

FALL 2024 Programs Guide



Monday

- Strength, Mobility and Power Training with David #6220** 9:30 am - 10:30 am
Sep 23 - Dec 9 (10 Weeks) (\$125.00)
- (Beginner) Line Dance with Julian [Step 1] #6224** 10:30 am - 11:30 am
Nov 4 - Dec 9 (5 Weeks) (\$67.50)
- 50+ Seated Yoga for Flexibility (Monday) #6230** 1:45 pm - 2:45 pm
Sep 16 - Dec 2 (10 Weeks) (\$150.00)

Tuesday

- Pre-Reg Pickleball Tuesdays** 10:30 am - 12:30 pm
[Registration opens on Tuesday the week before] (\$5.00)
- [ART] Watercolour Painting: Intermediate #6221** 1:30 pm - 3:30 pm
Sep 24 - Nov 26 (10 Weeks) (\$280.00)
- 50+ Gentle Seated Strength & Stretch #6228** 1:45 pm - 2:45 pm
Sep 17 - Dec 10 (12 Weeks) (\$180.00)
- (Evening) Total Body Workout with Leanne #6222** 7:30 pm - 8:30 pm
Oct 15 - Dec 10 (8 Weeks) (\$105.00)
- (Beginner/Novice) Pickleball Lessons #6233** 7:30 pm - 9:00 pm
Sep 24 - Oct 22th (5 Weeks) (\$125.00)
- (Novice/Inter) Pickleball Lessons #6241** 7:30 pm - 9:00 pm
Nov 5 - Dec 3th (5 Weeks) (\$125.00)



Wednesday

- (Daytime Floor) Hatha Yoga with Tanya #6226** 10:00 am - 11:00 am
Sep 25 - Dec 11 (11 Weeks) (\$165.00)
- (Beginner/Novice) Pickleball Lessons #6232** 11:15 am - 12:45 pm
Sep 25 - Oct 23th (5 Weeks) (125.00)
- (Novice/Inter) Pickleball Lessons #6240** 11:15 am - 12:45 pm
Nov 6 - Dec 4th (5 Weeks) (125.00)
- 50+ Semi-Seated Variety Wednesday's #6231** 1:45 pm - 2:45 pm
Sep 18 - Dec 11 (12 Weeks) (\$180.00)

Thursday

- (Intermediate) Line Dance with Julian [Step 3] #6225** 9:00 am - 10:30 am
Nov 21 - Dec 12 (4 Weeks) (\$60.00)
- Indoor Walking Club #6247** 12:30 pm - 1:30 pm
Sep 19 - Dec 12 (13 Weeks) (\$15.00)
FREE with Membership!
- (Evening) Hatha & Restore Yoga with Tanya #6227** 5:30 pm - 6:30 pm
Sep 26 - Dec 12 (11 Weeks) (\$165.00)

Friday

- 50+ Seniors Balance & Bones #6219** 10:15 am - 11:15 am
Sep 27 - Dec 13 (12 Weeks) (\$150.00)
- Pre-Reg Pickleball Fridays** 10:30 am - 12:30 pm
[Registration opens on Friday the week before] (\$5.00)
- Children's Multi-Movement with Holly #6242** 1:30 pm - 2:15 pm
Oct 4 - Dec 6 (10 Weeks) (\$100.00)



Scan the QR Code to
Register online

