

# Activities for adults

# 2022-2023

MORNING

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>TRX</b> 6:30 to 7:30 a.m. Davies Chalet		<b>TRX</b> 6:30 to 7:30 a.m. Davies Chalet			
	<b>Yogalates</b> 9 – 10 a.m. Music Room	<b>Barre</b> 8:30-9:30 a.m. Music Room	<b>Ballet for adults</b> 9:30 – 10:30 a.m. Music Room	<b>Stretching</b> 8:30 to 9:30 a.m. Music Room	<b>TRX</b> 9:00-10:00 a.m. Davies Chalet	<b>Dance Fit</b> 9:15-10:15 a.m. Assembly Hall
	<b>Essentrics Aging Backwards</b> 9:30-10:30 a.m. Assembly Hall		<b>Essentrics Aging Backwards</b> 9:30-10:30 a.m. Assembly Hall		<b>Barre</b> 9:00-10:00 a.m. Music Room	<b>Essentrics</b> 10:30 -11:30 a.m. Assembly Hall
	<b>Adult Balance</b> 10:45-11:45 a.m. Music Room	<b>70+ Fitness</b> 10:45-11:45 a.m. Assembly Hall	<b>Adult Balance</b> 10:45-11:45 a.m. Music Room	<b>70+ Fitness</b> 10:45-11:45 a.m. Assembly Hall	<b>Chair yoga</b> 10:45-11:45 a.m. Music Room	
	<b>Meditation</b> 10:45-11:45 a.m. Assembly Room					
	<b>Yoga for Stiff Men</b> 6:45 – 7:45 p.m. Curling Club	<b>Stretching</b> 5:50 – 6:50 p.m. Music Room	<b>Yoga for Stiff Men</b> 6:45 – 7:45 p.m. Curling Club	<b>Stretching</b> 5:50 – 6:50 p.m. Music Room		
	<b>Essentrics</b> 7:00 – 8:00 p.m. Community Centre	<b>Reach</b> 7:00 – 8:00 p.m. Assembly Hall	<b>Zumba</b> 6:45 – 7:45 p.m. Music Room	<b>Reach</b> 7:00 – 8:00 p.m. Assembly Hall		
	<b>TRX Mobility &amp; Flexibility</b> 7:00 – 8:00 p.m. Davies Chalet	<b>Warrior workout</b> 7:30 – 8:30 p.m. Royal West Academy	<b>Yogalates</b> 7:05 – 8:05 p.m. Assembly Hall	<b>Pilates</b> 7:00 – 8:00 p.m. Curling Club		
	<b>Yogalates</b> 7:05 – 8:05 p.m. Assembly Hall	<b>Gentle Yoga</b> 7:45 – 8:45 p.m. Music Room		<b>Meditation</b> 7:00 – 8:00 p.m. Community Centre		
				<b>Warrior workout</b> 7:30 – 8:30 p.m. Royal West Academy		
				<b>Gentle Yoga</b> 7:45 – 8:45 p.m. Music Room		




# Activities for children

# 2022-2023

# Activities for parents and children

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>Pre-ballet</b> 8:30-9:15 a.m. Music Room
	<b>Mom and Baby workout</b> 9:30-10:30 Assembly Hall	<b>Parent &amp; Baby drop-in</b> 10:00 - 11:00 a.m. Community Center	<b>Mom and Baby workout</b> 9:30-10:30 Assembly Hall		<b>Ballet (5-6)</b> 9:30-10:15 a.m. Music Room
					<b>Captain Catalyst (4-6)</b> 9:30-10:30 a.m. Davies Chalet
					<b>Ballet (7-8)</b> 10:30-11:30 a.m. Music Room
					<b>Captain Catalyst (7-9)</b> 10:45-11:45 a.m. Davies Chalet
					<b>Ballet (9+)</b> 11:45 a.m. - 12:45 p.m. Music Room
	<b>Pre-ballet</b> 4:45 - 5:30 p.m. Music Room		<b>Ballet (5-6)</b> 5:00-5:45 p.m. Music Room		<b>Parent &amp; Child Yoga</b> 1:00-1:45 p.m. Music Room

 Classes for parents and children

 Classes for children

