italian)	Jan 6 - Mar 23	11:30 - 12:15 pm	Games Room
Lunch Program	Jan 6 - Mar 23	11:30 - 1:00 pm	Kitchen
AA Meeting	every Mon. except stat holidays	12:00 - 1:00 pm	MK Room
Bingo	Jan 6 - Mar 23	1:30 - 3:30 pm	Centre 1
Mindful Monday Adult Colouring	Jan 6 - Mar 23	2:00 - 3:30 pm	Games Room
<b>TUESDAYS</b> 12 weeks			
HOPE - English for Beginners (taught in Spanish)	Jan 7 - Mar 24	9:00 - 10:30 am	MK Room
Low Vision Craft Group	Jan 7 - Mar 24	10:00 - 12:00 pm	Games Room
Lunch Program	Jan 7 - Mar 24	11:30 - 1:00 pm	Kitchen
Low Vision Support Group (first Tuesday of each month)	Jan 7 - Mar 24	1:00 - 3:00 pm	MK Room
Beginners Bridge	Jan 7 - Mar 24	1:00 - 3:30 pm	MK Room/Hallway
TV Series Afternoon	Jan 7 - Mar 24	1:30 - 3:30 pm	Welcome Room
<b>WEDNESDAYS</b> 11 weeks No programs March 11			
Friendship Group	Jan 8 - Mar 25	9:30 - 2:00 pm	Games Room (front)
Knit and Stitch	Jan 8 - Mar 25	10:00 - 12:00 pm	Games Room (back)
Italian Conversation Group	Jan 8 - Mar 25	10:30 - 12:00 pm	Welcome Room
Lunch Program	Jan 8 - Mar 25	11:30 - 1:00 pm	Kitchen
Bid Euchre	Jan 8 - Mar 25	1:00 - 3:30 pm	Centre 2
<b>THURSDAYS</b> 13 weeks			
HOPE - English for Beginners (taught in Spanish)	Jan 2 - Mar 26	9:00 - 10:30 am	MK Room
Easy Spanish Class	Jan 2 - Mar 26	11:00 - 12:30 pm	MK Room
Lunch Program	Jan 2 - Mar 26	11:30 - 1:00 pm	Kitchen
Cribbage	Jan 2 - Mar 26	1:00 - 3:00 pm	MK Room
<b>FRIDAYS</b> 13 weeks			
Lunch Program	Jan 3 - Mar 27	11:30 - 1:00 pm	Kitchen
AA Meeting	Jan 3 - Mar 27	12:00 - 1:00 pm	MK Room
Shuffleboard	Jan 3 - Mar 27	1:00 - 3:30 pm	Centre 2
Social Bridge	Jan 3 - Mar 27	1:00 - 3:30 pm	Games Room
Craft Club Social	Jan 3 - Mar 27	1:05 - 3:30 pm	MK Room
Movie Afternoon	Jan 3 - Mar 27	1:30 - 3:30 pm	Welcome Room
<b>SATURDAYS</b>			
Book Club at the Weston Library (Last Saturday of the Month)	Jan 25 - Mar 28	9:30 - 11:00 am	The Weston Library (2 King St. children's department)