

Active Living
75 MacNab St. S.

55+

Winter Schedule 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart Smart (C) \$19.00 9:30 - 10:30 am	Core & Balance Conditioning (C) \$19.00 9:30 - 10:30 am	Cards \$ 0.50/week 9:00 - 12:00 pm	Heart & Sole (C) \$19.00 9:30 - 10:30 am	Bone Builders (Beg) (C) \$19.00 9:30 - 10:30 am	Zumba (*C) \$19.00 8:30 - 9:30 am
Stained Glass \$27.75 9:30 - 12:00 pm	FC Circuit (*C) \$22.50 10:45 - 11:45 am	Heart & Bones (C) \$19.00 9:30 - 10:30 am	Mind Busters \$19.00 9:30 - 11:00 am	Cycle (*C) \$19.00 9:30 - 10:15am	
Water Exercises \$25.50 10:30 - 11:30 am	Dance Workout \$19.00 10:45 - 11:45 am	W.I.S.P. (C) \$19.00 10:45- 11:45 am	Water Exercises \$25.50 10:30 - 11:30 am	Social Cribbage \$0.50/week 10:00 - 12:00 pm	
Bone Builders (Int) (C) \$19.00 10:45 - 11:45 am	Chair Yoga \$19.00 11:00 - 12:00 pm	Active Sitting \$19.00 10:45 - 11:45 am	20 minute workout \$10.00 10:40 - 11:00 am	Hand & Foot Cards \$0.50/week 10:00 - 12:00 pm	Sunday
Chair Meditation \$19.00 11:15 - 12:30 pm	Active Yoga \$22.50 12:15 - 1:15 pm	Water Exercises \$25.50 11:00 - 12:00 pm	FC Circuit (*C) \$22.50 10:45 - 11:45 am	Limber Up \$19.00 10:45 - 11:30 am	Body Blast (*C) \$19.00 8:30 - 9:15 am
Bone Builders (Beg) (C) \$19.00 12:00 - 1:00 pm	Restorative Yoga (Floor) \$22.50 1:30 - 2:30 pm	Advanced Tap \$24.50 12:15 - 1:00 pm	Chair Yoga \$19.00 11:15 - 12:15 pm	Bone Builders (Int) (C) \$19.00 11:45 - 12:45 pm	Pilates Mat (*C) \$22.50 9:30 - 10:30 am
Pilates Mats \$22.50 1:00 - 2:00 pm	Bid Euchre \$1.50/week 1:00 - 3:00 pm	Advanced Jazz \$24.50 1:15 - 2:00 pm	Zumba Gold \$19.00 12:00 - 1:00 pm	Social Cards \$0.50/week 1:00 - 3:00 pm	
Bridge Lessons Int. \$12.25 1:00 - 3:00 pm	Darts Club \$3.00/session 1:00 - 3:00 pm	Spanish Lessons for Travelers \$19.00 1:00 - 2:00 pm	Social Duplicate Bridge \$1.00/week 1:00 - 3:00 pm	Square Dancing \$24.50 1:30 - 2:30 pm	
Modern Line Dance \$24.50 1:15 - 2:45 pm	Social Crafts \$3.00/session 1:00 - 3:00 pm	Spanish Lessons ADV. \$19.00 2:15 - 3:15 pm	Tai Chi/Yang \$22.50 1:15-2:15 pm	(Int) Hawaiian \$24.50 2:40 - 3:25 pm	
Circuit Bootcamp (*C) \$19.00 5:30 - 6:15 pm	BEG. Pickleball \$5.00 1:00 - 2:00pm	Pilates Mat (*C) \$22.50 5:30 - 6:30 pm	Zumba (*C) \$19.00 5:30 - 6:30 pm	Performing Hawaiian for Fun \$24.50 3:30 - 4:15 pm	
	EXP. Pickleball \$5.00 1:30 - 3:30 pm		Muscle & More (*C) \$19.00 6:30 - 7:15 pm	Performing Hawaiian for Fun \$24.50 3:30 - 4:15 pm	
	ChitChat \$3.00/session 1:30 - 3:30 pm		Yoga (*C) \$22.50 6:30 - 7:30 pm	<p>* = Women only C = Combined classes</p> <p>Registration begins Nov. 14, 2016</p> <p>Classes start Jan. 9, 2017</p>	
	Intro to Oil Painting \$24.50 1:30 - 3:30 pm				

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Special Events!

Valentine's Party



Tuesday, February 14th—12:30—3:00 pm

\$14 members/\$16 non-members -

Advanced Tickets

Includes Lunch and Entertainment

Free Open House

Active Living Health Fair & Anniversary Celebration

Display booths - Seminars -
Entertainment - Door Prizes -
Refreshments

Friday, March 17th

10:00—2:00 pm



HEADS UP!

Spring 2017 Registration begins:

March 6, 2017

For more information or to register please contact us at (905) 529-7727



www.ywcahamilton.org (905) 529-7727