

# 2025 Winter Virtual Instructional Programs

| Program                                | Instructor | Date            | Time                        | Cost    | Zoom Host |
|--|------------|-----------------|-----------------------------|---------|-----------|
| <b>MONDAY</b>                          |            |                 |                             |         |           |
|  |            | <b>11 weeks</b> | <b>Centre closed Feb 17</b> |         |           |
| Circuit Training                       | Corinne    | Jan 6 - Mar 24  | 9:30 - 10:30 am             | \$41.25 | Julie     |
| B*A*M - Balance Alignment Mobility     | Susan D    | Jan 6 - Mar 24  | 10:45 - 11:45 am            | \$41.25 | Julie     |
| <b>TUESDAY</b>                         |            |                 |                             |         |           |
|  |            | <b>12 weeks</b> |                             |         |           |
| Fit for Life Fusion                    | Susan D    | Jan 7 - Mar 25  | 9:15 - 10:15 am             | \$45.00 | Julie     |
| Pilates (45 mins.)                     | Corinne    | Jan 7 - Mar 25  | 10:45 - 11:30 am            | \$45.00 | Julie     |
| <b>WEDNESDAY</b>                       |            |                 |                             |         |           |
|  |            | <b>11 weeks</b> | <b>no programs Mar 19</b>   |         |           |
| BLT - Bum, Legs, Tummy                 | Corinne    | Jan 8 - Mar 26  | 10:30 - 11:30 am            | \$41.25 | Julie     |
| <b>THURSDAY</b>                        |            |                 |                             |         |           |
|  |            | <b>12 weeks</b> |                             |         |           |
| Yoga                                   | Abhi       | Jan 9 - Mar 27  | 9:30 -10:30 am              | \$45.00 | Julie     |
| Chair Boxing with a kick - <b>*New</b> | Julie      | Jan 9 - Mar 27  | 10:45 - 11:45 am            | \$45.00 | Danna     |
| <b>FRIDAY</b>                          |            |                 |                             |         |           |
|  |            | <b>11 weeks</b> | <b>no programs Feb 14</b>   |         |           |
| Fit5 Friday                            | Susan D    | Jan 10 - Mar 28 | 9:15 - 10:15 am             | \$41.25 | Julie     |

Note: Make up classes are scheduled from March 31 - April 4. If you would like to pay as you go, the drop in fee for instructional programs is \$5.00 per hr minimum. For drop in virtual programs, please pay at the centre for purchases under \$15.00.

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

Instructional programs are proudly supported by

Revised: December 6, 2024



**Delta**  
BINGO GAMING

