SPRING PROGRAMS

MID-SUN COMMUNITY

Monday

Strength, Mobility and Power Training with David #6486
Apr 7 - Jun 9 *(8 Weeks)*
9:30 am - 10:30 am
($100.00)

(Beginner) Line Dance with Julian [Step 1] #6477
Apr 7 - Jun 16 *(9 Weeks)*
10:30 am - 11:30 am
($125.00)

Gentle Yoga with Terri #6433
Apr 7 - Jun 16 *(9 Weeks)*
11:30 am - 12:30 am
($135.00)

50+ Seated Yoga for Flexibility (Monday) #6482
Mar 31 - Jun 9 *(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] Intermediate Watercolour Painting: #6474
Apr 8 - Jun 10 (10 Weeks)
1:30 pm - 3:30 pm
($280.00)

50+ Gentle Seated Strength & Stretch #6483
Apr 1 - Jun 3 *(10 Weeks)*
1:45 pm - 2:45 pm
($150.00)

(Evening) Total Body Workout #6476
Apr 8 - Jun 10 (10 *Weeks)*
6:30 pm - 7:30 pm
($135.00)

(Novice/Inter) Pickleball Lessons #6438
Apr 8 - May 6 *(5 Weeks)*
7:30 pm - 9:00 pm
($125.00)

***(Beginner/*Novice) Pickleball Lessons #6471**
May 20 - Jun 17 (5 Weeks)
7:30 pm - 9:00 pm
($125.00)

Wednesday

(Daytime Floor) Hatha Yoga with Tanya #6480
Apr 2 - Jun 4 *(10 Weeks)*
10:00 am - 11:00 am
($150.00)

(Beginner/Novice) Pickleball Lessons #6473
Apr 9 - May 7 *(5 Weeks)*
10:30 am - 12:00 pm
($125.00)

***(*Novice/Inter) Pickleball Lessons #6472**
May 21 - Jun 18 (5 Weeks)
10:30 am - 12:00 pm
($125.00)

Thursday

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

FREE with Membership!

Indoor Walking Club (Monday & Thursday) #6479
Apr 7 - Jun 19 *(10 Weeks)*
1:30 pm - 2:30 pm
($30.00)

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
Apr 3 - Jun 5 (10 Weeks)
5:30 pm - 6:30 pm
($150.00)

Friday

50+ Seniors Balance & Bones #6485
Apr 4 - Jun 6 *(9 Weeks)*
10:15 am - 11:15 am
($115.00)

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 #6484
Apr 4 - May 30 *(8 Weeks)*
1:45 pm - 2:45 pm
($120.00)

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)