

Fall Term 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 9:30 am - 10:30 am \$42.00/term	Pilates 9:30 am - 10:30 am \$42.00/term	Cardio Wakeup 9:30 am - 10:30 am \$42.00/term	Core Fusion 9:00 am - 9:45 am \$42.00/term	Fit Walk 5000 9:00 am - 9:45 am \$42.00/term
Chair Yoga 10:30 am - 11:30 am \$42.00/term	Intermediate Bones 11:00 am - 12:00 pm \$42.00/term	Mind Busters 10:00 am - 11:30 am \$66.00/term	Beginner Bones 10:00 am - 11:00 am \$42.00/term	Strength & Balance 10:00 am - 11:00 am \$42.00/term
Oil Painting 1:00 pm - 2:30 pm \$66.00 + \$20 supplies/term	Just Keep Moving 1:30 pm - 2:30 pm \$48.00/term	Strength & Balance 11:00 am - 12:00 pm \$42.00/term	Mind Busters 12:30 pm - 2:00 pm \$66.00/term	Line Dance 11:00 am - 12:00 pm \$42.00/term
Corn Hole 1:00 pm - 3:00 pm \$2 members \$5.00 non-members	5 Crowns 1:00 pm - 3:00 pm \$2.00 members \$5.00 non-members	Laptop Lessons 1:00 pm - 2:30 pm \$22.00/4 weeks		Spanish Lessons 1:00 pm - 2:00 pm \$42.00/term
		Euchre 1:00 pm - 3:00 pm \$2.00 members \$5.00 non-members		American Mahjong 1:00 pm - 3:00 pm \$2.00 members \$5.00 non-members

Events to watch for this Fall

- *Better Sleep Workshop
 - *True/False Challenge
 - *Pelvic Health Talk
 - *Strong Coffee,
Stronger Stories
 - *Medication Discussion
 - *Nutrition 101
 - *Holiday Potluck
- Check the notice boards and
with staff for all the dates

Please note the term runs from
September 21st - December 11th
(12 weeks)

No Class Dates

Monday October 12

The centre is always accepting boutique
donations. A membership fee of \$37.71
(yearly) required to join programs

Program Descriptions

Beginner Bones: This gentle exercise class is geared to people with osteopenia and osteoporosis. **bonefit** Trained Instructor

Intermediate Bones: Take it to the next level to improve your bone health in this exercise class geared to people with osteopenia and osteoporosis. Optional mat exercises included. **bonefit** Trained Instructor

Cardio Wakeup: Start your day right with a heart pumping aerobic routine followed by some resistance training then onto the mat for a “delicious” stretch.

Chair Yoga: Warm up your body and connect with your breath in this chair yoga class. Enjoy plenty of different movement options to work best for you as you stretch and move your body at your own pace.

Core Fusion: Strengthen your Core and so much more using portable equipment. Mat work is involved.

Just Keep Moving: This exercise circuit class is designed for people living with mild to moderate Osteoarthritis of the knee and hip

Fitness Walk 5000: A fast paced indoor walking class

Mind Busters: Never leave your seat while engaging your mind with a series of activities to challenge your way of thinking and process.

Pilates: A variety of standing and mat exercises with props focused on core strength, stability, mobility and alignment.

Strength and Balance: Challenge your balance and build your strength to help keep your independence by incorporating functional movements to reduce risk of injury.

Line Dance: Build confidence and strengthen your memory in this social, heart pumping program.

Yoga: Feel a deeper connection to your body, mind and breath. Challenge yourself while listening to your body as we strengthen and stretch. Feel refreshed and ready for the rest of your day.

Social Groups

Euchre: Come out and play Euchre with friends

5 Crowns: Enjoy this easy-to-learn rummy-style game with the support of friends.

American Mahjong: A fun, social tile game where players compete to form winning hands using a card of yearly combinations.

Try any class for FREE