



SCHEDULE & FEES - Spring 2025

Tuesday, April 1st to Monday, June 30th, 2025 (13 wks)

	Time	Activity	Instructor	Room	Cost
MONDAYS from April 7th 11 weeks (Easter Mon & Victoria Day)	10:00 - 11:00	Qi Gong	Nataliya Gasenko	Council Chambers 2nd	\$95
	10:00 - 11:00	Osteofit <small>CLASS IS FULL Waitlist only</small>	Joanne Deane	Rousseau Street level	\$95
	11:15 - 12:15	Qi Gong	Nataliya Gasenko	Council Chambers 2nd	\$95
	1:00	<i>Euchre - Evergreen Room - Ravine Level</i>			
TUESDAYS from April 1st 13 weeks YP & MF end on June 10th - 11 wks	9:00 - 9:50	Pilates	Nicole Thacker	Rousseau Street level	\$130
	10:00 - 11:00	Essentrics	Nicole Thacker	Rousseau Street level	\$130
	10:00 - 11:00	Yoga/Pilates Fusion	Mira Stojanovic	Founders - Ravine lev	\$110
	11:15 - 12:15	Essentrics	Nicole Thacker	Rousseau Street level	\$130
	11:15 - 12:15	Mobility Fit	Mira Stojanovic	Founders - Ravine lev	\$95
	11:15 - 12:15	Qi Gong	Richard Booth	Teiaiaagon Room 2nd	\$105
	11:30 - 12:30	Zumba Gold <small>begins in MAY</small>	Sheelah Finlayson	Council Chambers 2nd	\$70
1:00 - 3:00	<i>Writing Group - Evergreen Room - Ravine Level</i>				
WEDNESDAY April 2nd 13 weeks	9:30 - 10:30	Yoga	Karen Weinthal	Council Chambers 2nd	\$130
	10:00 - 11:00	Chair Yoga	Joanne Deane	Rousseau Street level	\$130
	10:00 - 12:00	Multi-Media Art	Bernie Hunt	Evergreen Ravine lev	\$130
	10:00 - 11:00	Qi Gong	Richard Booth	Gemmell rm 2nd level	\$105
	11:15 - 12:15	Osteofit <small>CLASS IS FULL Waitlist only</small>	Joanne Deane	Rousseau Street level	\$105
	11:30 - 12:30	Fundance	Elaine Thorne	Council Chambers 2nd	\$105
	1:00	<i>Cards, games - Evergreen Room - Ravine Level</i>			
THURSDAYS April 3rd 13 weeks Y/P fusion ends on June 11th - 11 wks	10:00 - 12:00	Multi-Media Art <small>CLASS IS FULL Waitlist only</small>	Bernie Hunt	Evergreen Rm Ravine	\$130
	10:00 - 11:00	Essentrics	Nicole Thacker	Rousseau Street level	\$130
	11:00 - 12:00	Yoga/Pilates Fusion	Mira Stojanovic	Council Chambers 2nd	\$110
	12:00 - 1:00	Strength & Stretch	Mira Stojanovic	Council Chambers 2nd	\$110
	12:30	<i>Adare Art Atelier - Evergreen Room - Ravine Level</i>			
	1:00 - 2:00	Zumba Gold <small>begins in MAY</small>	Veronica Tahirovic	Rousseau Street level	\$75
	1:00 - 2:30	Tai-Chi Advanced	Steve Yee	Council Chambers 2nd	\$130
	2:30 - 4:00	Tai-Chi Beginner	Steve Yee	Council Chambers 2nd	\$130
FRIDAYS Apr 4 - June 13	10:00 - 11:00	Yoga/Pilates Fusion	Mira Stojanovic	Council Chambers 2nd	\$100
	11:15 - 12:15	Mobility Fit	Mira Stojanovic	Council Chambers 2nd	\$90