











FITNESS CLASSES

Program	Day / Time	Location	Fee	Instructor	Information
CO-ED FITNESS 	Tuesday 11:15 am-12:15 pm	Gym	Session Fee	Carolyn Hallford	Active classes. Low impact aerobics. 1 and 2 lb. weights and dynabands optional.
	Thursday 11:15 am-12:15 pm	Gym	Session Fee	Dale Morin	
	Thursday 11:00 am-12 noon	Church Hall	Session Fee	John Burgess	Low impact aerobics at a more gentle pace.
GENTLE EXERCISE 	Wednesday 12 noon—1:00 pm	Church Hall	Session Fee	Dale Morin	Seated exercise. 1 lb weights optional. Recommended for persons with mobility challenges.
PILATES 	Monday 11:00 am—12 noon	Gym	10 weeks \$25.00	Diane Blackburn	An introductory program following the teachings of Joseph Pilates.
OSTEOPOROSIS EXERCISE 	Wednesday 1:05 pm-2:05 pm	Gym	Session Fee	Dale Morin	A safe exercise program for persons with Osteoporosis & Osteoarthritis. Weights and dynabands optional
	Friday 9:45 am 10:45 am 11:20 am-12:20 pm	Church Hall Gym	Session Fee	John Burgess	
SKATING 	Thursday 10:00 am-12 noon (Oct - March)	Lambton Arena 4100 Dundas St West.	No charge	No formal instruction Convenor Norma Falconer	Community skate, bring along grandchildren, friends & neighbours.
STRETCH & STRENGTH 	Tuesday 12:30 pm-1:30 pm	Gym	Session Fee	Carolyn Hallford	Low impact aerobics with the strength building component done on mats.
T'AI CHI Introductory Continuing 	Wednesday 11:00 am—11:55 am 12 noon-12:55 pm	Gym	Session Fee	Frank Chow	Taoist principles of T'ai Chi are taught at a beginners and advanced level.
T'AI CHI Health Recovery 	Friday 10:50 am-11:50 am	Church Hall	10 weeks \$15.00	Christopher Lewis	Very gentle seated exercises. Promotes health and wellness. Suitable for persons with a variety of health challenges.

FITNESS CLASSES (Continued)

Program	Day	Location	Fee	Instructor	Information
T'AI CHI Open Practice	Monday & Friday 8:40 am-9:40 am	Church Hall	* No charge	No instruction	An opportunity for individual practice time.
WALKING CLUB 	Last Monday of the month. Meeting times vary	Outdoor locations	* No Charge	Helen Brukner Mary Doig Beth Phillips Penny Tweddle Shirley Turnbull Olga Yeoman	A variety of walks in and around the city. Also out of town walks. Also a conference once per year.
YOGA LEVEL 1  LEVEL 2	Tuesday 1:45 pm -2:45 pm Monday 12:30 pm -1:30pm	Gym	Session Fee	Sandra Statler Ewa Krepicz	Beginners Level Advanced level

DANCE CLASSES

BALLROOM DANCE OPEN PRACTICE 	Thursday 1:45 pm- 2:45 pm	Gym	* No charge		Singles and couples welcome.
BALLROOM LINE DANCING 	Friday Beg: 12:45 pm-1:45 pm Adv: 1:55 pm-2:55 pm	Gym	\$50.00 10 weeks	Ron Dawkins	A uniquely choreographed program
LINE DANCE Beginners Advanced Intermediate	Friday 9:00 am-10:00 am 10:05 am-11:05am Thursday 12:30 pm-130 pm	Gym	Session Fee	Steve Hazard Steve Hazard John Burgess	Traditional Format.
LATIN LINE DANCE 	Wednesday 9:45 am-10:45 am	Gym	Session Fee	Siony Srnka	All skill levels.
WESTERN LINE DANCE 	Tuesday 10:00am- 11:00 am	Gym	Session Fee	John Burgess	All skill levels.

* No charge—indicates classes / programs that require Syme 55+ Centre Membership