

Summer Term 2026

MONDAY

Yoga
9:30 am - 10:15 am
\$25.00/7 weeks
starts July 13

Chair Yoga
10:30 am - 11:15 am
\$25.00/7 weeks
starts July 13

Oil Painting
1:00 pm - 2:30 pm
\$64.00/7 weeks
starts July 13

TUESDAY

Pilates
9:30 am - 10:30 am
\$29.00/8 weeks

Intermediate
Bones
11:00 am - 12:00 pm
\$29.00/8 weeks

Just Keep Moving
1:30 pm - 2:30 pm
\$28.00/7 weeks
starts July 14

5 Crowns
1:00 pm - 3:00 pm
\$2.00 members
\$5.00 non-members

WEDNESDAY

Cardio Wakeup
9:30 am - 10:30 am
\$22.00/6 weeks

Mind Busters
10:00 am - 11:30 am
\$42.00/8 weeks

Strength & Balance
11:00 am - 12:00 pm
\$22.00/6 weeks

Laptop Lessons
1:00 pm - 2:30 pm
\$21.00/4 weeks

Euchre
1:00 pm - 3:00 pm
\$2.00 members
\$5.00 non-members

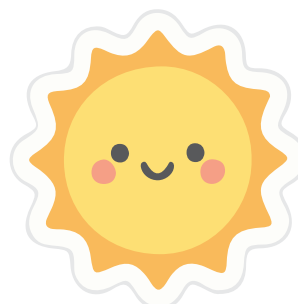
Corn Hole
1:00 pm - 3:00 pm
\$2.00 members
\$5.00 non-members

THURSDAY

Core Fusion
9:00 am - 9:45 am
\$22.00/6 weeks

Beginner Bones
10:00 am - 11:00 am
\$22.00/6 weeks

Mind Busters
12:30 pm - 2:00 pm
\$42.00/8 weeks



FRIDAY

Latino Cardio
9:30 am - 10:15 am
\$29.00/8 weeks

Strength & Balance
10:30 am - 11:30 am
\$29.00/8 weeks

Spanish Lessons
1:00 pm - 2:00 pm
\$29.00/8 weeks

American Mahjong
1:00 pm - 3:00 pm
\$2.00 members
\$5.00 non-members

Please note the term runs from
July 6th - August 28th

No Class Dates

Monday August 3 - civic holiday
Cardio Wakeup - July 8 Aug 12
Strength & Balance - July 8 & Aug 12
Core Fusion July 9 & Aug 13
Beginner Bones - July 9 Aug 13

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: An indoor walking workout to improve endurance, leg strength and more

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.

Try any class for FREE