

## WINTER 2023 PROGRAM SCHEDULE

### PHYSICAL WELL-BEING

#### MONDAY

COURSE	INSTRUCTOR	LOCATION	TIME	DATES	# WEEKS	COST	✓
Stretchalates	Lyse	Gym 003	9 am – 9:55 am	Jan 9 – March 20	11	\$ 55	
Fit for Life 2	Sharon	Gym 019	9:15 am – 10:10 am	Jan 9 – March 20	11	\$ 55	
Balance Fit	Lyse	Gym 003	10 am – 10:55 am	Jan 9 – March 20	11	\$ 55	
Fit for Life 1	Sharon	Gym 019	10:15 am – 11:10 am	Jan 9 – March 20	11	\$ 55	
Balance and Mobility	Lyse	Gym 003	11 am – 11:55 am	Jan 9 – March 20	11	\$ 55	
Fit for Life 3	Lynn	Gym 019	11:15 am – 12:10 pm	Jan 9 – March 20	11	\$ 55	
Zumba Gold	Rivky	Gym 019	12:30 pm - 1:25pm	Feb 6 - March 13	6	20 \$	
Zumba Chair	Rivky	Gym 019	1:30 pm - 2:25	Feb 6 - March 13	6	20 \$	

#### TUESDAY

COURSE	INSTRUCTOR	LOCATION	TIME	DATES	# WEEKS	COST	✓
Gentle Yoga	Lyse	Gym 003	9 am – 9:55 am	Jan 10 – March 21	11	\$ 55	
Fit for Life 3*	Maya	Gym 019	9:15 am – 10:10 am	Jan 10 – March 21	10	\$ 50	
Yoga Chair	Lyse	Gym 003	10 am – 10:55 am	Jan 10 – March 21	11	\$ 55	
Fit for Life 2*	Maya	Gym 019	10:15 am – 11:10 am	Jan 10 – March 21	10	\$ 50	
Chi Kung	Colin	Gym 003	11 am – 11:55 am	Jan 10 – March 21	11	\$ 55	
Fit for Life 1*	Maya	Gym 019	11:15 am – 12:10 pm	Jan 10 – March 21	10	\$ 50	
Line Dancing 1	Nathalie	Gym 003	1 pm – 2:15 pm	Feb 7 – March 21	7	\$ 40	
Line Dancing 4	Nathalie	Gym 003	2:20 pm – 3:35 pm	Feb 7 – March 21	7	\$ 40	
Line Dancing 2	Nathalie	Gym 003	3:40 pm – 4:55 pm	Feb 7 – March 21	7	\$ 40	

#### WEDNESDAY

COURSE	INSTRUCTOR	LOCATION	TIME	DATES	# WEEKS	COST	✓
Hatha Yoga	Subanki	Gym 003	9 am – 9:55 am	Jan 11 - March 22	11	\$ 55	
Fit for Life 2	Sharon	Gym 019	9:15 am – 10:10 am	Jan 11 - March 22	11	\$ 55	
Fit for Life 1	Sharon	Gym 019	10:15 am – 11:10 am	Jan 11 - March 22	11	\$ 55	
Stretchalates	Lyse	Online	10:30 am – 11:30 am	Jan 11 - March 22	11	\$ 55	
Stretch & Strength for Vitality	Lynn	Gym 003	1 pm – 1:55 pm	Jan 11 - March 22	11	\$ 55	

#### THURSDAY

COURSE	INSTRUCTOR	LOCATION	TIME	DATES	# WEEKS	COST	✓
Yogalates	Lynn	Gym 003	9 am – 9:55 am	Jan 12 - March 23	11	\$ 55	
Fit for Life 3*	Maya	Gym 019	9 :15 am – 10:10 am	Jan 12 - March 23	10	\$ 50	
Tai Chi Kung 1	Colin	Gym 003	10 am – 10:55 am	Jan 12 - March 23	11	\$ 55	
Fit for Life 2*	Maya	Gym 019	10:15 am – 11:10 am	Jan 12 - March 23	10	\$ 50	
Tai Chi Kung 2	Colin	Gym 003	11 am – 11:55 am	Jan 12 - March 23	11	\$ 55	
Fit for Life 1*	Maya	Gym 019	11:15 am – 12:10 am	Jan 12 - March 23	10	\$50	
Dance Fit	Lindsay	Gym 019	1:30 pm - 2:25 pm	Feb 2 - Feb 23	4	\$12	
Line Dancing One Wall	Nathalie	Gym 003	2:30 pm – 3:25pm	Feb 9 - March 23	7	\$40	
Line Dancing 3	Nathalie	Gym 003	3:30 pm – 4:45pm	Feb 9 - March 23	7	\$40	

#### FRIDAY

COURSE	INSTRUCTOR	LOCATION	TIME	DATES	# WEEKS	COST	✓
Exercise for arthritis AWISH	Beverly	Gym 003	11 am – 12:30pm	Jan 13 - March 24	11	\$ 95	

**Maya class: No classes on February 28 and March 2**

See Program Guide for course descriptions