

Program	Instructor	Dates	Time	Cost	Room
Monday **No programs May 18**					
Seated Pedaling *No program May 11*	Julia	April 6 - June 22	9:45 - 10:15 am	\$21.25	Centre 1 & 2
Zumba Gold *No program May 11*	Julia	April 6 - June 22	10:30 - 11:30 am	\$42.50	Centre 1 & 2
Chair Yoga	Lu	April 6 - June 22	1:00 - 2:00 pm	\$46.75	Centre 1 & 2
Yoga	Lu	April 6 - June 22	2:15 - 3:15 pm	\$46.75	Centre 1 & 2
Tuesday **No programs April 21**					
Hip Hop Fitness *delayed start date*	Allison	April 14 - June 23	10:00 - 11:00 am	\$42.50	Centre 1 & 2
Get Up & Go	Kharen	April 7 - June 23	11:45 - 12:45 pm	\$46.75	Centre 1 & 2
Circuit Training	Kharen	April 7 - June 23	1:15 - 2:15 pm	\$46.75	Centre 1 & 2
Watercolour Painting	Susan M	April 7 - June 23	1:00 - 3:00 pm	\$93.50	Games Room
Wednesday					
Seated Pedaling *NEW* **No programs May 6 & 13**	Julia	April 8 - June 24	9:30 - 10:00am	\$21.25	Centre 1 & 2
Zumba Gold Chair Fusion *New time* **No programs May 6 & 13**	Julia	April 8 - June 24	10:10 - 11:10am	\$42.50	Centre 1 & 2
Burn and Firm *Delayed start date*	Allison	April 15 - June 24	10:00- 11:00 am	\$46.75	Games Room
Broadway Jazz *Delayed start date*	Allison	April 15 - June 24	11:15 - 12:15 pm	\$46.75	Centre 1 & 2
Gentle Fitness *No class May 6*	Gina	April 8 - June 24	12:45 - 1:45 pm	\$46.75	Centre 1 & 2
Qi Gong *No class May 6*	Gina	April 8 - June 24	2:00 - 3:00 pm	\$46.75	Centre 1 & 2
Thursday					
Low Stress Chair Fit *Delayed start date*	Karen	April 16 - June 18	10:00 - 11:00 am	\$42.50	Centre 1 & 2
Line Dancing Beginner *Delayed start date*	Karen	April 16 - June 18	11:30 - 12:30 pm	\$42.50	Centre 1 & 2
Line Dancing Beginners Plus *Delayed start date*	Karen	April 16 - June 18	1:00 - 2:30 pm	\$63.75	Centre 1 & 2
Friday					
Body Boot Camp *Delayed start date*	Karen	April 17 - June 19	9:30 - 10:30 am	\$42.50	Centre 1 & 2
Drum Fitness *Delayed start date*	Karen	April 17 - June 19	11:00 - 12:00 pm	\$42.50	Centre 1 & 2
Hand Dance *Delayed start date*	Karen	April 17 - June 19	12:15 - 12:45 pm	\$21.25	Centre 2
Essentrics - Apprentice class - NEW *Delayed start date*	Karen	April 17 - June 19	1:00 - 2:00 pm	\$42.50	Centre 1 & 2

Monday to 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 29 - July 3, 2026. No make up classes on July 1, 2026. If you would like to pay as you go, the drop in fee for instructional programs is \$6.00 per hr minimum.

Spring registration Monday March 23 & Tuesday March 24 8:30 to 1:00 pm

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



In-person Instructional Program Descriptions

Body Boot Camp

A high intensity full body workout that focuses on core stability, muscle strengthening, balance and flexibility. Modified if required. This workout is the next step up for anyone aiming to increase their fitness level.

Broadway Jazz

Choreographed Jazz to all your favourite showtunes. This iconic class is a high - energy blend of dance cardio, jazzercise and the right touch of Broadway flair.

Burn & Firm

This new low impact aerobics class is a classic cardio workout. This class will deliver results: boost your heart rate and breathing, strengthen and firm your muscles.

Chair Yoga

This unique Chair Yoga class is done from a sitting position and focuses on relaxation and developing coordination and a better understanding of the body. Yoga coordinates movement and breathing, helps release tension and increases energy. It firms the body and tones the muscles without pressure.

Circuit Training

Circuit Training will have you focused on your effort during a set amount of time. The workout will switch between high effort and recovery periods. Use of various types of equipment will help all fitness levels increase muscle strength and boost metabolism.

Drum Fitness

Drum Fitness class utilizes movement and rhythm with sticks and resistance balls. This class delivers real cardio and toning at the same time.

Essentrics - Apprentice class

A dynamic full-body workout that combines stretching and strengthening to increase flexibility and mobility for a healthy, pain-free body. A portion of this class will be floorwork, mats are required.

Gentle Fitness (seated Qi Gong)

Improve balance, flexibility and range of motion. This class has movements firmly rooted in Qi Gong. Building strength and increasing flexibility and mobility in the muscles and joints you use for all these movements, will make everyday activities easier and improve overall quality of life.

Get Up & Go Fitness

This is a great way to keep an active lifestyle while improving your agility and coordination. Be motivated as you are coached by your energized instructor. Whole body strength and resistance training as well as cardio are employed and tailored to your abilities.

Hand Dance

In this fun class you will increase the flexibility in your hands and wrists, and even forge new mind-body connections, while following the instructor's hand movements, set to music.

Hip Hop Fitness

Hip Hop Fitness is a full-body workout, constant motion helps build endurance and increases your aerobic capacity. Hip Hop Fitness requires you to contract and expand the abdominal muscles in a series of quick but fluid movements, likewise, strengthen the muscles in your arms, legs, and core improving joint and bone health.

Line Dancing (Beginners and Beginners Plus)

Move your feet to great songs, old and new. Basic line dance steps are used to create many routines. All line dancers will gain balance and coordination, and increase their endurance. Beginners have a good fundamental knowledge of line dance and Beginners Plus are ready for more complex routines.

Low Stress Chair Fit

This class focuses on strength training through modified exercise routines. Ideal for individuals who want to increase their coordination and endurance for exercise but are not sure how to start. Sit or stand.

Qi Gong

The objective of Medical Qi Gong is to teach a step-by-step method of exercise to keep the body and mind in optimal fitness. This highly effective and easily retainable system of Qi Gong is designed for everyone, of any age and ability. This very low-impact form of exercise includes standing movements as well as slow-motion movements similar in style to Tai Chi.

Seated Pedaling (all levels) - (30 mins)

Low impact and fun, set to great music! Spend a half hour spinning your way to good health with a stationary pedal exerciser and chair.

Watercolour Painting

Learn how to paint within a friendly, relaxed setting. You will be taught basic painting and drawing techniques; brush strokes and enjoy the satisfaction of a completed project.

Yoga

Focus on relaxation, concentration and developing a better understanding of the bodies balance. Yoga coordinates movement and breathing, helps release tension and increases energy.

Zumba Gold

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Zumba Gold Chair Fusion

Sit, stand or do a bit of both! Julia will ease you into this modified Zumba Gold routine for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba Gold choreography that focuses on balance, range of motion and coordination. Increase your core stability with a little Pilates style fusion with the assistance of 1-3 lb weights and stretch bands. Guaranteed to make you feel great all over!