



Classes highlighted in yellow require registration.

Classes highlighted in blue require booking spot each week. All other classes are drop-in.

Adult Programs

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05am -8:50 am			Hiit Sara			
9-9:45am	Kid Friendly Total Body Shaping Shaunna		Kid Friendly Total Body Shaping Sara	Barre, Pilates & Weights Series Shaunna		10:30-11:15 "NEW" Zumba Gold Trina
11am-12pm	"NEW" Adult Tumbling 11:15-12:15pm Sara	Yoga for Mobility Mary Eliza	Silver Boots Yovanna	Silver Fit Yovana		
12-1pm				Modern Line Dancing Improver Yovana		
3:15-4pm	Pedal & Pump Angela		TRX Sarah			
6:15-7pm				Pedal & Pump Angela		
6:30-7:30pm			TRX & Rebounder Series Anne			
7:15-8:15pm		Yoga & Pilates Blend Shaunna		"NEW NIGHT" Zumba With Trina 7:15-8pm		
7:35-8:35pm	Level 1 Modern Line Dancing Yovana					
8:15-9:30pm			Drop-in Adult Basketball ½ Gym			

Adult fitness classes are drop-in only. Unless highlighted in yellow

Drop-in rates: \$8.50 Adults, \$7.50 Seniors. Save and purchase a 10-visit pass; Adults \$75, Seniors \$65.

No Classes: Apr 3 & 6, May 18

Adult Fitness

Monday		
Kid Friendly Total Body Shaping Starts Jan 5-June 1 9am-9:45am	Led by: Shaunna McNamara Full body class using a variety of equipment. Focus on strength and core. Area will be set up for kids to play. Kids are responsibility of parent.	Drop-in rate
Pedal & Pump Starts Jan 5-June 1 3:15pm-4pm	Led by: Angela MacLeod Full body workout with spin for cardio. Please call to reserve bike.	Drop-in rate
Adult Tumbling Mar 30-April 27 No class April 6 May 4-May 25 No class May 18 \$30	Led by: Sara Philpott. Get in touch with your inner child and relearn the basic of tumbling. No experience required just a fun attitude.	\$40 For 4 weeks
Tuesday		
Yoga for Mobility 55+ Starts Jan 6- May 26 11am-12pm	Led by: Mary Eliza Yoga in a chair, great for people with mobility issues. Everyone welcome.	Drop-in rate
Yoga & Pilates Blend Starts Jan 6-May 26 7:15pm-8:15pm	Led by: Shaunna McNamara Great core & full body workout. All levels.	Drop-in rate
Wednesday		
Kid Friendly Hiit Class April 1-22 April 29-May 20	Led by: Sara Philpott Full Body workout using variety of equipment. Great for all levels. Kids are welcome and play area will be set up. Kids are responsibility of parents. 8:05am -8:50am	\$34 For 4 weeks
Kid Friendly Total Body Shaping Starts Jan 7- May 27 9am-9:45am	Led by: Sara Philpott Full body workout using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent	Drop-in rate
Silver Boots 50+ Starts Jan 7- May 27 11am-12pm	Led by: Yovana Russell Senior Line dancing. Please contact Yovana Russell 902-932-9311 For dates & prices	Rental Sign Up
TRX & Rebounder April 1-22, April 29-May 20	Led By: Anne MacNeil Rebounder is a mini trampoline and low impact workout. Jumping is not only great for your core and legs but also boost lymphatic circulation. TRX is also good for all levels of fitness This part of class is excellent for strength training and endurance.	\$34 For 4 weeks
TRX Starts Jan 7-May 28 3:15pm-4pm	Led by Sara Phillpott Total resistance exercises using TRX suspension and participants body weight	Drop- in rate

Adult Fitness

Thursday		
Barre, Pilates & Weights Series April 2-23, May 7-28 9am-10am	Led by: Shaunna McNamara Great class to build strength, endurance and improve posture, core, stability and mobility.	\$34 for 4 weeks
Silver Fit 50+ Starts Jan 8-May 28 11am -12pm	Led by: Yovana Russell Senior fitness class. Includes the five key elements of fitness: Cardio, strength, conditioning, balance & flexibility. Chair can be used.	Drop-in rate
Pedal & Pump Starts Jan 8-May 28 6:15pm-7pm	Led by: Angela MacLeod Full body workout with spin for cardio and weights for strength. Please call to reserve bike.	Drop-in rate
Zumba "NEW DAY & TIME" 7:15pm-8pm Starts March 5-May 28	Led by: Tina Oickle Pottie International Latin workout. All Levels welcomed	Drop-in rate
Saturday		
Zumba Gold 10:30-11:15am Mar 7, Mar 28, April 11, April 18, April 25 & May 2	Led by: Tina Oickle Pottie International Latin workout. All Levels welcomed	Drop-in rate

Adult Dance

Monday		
Modern Line Dancing Beginner Level 1 7:30pm-8:30pm starting in Jan – May Please contact Yovana Russell 902-932-9311 For dates & prices	Led by: Yovana Russell A variety of rhythms including Latin, swing, country and more. No partner required. For dancers who are new to line dancing.	Rental Sign Up





Adult Programs & Workshops

Tuesday		
Sewing Adults Level 2 Tuesday March 24-April 28 7:30-8:30pm	Led by Donna Gibbons Project will be a tote bag/or it can be your own personal project. You will need to bring your own material and supplies. Sewing machine and instruction included. MUST be able to sew and know basics of sewing machine.	\$120.00
Wednesday		
Drop-in Adult Basketball 18+ Jan 14-May 27 No classes March 18, April 1 ½ gym 8:15pm -9:30pm	Please bring water bottle and indoor shoes.	\$8 Drop-in
Thursday		
Learn to Quilt April 2- May 21 8 weeks 6-8pm	Led by Mary Elizabeth O'Toole. Quilt a beginner friendly table runner with spring colors. Build on a variation of log cabin block, you will learn strategies for cutting, piecing, assembly, quilting and building. 42x15 in size. All materials provided.	\$225
Friday		
Easter Teacups Decorate & make Easter teacup center piece. March 27 th 6-8pm	Led by: Nicole Bardsley All supplies included.	\$35
All Occasion Card Making April 24 Make 3-4 cards	Led by: Nicole Bardsley All supplies included.	\$35