

## 2025 Winter In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
<b>MONDAY</b> <span style="float: right;"><b>11 weeks Centre closed Feb 17 Family Day</b></span>					
Seated Pedaling (10 Weeks no class Jan 27)	Julia	Jan 6 - Mar 24	9:45 - 10:15 am	\$18.75	Centre 1 & 2
Zumba Gold (10 weeks no class Jan 27)	Julia	Jan 6 - Mar 24	10:30 - 11:30 am	\$37.50	Centre 1 & 2
Chair Yoga	Lu	Jan 6 - Mar 24	1:00 - 2:00 pm	\$41.25	Centre 1 & 2
<b>TUESDAY</b> <span style="float: right;"><b>12 weeks</b></span>					
Hip Hop Fitness - <b>New</b>	Alison	Jan 7 - Mar 25	10:00 - 11:00 am	\$45.00	Centre 1 & 2
Get Up & Go	Kharen	Jan 7 - Mar 25	11:30 - 12:30 pm	\$45.00	Centre 1 & 2
Watercolour Painting	Susan M	Jan 7 - Mar 25	1:00 - 3:00 pm	\$90.00	Centre 1
<b>WEDNESDAY</b> <span style="float: right;"><b>11 weeks no programs Mar 19 Community Fair</b></span>					
Chair Boxing with a Kick	Julie	Jan 8 - Mar 26	9:15 - 10:15 am	\$41.25	Centre 1
Zumba Gold Chair Fusion (10 weeks no class Jan 29)	Julia	Jan 8 - Mar 26	11:15 - 12:15 pm	\$37.50	Centre 1 & 2
Gentle Fitness	Gina	Jan 8 - Mar 26	12:45 - 1:45 pm	\$41.25	Centre 1 & 2
Qi Gong	Gina	Jan 8 - Mar 26	2:00 - 3:00 pm	\$41.25	Centre 1 & 2
<b>THURSDAY</b> <span style="float: right;"><b>12 weeks</b></span>					
Low Stress Chair Fit	Karen	Jan 9 - Mar 27	10:00 - 11:00 am	\$45.00	Centre 1 & 2
Line Dancing - Beginners	Karen	Jan 9 - Mar 27	11:30 - 12:30 pm	\$45.00	Centre 1 & 2
Line Dancing - Improvers	Karen	Jan 9 - Mar 27	1:00 - 2:30 pm	\$67.50	Centre 1 & 2
<b>FRIDAY</b> <span style="float: right;"><b>11 weeks no program Feb 14 Galentines Event</b></span>					
Body Boot Camp	Karen	Jan 10 - Mar 28	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Drum Fitness - <b>New Time</b>	Karen	Jan 10 - Mar 28	11:00 - 12:00 pm	\$41.25	Centre 1 & 2
Hand Dance	Karen	Jan 10 - Mar 28	12:30 - 1:00 pm	\$21.00	Centre 2
Seated Drum Fitness	Karen	Jan 10 - Mar 28	1:30 - 2:30 pm	\$41.25	Centre 1 & 2

MONDAY - FRIDAY				
<b>YWALC Workout Room</b> available on a first come first served basis.	unsupervised	9:00 - 2:00 pm	Free with membership	MK Room

Note: Make up classes are scheduled from March 31 to April 4. If you would like to pay as you go, the drop in fee for instructional programs is \$5.00 per hr minimum.

**In person registration on Monday December 16 & Monday December 17**  
doors open at 8:30 am

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

Instructional programs are proudly supported by

