

Time:	Mon	Tues	Wed	Thurs	Fri
9-10 am	Boot Camp Shaunna		Combat Class Jeanette		
10:10 – 11:10am				All Level Yoga Shaunna	Gentle Yoga Kathleen
6:15-7pm				Pedal & Pump Angela Starts Oct 6th. Please call to reserve your bike.	
6:30-7:30pm			Adult Tap Dance Class Cassidy		
7-8pm	Combat Class Jeanette	Yoga & Pilates Blend Shaunna			
7:30-8:30pm			Zumba Trina		

Drop in Rates: Seniors 55+ \$7.50 Adults \$ 8.50

SAVE \$\$ 10 Visit Punch Card Seniors \$65 Adults \$75

If school is cancelled centre will be closed and all classes are cancelled.

Classes resume :Wednesday September 14th.

No Classes: 2022: Sept 30, Oct 10, Oct 31, Nov 11, Christmas Break Dec 16-Jan 2.
Classes resume from Christmas break Jan 3, 2023.

No classes 2023:— Feb 20, March 13-17, April 7 & 10, May 19 & 22.
All classes end week of June 12-16.

Please call to reserve your spot for Thursday Pedal & Pump class.

Follow us on Facebook for up to date information on centre.

Boot Camp : Monday 9-10 am - Shuanna McNamara. Great full body workout. Using variety of fitness equipment and fitness styles. Each week is different. All levels welcome.

Combat Classes: Monday 7-8 pm & Wednesday 9-10 am —Jeanette Reynolds. Full body strength and cardio workout that uses martial arts and kickboxing. Great workout for all levels.

Yoga & Pilates Blend: Tuesday 6:30-7:30 pm—Shauna McNamara
Blend between pilates and yoga. Great full body & core workout.

Adult Tap Dance: Wednesday 6:30pm –7:30pm with Cassidy Robicheau. Learn the basics of Tap dance. Beginner Level. **Fall Session** Nov 9-Dec 14 \$45
Winter Session Jan 4-Feb 8 \$45 **Spring Session** April 12-May 31 \$60
Must have Tap Shoes

Zumba: Wednesday 7:30-8:30 pm - Trina Oickle-Pottie. Latin and international music inspired cardio workout. Dance & have fun!

All Level Yoga :Thursday 10:10-11:10am - Shauna McNamara
Class incorporating vinyasa with focus on strength and core.

Pedal & Pump: Thursday 6:15-7pm-Angela MacLeod . Great full body weight workout with spin for cardio. **Please call to reserve your spot. Starts Oct 6.**

Gentle Yoga: Friday 10:10-11:10 am-Kathleen Manson. Mindful gentle yoga flow with any modifications as needed. Great for all levels including beginners.