



SCHEDULE & FEES - FALL 2024

Monday, September 9th to Friday, December 13th, 2024 (14 wks)

	Time	Activity	Instructor	Room	Cost
MONDAYS from September 9th 13 weeks (closed Oct 14th Thanksgiving)	10:00 - 11:00	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$105
	10:00 - 11:00	Osteofit <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	\$105
	11:15 - 12:15	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$105
	1:00 to 1:50	Tai-Chi Beginner	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$105
	2:00 to 3:30	Tai-Chi Intermediate	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$130

Mondays - Euchre - Evergreen Room - 1:00

TUESDAYS from September 10th 14 weeks	9:00 - 9:50	Pilates <small>NEW REGISTER FOR FREE TRIAL - SEPT 10th</small>	<i>Nicole Thacker</i>	Rousseau Street level	\$130
	10:00 - 11:00	Essentrics <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Nicole Thacker</i>	Rousseau Street level	\$140
	10:00 - 11:00	Yoga/Pilates Fusion <small>NEW</small>	<i>Mira Stojanovic</i>	Teiaiaagon Room 2nd	\$140
	11:15 - 12:15	Qi Gong	<i>Richard Booth</i>	Teiaiaagon Room 2nd	\$115
	11:15 - 12:15	Essentrics	<i>Nicole Thacker</i>	Council Chambers 2nd	\$140
	11:30 - 12:30	Zumba Gold	<i>Sheelah Finlayson</i>	Rousseau Street level	\$115

Tuesdays - Writing Group - Evergreen Room 1:00 - 3:00

WEDNESDAYS September 11th 14 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Village - Ravine level	\$140
	10:00 - 11:00	Chair Yoga	<i>Joanne Deane</i>	Gemmell rm 2nd level	\$140
	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen Ravine level	\$140
	10:00 - 11:00	Qi Gong	<i>Richard Booth</i>	Council Chambers 2nd	\$115
	11:15 - 12:15	Osteofit <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	\$115
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers 2nd	\$115

Wednesdays - Cards, games - Evergreen Room - 1:00

THURSDAYS September 12th 14 weeks	10:00 - 12:30	Multi-Media Art	<i>Bernie Hunt</i>	Rousseau Street level	\$140
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Founders -Ravine Level	\$140
	11:00 - 12:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$140
	1:00 - 2:00	Zumba Gold <small>New Time</small>	<i>Melanie</i>	Council Chambers 2nd	\$115
	1:00 - 2:30	Tai-Chi Advanced	<i>Steve Yee</i>	Founders -Ravine Level	\$140

Thursdays - Art Adare Atelier - Evergreen Room - 12:30

FRIDAYS September 13th 14 weeks	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$140
	11:15 - 12:15	Mobility Fit <small>NEW REGISTER FOR FREE TRIAL - SEPT 13th</small>	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$105