

# 2025 Spring Virtual Instructional Programs

Program	Instructor	Date	Time	Cost	Zoom Host
<b>MONDAY</b>		<b>11 weeks Centre closed May 19</b>			
Circuit Training	Corinne	Apr 7 - Jun 23	9:30 - 10:30 am	\$41.25	Suzanne
B*A*M - Balance Alignment Mobility	Susan D	Apr 7 - Jun 23	10:45 - 11:45 am	\$41.25	Suzanne
<b>TUESDAY</b>		<b>11 weeks no programs May 6</b>			
Fit for Life Fusion	Susan D	Apr 8 - Jun 24	9:15 - 10:15 am	\$41.25	Mary
Pilates (45 mins.)	Corinne	Apr 8 - Jun 24	10:45 - 11:30 am	\$41.25	Mary
<b>WEDNESDAY</b>		<b>12 weeks</b>			
BLT - Bum, Legs, Tummy	Corinne	Apr 9 - Jun 25	10:30 - 11:30 am	\$45.00	Isis
<b>THURSDAY</b>		<b>11 weeks no programs May 1</b>			
Yoga	Abhi	Apr 10 - Jun 26	9:30 -10:30 am	\$41.25	Suzanne
<b>FRIDAY</b>		<b>11 weeks Centre closed April 18</b>			
Strengthen Up & Stretch Out - <b>New</b>	Susan D	Apr 11 - Jun 27	9:15 - 10:15 am	\$41.25	Isis

Note: Make up classes are scheduled from June 30 - July 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: March 11, 2025



**Delta**  
BINGO GAMING

