

2023 - Summer In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
MONDAY 5 weeks no program on Jul 3, 24 & Aug 7					
Seated Pedaling	Julia	Jul 10 - Aug 21	9:45 - 10:15 am	\$ 10.00	Centre 1 & 2
Zumba Gold	Julia	Jul 10 - Aug 21	10:30 - 11:30 am	\$ 18.75	Centre 1 & 2
TUESDAY 6 weeks no programs on Jul 18					
YWALC Workout Room Training Session 4 participant max. - 1 session per participant Book your week in advance	Corinne	Jul 4 - Aug 15	12:00 - 1:00 pm	\$ 1.00 per session	MK Room
YWALC Workout Room Training Session 4 participant max. - 1 session per participant Book your week in advance	Corinne	Jul 4 - Aug 15	1:15 - 2:15 pm	\$ 1.00 per session	MK Room
Watercolour Painting	Susan M	Jul 4 - Aug 15	1:00 - 3:00 pm	\$ 45.00	Games Room
WEDNESDAY 7 weeks					
Strength Interval Training	Rita	Jul 5 - Aug 16	9:00 - 10:00 am	\$ 26.25	Centre 1 & 2
Not your Regular Pilates - New	Rita	Jul 5 - Aug 16	10:15 - 11:15 am	\$ 26.25	Centre 1 & 2
THURSDAY 7 weeks					
Low Stress Chair Fit	Susan D (Temp)	Jul 6 - Aug 17	9:30 - 10:30 am	\$ 26.25	Centre 1 & 2
Line Dancing - Beginners	Karen	Jul 6 - Aug 17	11:30 - 12:30 pm	\$ 26.25	Centre 1 & 2
Line Dancing - Improvers	Karen	Jul 6 - Aug 17	1:00 - 2:30 pm	\$ 40.00	Centre 1 & 2
FRIDAY 7 weeks					
Body Boot Camp/Modified	Karen	Jul 7 - Aug 18	9:00 - 10:00 am	\$ 26.25	Centre 1 & 2
Drum Fitness	Karen	Jul 7 - Aug 18	11:00 - 12:00 pm	\$ 26.25	Centre 1 & 2

MONDAY - FRIDAY 8 weeks					
YWALC Workout Room available on a first come first served basis see Tuesday schedule for times not available. It is strongly suggested that you participate in a 1hr. training session before using the Workout Room.	unsupervised	Jul 4 - Aug 25	8:30 - 3:00 pm	\$1.00 per drop in	MK Room

**All programs are subject to enrolment and subject to change without notice.
Programs are for members only.**

Instructional programs are proudly supported by

