

2025 Spring In-person Instructional Programs

Program	Instructor	Date	Time	Cost	Room
MONDAY					
11 weeks Centre closed May 19					
Seated Pedaling (10 weeks no class June 16)	Julia	Apr 7 - Jun 23	9:45 - 10:15 am	\$18.75	Centre 1 & 2
Zumba Gold (10 weeks no class June 16)	Julia	Apr 7 - Jun 23	10:30 - 11:30 am	\$37.50	Centre 1 & 2
Chair Yoga	Lu	Apr 7 - Jun 23	1:00 - 2:00 pm	\$41.25	Centre 1 & 2
Yoga - New	Lu	Apr 7 - Jun 23	2:15 - 3:15 pm	\$41.25	Centre 1 & 2
TUESDAY					
11 weeks no programs May 6					
Hip Hop Fitness (10 weeks no class April 8 & 15) Final class on a Wednesday	Allison	Apr 22 - Jul 2	10:00 - 11:00 am	\$37.50	Centre 1 & 2
Get Up & Go	Kharen	Apr 8 - Jun 24	11:30 - 12:30 pm	\$41.25	Centre 1 & 2
Circuit Training - New	Kharen	Apr 8 - Jun 24	1:00 - 2:00 pm	\$41.25	Centre 2
Watercolour Painting	Susan M	Apr 8 - Jun 24	1:00 - 3:00 pm	\$82.50	Centre 1
WEDNESDAY					
12 weeks					
Zumba Gold Chair Fusion - New Time	Julia	Apr 9 - Jun 25	10:00- 11:00 am	\$45.00	Centre 1 & 2
Gentle Fitness	Gina	Apr 9 - Jun 25	12:45 - 1:45 pm	\$45.00	Games Room
Step Fitness - New (11 weeks no class April 9 & 16)	Allison	Apr 23 - Jul 2	1:15 - 2:15 pm	\$41.25	Centre 1 & 2
Qi Gong	Gina	Apr 9 - Jun 25	2:00 - 3:00 pm	\$45.00	Games Room
Broadway Burn - New (11 weeks no class April 9 & 16)	Allison	Apr 23 - Jul 2	2:30 - 3:30 pm	\$41.25	Centre 1 & 2
THURSDAY					
11 weeks no programs May 1					
Low Stress Chair Fit	Karen	Apr 10 - Jun 26	10:00 - 11:00 am	\$41.25	Centre 1 & 2
Line Dancing - Beginners	Karen	Apr 10 - Jun 26	11:30 - 12:30 pm	\$41.25	Centre 1 & 2
Line Dancing - Improvers	Karen	Apr 10 - Jun 26	1:00 - 2:30 pm	\$62.00	Centre 1 & 2
FRIDAY					
11 weeks Centre Closed April 18					
Body Boot Camp	Karen	Apr 11 - Jun 27	9:30 - 10:30 am	\$41.25	Centre 1 & 2
Drum Fitness	Karen	Apr 11 - Jun 27	11:00 - 12:00 pm	\$41.25	Centre 1 & 2
Hand Dance	Karen	Apr 11 - Jun 27	12:30 - 1:00 pm	\$21.00	Centre 2
Seated Drum Fitness	Karen	Apr 11 - Jun 27	1:30 - 2:30 pm	\$41.25	Centre 1 & 2
MONDAY - FRIDAY					
YWALC Workout Room available on a first come first served basis.	unsupervised	9:00 - 2:00 pm	Free with membership	Welcome Room	

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.

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



Delta
BINGO-GAMING



Instructional programs are proudly