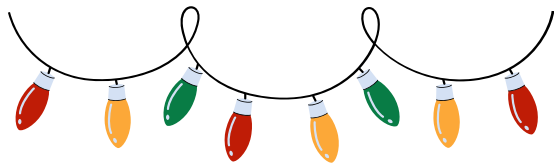


# Winter 2025 Programs Guide



## Monday

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

## Tuesday

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

## Wednesday

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

## Thursday

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

<b>Indoor Walking Club (Monday &amp; Thursday) #6366</b> Jan 9 - Mar 27 (12 Weeks)	<b><u>[MON] 1:30 pm - 2:30 pm</u></b> <b><u>[THU] 12:30 pm - 1:30 pm</u></b> (\$30.00)
<b>Social Seniors</b> Jan 9 - Mar 27	<b><u>1:30 pm - 3:30 pm</u></b>

<b>(Evening) Hatha &amp; Restore Yoga with Tanya #6375</b> Jan 9 - Mar 13 (9 Weeks)	<b><u>5:30 pm - 6:30 pm</u></b> (\$135.00)
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## Friday

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

## New Programs

### Sundays!

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

<b>Strong at Every StAGE with David #6365</b> Jan 28 - Mar 6 (6 Weeks)	<b><u>1:30 pm - 2:30 pm</u></b> (\$150.00)
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NEW

Scan the QR Code  
to Register online

