



## SCHEDULE & FEES - Winter 2025

Monday, January 6th to March 31st, 2025 (12 wks)

	Time	Activity	Instructor	Room	Cost
<b>MONDAYS</b> from January 6th 12 weeks (closed Feb 17 - Family Day)	10:00 - 11:00	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$100
	10:00 - 11:00	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$100
	11:15 - 12:15	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$100
	1:00	<i>Euchre - Evergreen Room - Ravine Level</i>			
<b>TUESDAYS</b> from January 7th 12 weeks	9:00 - 9:50	<b>Pilates</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	10:00 - 11:00	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	10:00 - 11:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$120
	11:15 - 12:15	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	11:15 - 12:15	<b>Mobility Fit</b>	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$100
	11:15 - 12:15	<b>Qi Gong</b>	<i>Richard Booth</i>	Teiaiaagon Room 2nd	\$100
	11:30 - 12:30	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Council Chambers 2nd	\$100
1:00 - 3:00	<i>Writing Group - Evergreen Room - Ravine Level</i>				
<b>WEDNESDAY</b> January 8th 12 weeks	9:30 - 10:30	<b>Yoga</b>	<i>Karen Weinthal</i>	Council Chambers 2nd	\$120
	10:00 - 11:00	<b>Chair Yoga</b>	<i>Joanne Deane</i>	Rousseau Street level	\$120
	10:00 - 12:00	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Evergreen Ravine lev	\$120
	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth</i>	Gemmell rm 2nd level	\$100
	11:15 - 12:15	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$100
	11:30 - 12:30	<b>Fundance</b>	<i>Elaine Thorne</i>	Council Chambers 2nd	\$100
1:00	<i>Cards, games - Evergreen Room - Ravine Level</i>				
<b>THURSDAYS</b> January 9th 12 weeks Tai-Chi start date Jan 23rd	10:00 - 12:00	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Evergreen Rm Ravine	\$120
	10:00 - 11:00	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	11:00 - 12:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$120
	12:30	<i>Adare Art Atelier - Evergreen Room - Ravine Level</i>			
	1:00 - 2:00	<b>Zumba Gold</b>	<i>Veronica Tahirovic</i>	Rousseau Street level	\$100
	1:00 - 2:30	<b>Tai-Chi Advanced</b>	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$120
	2:30 - 4:00	<b>Tai-Chi Intermediate</b>	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$120
	4:00 - 5:00	<b>Tai-Chi Beginner</b>	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$100
<b>FRIDAYS</b> January 10th 12 weeks	10:00 - 11:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$120
	11:15 - 12:15	<b>Mobility Fit</b>	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$100