



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart Smart (C) \$19.00 9:30 - 10:30 am	Core & Balance Conditioning @ (Auditorium) \$19.00 9:00- 10:00 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) (Auditorium) \$19.00 8:30 - 9:30 am
Drop-In Water Exercises \$3.00 10:30 - 11:30 am	Intro to Oil Painting \$24.50 9:30 - 11:30am	Heart & Bones (C) \$19.00 9:30 - 10:30 am	Mind Busters \$19.00 9:30 - 11:00 am	Cycle (Fitness Centre) (*C) \$19.00 9:30 - 10:15 am	
Bone Builders (Int) (C) \$19.00 10:45 - 11:45 am	Fun Modern Line Dance \$24.50 10:15 - 11:45am	Nordic Walking(C) \$19.00 8:30- 9:30 am	Drop-In Water Exercises \$3.00 10:30 - 11:30 am	Social Cribbage \$0.50/week 10:00 - 12:00 pm	
Chair Meditation (Studio) \$19.00 11:15 - 12:30 pm	FC Circuit (*C) \$22.50 10:45 - 11:45 am	iPad 101 \$55.00 - 6 wks (begins: June 21st) 9:30 - 11:30am	20 minute workout \$10.00 10:40 - 11:00 am	Hand & Foot Cards \$0.50/week 10:00 - 12:00 pm	Sunday
Bone Builders (Beg) (C) \$19.00 12:00 - 1:00 pm	Chair Yoga (Beg) (Studio) \$19.00 11:00 - 12:00 pm	Active Sitting \$19.00 10:45 - 11:30am	FC Circuit (*C) \$22.50 10:45 - 11:45 am	Limber Up \$19.00 10:45 - 11:30 am	Body Blast (*C) (Fitness Centre) \$19.00 8:30 - 9:15 am
Pilates Mats (Studio) \$11.25 1:00 - 2:00 pm July 10, 17, 24, 31	Ageless Grace \$19.00 12:00 - 12:45pm	Dance Workout \$19.00 11:45 - 12:45	Hawaiian (Beg) \$24.50 11:00 - 11:45am	Bone Builders (Int) (C) \$19.00 11:45 - 12:45 pm	Pilates Mat (*C) (Fitness Centre) \$22.50 9:30 - 10:30 am
Bridge Lessons Int. \$12.25 1:00 - 3:00 pm	Active Yoga (Studio) \$22.50 12:15 - 1:15 pm	Scottish Country Dance \$24.50 1:30 - 2:30pm	Chair Yoga (Adv) (Studio) \$19.00 11:15 - 12:15 pm	Social Cards \$0.50/week 1:00 - 3:00 pm	
Hawaiian (Int) 1:15 - 2:00pm \$24.50	Restorative Yoga (Studio) (Floor) \$22.50 1:30 - 2:30 pm	Spanish Lessons for Travelers \$9.50 1:00 - 2:00 pm July 5, 12, 19, 26	Zumba Gold \$19.00 12:00 - 1:00 pm	Square Dancing \$24.50 1:15- 2:15 pm	
Circuit Bootcamp (*C) \$19.00 5:30 - 6:15 pm	Bid Euchre \$1.50/week 1:00 - 3:00 pm	Spanish Lessons (Adv) \$9.50 2:15 - 3:15 pm July 5, 12, 19, 26	Social Duplicate Bridge \$1.00/week 1:00 - 3:00 pm	Barre (*C) (Studio) \$19.00 5:30-6:30pm	
	Darts Club \$3.00/session 1:00 - 3:00 pm	Pilates Mat (*C) \$22.50 5:30 - 6:30 pm	Intro to Dance \$24.50 1:15-2:00 pm		
	Social Crafts \$3.00/session 1:00 - 3:00 pm		Spanish Lessons (Int)\$9.50 1:30-2:30pm July 6, 13, 20, 27	<p>* = Women only C = Combined classes (Fitness Centre & Seniors)</p> <p>Registration begins June 5, 2017 Classes start July 4, 2017</p>	
	ChitChat \$3.00/session 1:30 - 3:30 pm		Muscle & More (*C) (Fitness Centre) \$19.00 6:30 - 7:15 pm		



Active Living
75 MacNab St. S.

55+

Special Events!

PROTECT YOUR MONEY

Ontario Securities Commission's (OSC) free public service presentation, Protect Your Money, to help people learn how to protect their money and make more informed financial decisions. Includes the red flags of investment fraud, some common types of fraud, how to work with an advisor (questions to ask) and where to find unbiased financial information. The Ontario Securities Commission is the provincial regulator for the investment industry. The OSC protect investors by making and enforcing rules governing the securities industry in Ontario.



Monday, July 17th

10:00- 11:30am

Please REGISTER at front desk.

FALL REGISTRATIONS BEGIN:

Monday, August 14th

from 9:00 - 3:00 pm

Classes begin: Week of September 18th



SUMMERTIME APPS & ENTERTAINMENT

Tuesday, August 22nd
1:30 -3:30pm

Enjoy an afternoon of entertainment featuring
" Don Dunham" followed by appetizers and sweets.
Advanced tickets: Cost: \$6.00 members/ \$8.00 non-members

Visit YWCA Hamilton Active Living Centre

Socials, fitness programs, computer classes, and much more!

Centre hours

9:00 am to 4:00 pm Monday to Friday

Sir Winston Churchill Location | 1775 Main Street East | 905-546-2424 ext.4650

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



www.ywcahamilton.org