

Adult Fitness Classes

Monday

Boot Camp 9 am

Combat Class 7 pm

Tuesday

Yoga & Pilates 7pm

Wednesday

Combat Class 9 am

Zumba 7:30 pm

Thursday

All Level Yoga 10:10 am

Pedal & Pump 6:15 pm

Friday

Gentle Yoga 10:10 am

For more information on classes see Adult Fitness.

Classes are all drop in.

Wednesday

Adult Drop in Basket Ball

Sept 14- Nov 30 Fall

Jan 4- June 14 Winter/Spring

8-9:30pm

Drop in \$8.00



No Class

March 15th.



Adult Tap Dancing Class

Beginner Level 6:30-7:30pm

With Cassidy Robicheau

Fall Nov 9 -Dec 14 \$ 45

Winter Jan 4-Feb 8 \$45

Spring Apr 12- May 31 \$60

Must have Tap Shoes

Thursday

Christmas Crafts.

with Starr Newcombe. \$35 for each event all supplies included.

Thursday Nights 6:30-8:30pm

November 10 Dot Ornaments.

Make set of 4 Christmas ornaments



November 17 Christmas Painting



Thursday

Archery

Oct 20-Nov 17 7-8pm \$30

No class Oct 27

Try Archery led by Dewayne Publiclover. All equipment provided.

To Register: Please call the centre 902-827-2700

Or visit in person.

Registration opens Aug 8-19.

Centre will be closed:

Aug 26-Sept 11

Registration will re open Sept 12.

