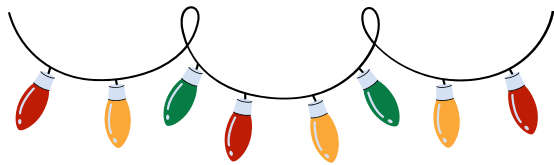


Winter 2025 Programs Guide



Monday

Strength, Mobility and Power Training with David #6362 Jan 13 - Mar 24 (10 Weeks)	9:30 am - 10:30 am (\$125.00)
(Beginner) Line Dance with Julian [Step 1] #6368 Jan 13 - Mar 24 (10 Weeks)	10:30 am - 11:30 am (\$135.00)
50+ Seated Yoga for Flexibility (Monday) #6371 Jan 13 - Mar 17 (9 Weeks)	1:45 pm - 2:45 pm (\$135.00)

Tuesday

Pre-Reg Pickleball Tuesdays [Registration opens on Tuesday the week before]	10:15 am - 12:45 pm (\$5.00/\$8.00)
[ART] Watercolour Painting: Intermediate #6367 Jan 14 - Mar 18 (10 Weeks)	1:30 pm - 3:30 pm (\$280.00)
50+ Gentle Seated Strength & Stretch #6372 Jan 14 - Mar 18 (10 Weeks)	1:45 pm - 2:45 pm (\$150.00)
(Evening) Foundations Yoga with Terri #6345 Jan 14 - Mar 4 (8 Weeks)	5:00 pm - 6:00 pm (\$120.00)
(Evening) Total Body Workout with Leanne #6370 Jan 14 - Mar 18 (10 Weeks)	6:30 pm - 7:30 pm (\$130.00)
(Novice/Inter) Pickleball Lessons #6359 Jan 14 - Feb 11 (5 Weeks)	7:30 pm - 9:00 pm (\$125.00)
(Beginner/Novice) Pickleball Lessons #6360 Feb 25 - Mar 25 (5 Weeks)	7:30 pm - 9:00 pm (\$125.00)

Wednesday

(Daytime Floor) Hatha Yoga with Tanya #6374 Jan 8 - Mar 12 (10 Weeks)	10:00 am - 11:00 am (\$150.00)
(Beginner/Novice) Pickleball Lessons #6358 Jan 15 - Feb 12 (5 Weeks)	10:30 am - 12:00 pm (\$125.00)
(Novice/Inter) Pickleball Lessons #6361 Feb 26 - Mar 26 (5 Weeks)	10:30 am - 12:00 pm (\$125.00)
50+ Semi-Seated Variety Wednesday's #6373 Jan 8 - Mar 12 (10 Weeks)	1:45 pm - 2:45 pm (\$150.00)

Thursday

(Intermediate) Line Dance with Julian [Step 3] #6369 Jan 16 - Mar 20 (10 Weeks)	9:00 am - 10:30 am (\$145.00)
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FREE with Membership!

Indoor Walking Club (Monday & Thursday) #6366 Jan 9 - Mar 27 (12 Weeks)	12:30 pm - 1:30 pm (\$30.00)
Social Seniors Jan 9 - Mar 27	1:30 pm - 3:30 pm

(Evening) Hatha & Restore Yoga with Tanya #6375 Jan 9 - Mar 13 (9 Weeks)	5:30 pm - 6:30 pm (\$135.00)
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Friday

50+ Seniors Balance & Bones #6363 Jan 17 - Mar 21 (10 Weeks)	10:15 am - 11:15 am (\$125.00)
Pre-Reg Pickleball Fridays [Registration opens on Friday the week before]	10:15 am - 12:45 pm (\$5.00/\$8.00)
50+ Semi-Seated Flex & Flow Fridays #6376 Jan 10 - Mar 14 (9 Weeks)	1:45 pm - 2:45 pm (\$135.00)

New Programs

NEW

Sundays!

Children & Youth Skipping Club #6353 Jan 19 - Mar 23 (8 Weeks)	11:20 am - 12:20 pm (\$100.00)
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Tuesdays & Thursdays!

Strong at Every StAGE with David #6365 Jan 28 - Mar 6 (6 Weeks)	1:30 pm - 2:30 pm (\$150.00)
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Scan the QR Code
to Register online

