

SPRING PROGRAMS



Monday

- Strength, Mobility and Power Training with David #6486** **(\$100.00)**
Apr 7 - Jun 9 (8 Weeks)
9:30 am - 10:30 am
- (Beginner) Line Dance with Julian [Step 1] #6477** **(\$125.00)**
Apr 7 - Jun 16 (9 Weeks)
10:30 am - 11:30 am
- Gentle Yoga with Terri #6433** **(\$135.00)**
Apr 7 - Jun 16 (9 Weeks)
11:30 am - 12:30 am
- 50+ Seated Yoga for Flexibility (Monday) #6482** **(\$135.00)**
Mar 31 - Jun 9 (9 Weeks)
1:45 pm - 2:45 pm

Tuesday

- Pre-Reg Pickleball Tuesdays** **(\$5.00)**
[Registration opens on Tuesday the week before]
10:15 am - 12:45 pm **(\$8.00)**
- [ART] Intermediate Watercolour Painting: #6474** **(\$280.00)**
Apr 8 - Jun 10 (10 Weeks)
1:30 pm - 3:30 pm
- 50+ Gentle Seated Strength & Stretch #6483** **(\$150.00)**
Apr 1 - Jun 3 (10 Weeks)
1:45 pm - 2:45 pm
- (Evening) Total Body Workout #6476** **(\$110.00)**
Apr 8 - May 27 (8 Weeks)
6:30 pm - 7:30 pm
- (Novice/Inter) Pickleball Lessons #6438** **(\$125.00)**
Apr 8 - May 6 (5 Weeks)
7:30 pm - 9:00 pm
- (Beginner/Novice) Pickleball Lessons #6471** **(\$125.00)**
May 20 - Jun 17 (5 Weeks)
7:30 pm - 9:00 pm

Wednesday

- (Daytime Floor) Hatha Yoga with Tanya #6480** **(\$150.00)**
Apr 2 - Jun 4 (10 Weeks)
10:00 am - 11:00 am
- (Beginner/Novice) Pickleball Lessons #6473** **(\$125.00)**
Apr 9 - May 7 (5 Weeks)
10:30 am - 12:00 pm
- (Novice/Inter) Pickleball Lessons #6472** **(\$125.00)**
May 21 - Jun 18 (5 Weeks)
10:30 am - 12:00 pm

Thursday

- (Intermediate) Line Dance with Julian [Step 3] #6478** **(\$145.00)**
Apr 10 - Jun 5 (9 Weeks)
9:00 am - 10:30 am

FREE with Membership!

- Indoor Walking Club (Monday & Thursday) #6479** **(\$30.00)**
Apr 7 - Jun 19 (10 Weeks)
1:30 pm - 2:30 pm
- Social Seniors (Members Only)**
Apr 3 - Jun 19
10:00 am - 12:00 pm & 1:30 pm - 3:30 pm

- (Evening) Hatha & Restore Yoga with Tanya #6481** **(\$150.00)**
Apr 3 - Jun 5 (10 Weeks)
5:30 pm - 6:30 pm

Friday

- 50+ Seniors Balance & Bones #6485** **(\$115.00)**
Apr 4 - Jun 6 (9 Weeks)
10:15 am - 11:15 am
- Pre-Reg Pickleball Fridays** **(\$5.00)**
[Registration opens on Friday the week before]
10:15 am - 12:45 pm **(\$8.00)**
- 50+ Semi-Seated Flex & Flow Fridays #6484** **(\$120.00)**
Apr 4 - May 30 (8 Weeks)
1:45 pm - 2:45 pm

Scan the QR Code to view all our programs/Register online!



(Please Note: Not all programs are listed on our Program Guide & program details may be subject to change)