

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

PROGRAM	INSTRUCTOR	DATE	TIME	COST	FACILITA-
MONDAYS					
8 weeks no programs August 3					
Circuit Training - new	Corinne	Jun 29 - Aug 24	9:30 - 10:30 am	free	Rocio
Pure Stretch - new	Susan D.	Jun 29 - Aug 24	10:45 - 11:15 am	free	Rocio
Bone Builders	Kharen	Jun 29 - Aug 24	11:30 - 12:30 pm	free	Rocio
Seated Pedaling - Beginner	Kharen	Jun 29 - Aug 24	12:45 - 1:15 pm	free	Rocio
TUESDAYS					
9 weeks					
Fit for Life	Susan D.	Jun 30 - Aug 25	9:15 - 10:15 am	free	Joanne
Low Stress Chair Fit - by phone	Susan D.	Jun 30 - Aug 25	10:30 - 11:15 am	free	Dave
Watercolour Painting	Susan M.	Jun 30 - Aug 25	11:45 - 1:15 pm	free	Allegra
WEDNESDAYS					
8 weeks no programs July 1					
Stretch & Tone	Lucy	Jul 8 - Aug 26	9:00 - 10:00 am	free	Danna
Bone Builders	Lucy	Jul 8 - Aug 26	10:15 - 11:15 am	free	Danna
Pilates	Corinne	Jul 8 - Aug 26	11:30 - 12:15 pm	free	Danna
Seated Pedaling - all levels	Kharen	Jul 8 - Aug 26	11:45 - 12:15 pm	free	Joanne
Tap Dance - all levels for fun - no shoes	Kharen	Jul 8 - Aug 26	12:30 - 1:30 pm	free	Joanne
THURSDAYS					
9 weeks					
Low Stress Chair Fit - by phone	Julie	Jul 2 - Aug 27	9:30 - 10:30 am	free	Dave
Yoga	Abhi	Jul 2 - Aug 27	9:30 - 10:30 am	free	Joanne
Line Dancing - Beginners	Karen	Jul 2 - Aug 27	11:00 - 12:00 pm	free	Suzanne
Line Dancing - Improvers	Karen	Jul 2 - Aug 27	1:30 - 2:30 pm	free	Suzanne
Hand Dance	Karen	Jul 2 - Aug 27	2:45 - 3:15 pm	free	Suzanne
FRIDAYS					
9 weeks					
Get up and Go Fitness	Kharen	Jul 3 - Aug 28	11:00 - 12:00 pm	free	Joanne
Seated Pedaling - Advanced	Kharen	Jul 3 - Aug 28	12:15 - 12:45 pm	free	Joanne
SATURDAYS					
9 weeks					
Body Boot Camp/Modified	Karen	Jul 4 - Aug 29	8:30 - 9:30 am	free	Bonnie
Low Stress Chair Fit - by phone - new	Julie	Jul 4 - Aug 29	9:45 - 10:45 am	free	Bonnie

To register, email the staff member of the program:

allegra@ywalc.ca
bonnie@ywalc.ca
danna@ywalc.ca
dave@ywalc.ca
joanne@ywalc.ca
rocio@ywalc.ca
suzanne@ywalc.ca

The staff member will email/call each week the day before your program with the link to the program.

Instructional programs are proudly supported by



PROGRAM	STAFF	DATE	TIME	INSTR/ CONV
MONDAY				
8 weeks no programs August 3 - Civic Holiday				
The Tempest Summer Story Workshop (7 weeks)	Danna	Jun 29 - Aug 17	10:00 - 11:00 am	Pete
French Class - for beginners	Allegra	Jun 29 - Aug 24	12:45 - 1:45 pm	Claudia
French Class	Allegra	Jun 29 - Aug 24	2:00 - 3:00 pm	Claudia
TUESDAYS				
9 weeks				
HOPE - English for Beginners (taught in Spanish)	Rocio	Jun 30 - Aug 25	9:00 - 10:00 am	Connie
HOPE - Social Hour	Rocio	Jun 30 - Aug 25	10:00 - 11:00 am	Rocio
Low Vision Support Group (first Tues. of each month)	Allegra	Jun 30 - Aug 25	2:00 - 3:30 pm	Bruno I.
WEDNESDAYS				
8 weeks no programs July 1 - Canada Day				
Friendship Group	Allegra	Jul 8 - Aug 26	9:00 - 10:30 am	Marg G.
Italian Conversation Group	Allegra	Jul 8 - Aug 26	11:00 - 12:30 pm	Allegra
Simply Cooking	Suzanne/ Danna	Jul 8 - Aug 26	1:30 - 3:00 pm	Various
THURSDAYS				
9 weeks				
Morning Coffee Group	Allegra	Jul 2 - Aug 27	9:30 - 10:30 am	Your Kitchen Volunteers
HOPE - English for Beginners (taught in Spanish)	Rocio	Jul 2 - Aug 27	9:30 - 11:30 am	Natasha
HOPE - Social Hour	Rocio	Jul 2 - Aug 27	10:30 - 11:30 am	Rocio
Easy Spanish Class	Rocio	Jul 2 - Aug 27	12:00 - 1:30 pm	Connie
FRIDAYS				
9 weeks				
This Is Us: A Coming to	Allegra	Jul 3 - Aug 28	10:00 - 11:30 am	Allegra
Craft Club Social	Allegra	Jul 3 - Aug 28	1:00 - 3:00 pm	Chriss H.

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1901 Weston Road / 416.245.4395

info@ywalc.ca www.ywalc.ca