



Classes highlighted in yellow require registration.

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

Shore Fly Mamas Once a month class \$8.50 Drop in

Adult Programs						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
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		
11am-12pm		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		Shore Fly Mamas Claire See dates below	
7:15-8:15pm		Yoga & Pilates Blend Shaunna				
7:35-8:35pm	Level 1 Modern Line Dancing Yovana		Zumba Trina			
8:15-9:30pm			Drop-in Adult Basketball ½ Gym			

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

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

No Classes: Dec 15-Jan 2, Feb 16, Mar 16-20, 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
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 Jan 7 -Jan 28, Feb 4-25, Mar 4-April 1 No class March 18, April 8-29, May 6-27 8:05am -8:50am	Led by: Sara Philpitt 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.	\$34 For 4 weeks
Kid Friendly Total Body Shaping Starts Jan 7- May 27 9am-9:45am	Led by: Sara McNamara 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 Starts Jan 7-May 28 3:15pm-4pm	Led by Sara Phillpitt Total resistance exercises using TRX suspension and participants body weight	Drop- in rate
Zumba Starts Jan 7-June 3 7:35pm-8:35pm	Led by: Trina Oickle-Pottie Latin & international music inspired cardio workout.	Drop-in rate
TRX & Rebounder Jan 7-28, Feb 4-25, April 1-22. April 29-May 20 6:30pm-7:30pm	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 to boost lymphatic circulation. TRX is good for all levels of fitness and was originally designed to train Navy seals. Excellent strength class.	\$34 For 4 weeks

Adult Fitness

Thursday		
Barre, Pilates & Weights Series Jan 8-29, Feb 5-26, 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

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		
Adult Sewing Beginner Level 6-7:15pm March 24- April 28 Sewing machine and material provided.	Led By Donna Gibbons Learn the basics of sewing and how to use sewing machine. Group will make a reading pillow cover.	\$170
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
Friday		
Shore Fly Mamas Jan 9, Feb 6, Mar 6	Led by: Claire Campbell Typically, the first Friday of each month join Claire for a 90's styled hip hop dance class. All levels and everyone welcome.	Drop-in rate \$8.50
Group Paint Night Feb 20 th 6:30-8pm	Led by: Nicole Bardsley Bring the whole family for our group paint night "Owl in the Family". Each participant will paint an owl canvas that will connect to the canvases of the other participants in your group. The size of your finished mural will depend on how many painters are in your "family" Big or small, it's sure to be a hoot!!!! All supplies included	\$15
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
Parent Tip: Need childcare? Check out our Fun Friday nights for the kids some workshops line up!		