



SPRING 2024 PROGRAM SCHEDULE

PHYSICAL WELL-BEING

MONDAY - No classes on May 20

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Stretchalates	Lyse	Gym 003	9 am – 9:55 am	April 8 - June 10	9	\$ 48
Fit for Life 2	Sharon	Gym 019	9:15 am – 10:10 am	April 8 - June 10	9	\$ 48
Balance Fit	Lyse	Gym 003	10 am – 10:55 am	April 8 - June 10	9	\$ 48
Fit for Life 1	Sharon	Gym 019	10:20 am – 11:15 am	April 8 - June 10	9	\$ 48
Balance and Mobility	Lyse	Gym 003	11 am – 11:55 am	April 8 - June 10	9	\$ 48
Fit for Life 3	Lynn	Gym 019	11:25 am – 12:20 pm	April 8 - June 10	9	\$ 48
Zumba Gold	Jackie	Gym 019	12:30 pm - 1:25pm	April 8 - June 10	9	\$ 48

TUESDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Ease into Exercise	Fiona	Gym 019	10:15 am – 11:10 am	April 2 - June 11	11	\$ 58
Fit For Life 2	Fiona	Gym 019	11:20 am – 12:15 pm	April 2 - June 11	11	\$ 58
Tai Chi Kung 1& 2	Colin	Gym 003	11:20 am – 12:15 pm	April 2 - June 11	11	\$ 58
Pilates and Props	Lynn	Gym 019	1:15 pm - 2:10 pm	April 2 - June 11	11	\$ 58
Line Dancing 1*	Nathalie	Banquet	1 pm – 2:15 pm	April 2 - June 11	12	\$ 79
Line Dancing 4*	Nathalie	Banquet	2:20 pm – 3:35 pm	April 2 - June 11	12	\$ 79
Line Dancing 2*	Nathalie	Banquet	3:45 pm – 4:55 pm	April 2 - June 11	12	\$ 79

WEDNESDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Hatha & Flow Fusion	Subanki	Gym 003	8:45 am – 9:55 am	April 3 - June 12	11	\$ 63
Fit for Life 2	Sharon	Gym 019	9:15 am – 10:10 am	April 3 - June 12	11	\$ 58
Gentle Yoga	Lyse	Gym 003	10:10 am - 11:25 am	April 3 - June 12	11	\$ 63
Fit for Life 1	Sharon	Gym 019	10:20 am – 11:15 am	April 3 - June 12	11	\$ 58
Chair Yoga	Lyse	Gym 003	11:30 am - 12:25 pm	April 3 - June 12	11	\$ 58
Dance Fusion	Lindsay	Gym 019	11:30 am - 12:25 pm	April 3 - June 12	11	\$ 58
Stretch & Strength for Vitality	Lynn	Gym 019	1:20 pm – 2:15 pm	April 3 - June 12	11	\$ 58

THURSDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Tai Chi Kung 1	Colin	Gym 003	10:15 am - 11:10 am	April 4 - June 13	11	\$58
Tai Chi Kung 2	Colin	Gym 003	11:20 am – 12:15 pm	April 4 - June 13	11	\$58
Circuit Training for Men	Marc	Gym 019	10 am – 10:55 am	April 4 - June 13	11	\$58
Circuit Training for All	Marc	Gym 019	11 am – 11:55 am	April 4 - June 13	11	\$58
Ease into Exercise	Fiona	Gym 019	1 pm - 1:55 pm	April 4 - June 13	11	\$58
Line Dancing One Wall*	Nathalie	Gym 003	1 pm - 2 pm	April 4 - June 13	11	\$ 58
Line Dancing 3*	Nathalie	Gym 003	2:05 pm - 3:20 pm	April 4 - June 13	11	\$ 72
Yoga **	Subanki	Gym 003	4:30 pm - 5:25 pm	April 4 - June 13	10	\$53
Zumba Gold **	TBD	Gym 003	5:30 pm - 6:25 pm	April 4 - June 13	10	\$53



FRIDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Intro to Hatha Yoga	Subanki	Gym 019	9 am - 9:55 am	April 5 - June 14	11	\$ 58
Fit for Life 3	Maya	Gym 019	10:30 am – 11:25 am	May 3 - June 14	7	\$ 38
Exercise for Arthritis AWISH	Beverly	Gym 003	11 am – 12:30pm	April 5 - June 7	10	\$ 88
Fit for Life 2	Maya	Gym 019	11:30 am – 12:25 pm	May 3 - June 14	7	\$ 38
Stretchalates	Lyse	ZOOM	11:30 am - 12:25 pm	April 5 - June 14	11	\$ 58
Fit for Life 1	Maya	Gym 019	12:30 pm - 1:25pm	May 3 - June 14	7	\$ 38

SUNDAY - No classes on May 19

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Fit for Life 3	Lynn	Gym 003	11 am - 11:55 am	April 7 - June 16	10	\$53

* The line dancing party on June 18 is included in the price

No Line Dancing on Thursday, May 9

** Yoga / Zumba: No class on Thursday, May 30

The club is closed Monday, April 1 (Easter Monday), Monday May 20 (Victoria Day) and Monday June 24 (St-Jean)

See Program Guide for course descriptions