

2023 - Summer Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
MONDAY		5 weeks no programs Jul 3 & Aug 7			
Circuit Training	Corinne	Jul 10 - Aug 14	9:30 - 10:30 am	\$ 18.75	Allegra
BAM - Balance and Mobility	Susan D	Jul 10 - Aug 14	10:45 - 11:45 am	\$ 18.75	Allegra
Hand Dance	Karen	Jul 10 - Aug 14	12:00 - 12:30 pm	\$ 10.00	Danna
TUESDAY		6 weeks no programs on Jul 18			
Fit for Life Fusion	Susan D	Jul 4 - Aug 15	9:15 - 10:15 am	\$ 22.50	Joanne
WEDNESDAY		7 weeks			
BLT - Bum, Legs, Tummy	Corinne	Jul 5 - Aug 16	10:30 - 11:30 am	\$ 26.25	Joanne
Pilates (45mins.)	Corinne	Jul 5 - Aug 16	11:45 - 12:30 pm	\$ 26.25	Joanne
THURSDAY		7 weeks			
Zumba Gold (50 mins.)	Julia	Jul 6 - Aug 17	8:30 - 9:20 am	\$ 26.25	Allegra
Yoga	Abhi	Jul 6 - Aug 17	9:30 - 10:30 am	\$ 26.25	Suzanne
FRIDAY		7 weeks			
Posture Flex	Susan D	Jul 7 - Aug 18	9:15 - 10:15 am	\$ 26.25	Joanne

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

Instructional programs are proudly supported by



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