

SPRING 2026 Session: Monday, APRIL 6th - Saturday, MAY 30th 2026. (8 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30- 4:30 PM	8:30- 4:30 PM	8:30 AM- 4:30 PM	8:30 AM- 8:30 PM	8:30 AM- 4:30 PM	9 AM- 1 PM
MWSA closed: APRIL 6 TH	No gym classes on Apr 28				No GYM Activity.: Apr 25
MWSA CLOSED: MAY 18 TH	Curling Banquet on Apr 28.				

8:30- 10:15 AM/ GYM PICKLEBALL ADVANCED DROP IN: \$3M/ \$5 NM	8:30 - 10:30 AM/ GYM PICKLEBALL BEGINNERS DROP IN: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM PICKLEBALL INTERMEDIATE DROP IN: \$3M/ \$5 NM	8:30- 11:00 AM/ GYM PICKLEBALL ADVANCED DROP IN: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM PICKLEBALL BEGINNERS DROP IN: \$3M/ \$5 NM	9:00- 11:00 AM/ GYM PICKLEBALL ALL LEVELS DROP IN: \$3M/ \$5 NM
9:00- 11:00 AM/ 225 KNITTING CLUB FREE: MWSA MEMBERS	9:00 - 11:00 AM/ 225 KNITTING CLUB FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 229 QUILTING CLUB FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 225 CARD MAKING CLUB FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 231 JAMMERS CLUB DROP IN: \$3M/ \$5 NM	APRIL 4, 9:30- 10:45 AM REST RESTORE RENEW 75 min Cost: \$35 M/ \$45 NM/ Dagmar
10:30- 11:30 AM/ 229/ Max 14 MAT PILATES with Sarah Apr. 13,20,27, May 4,11,25. 6 weeks: \$ \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	9:00- 10:00 AM/ 231/ Max: 15. GENTLE CHAIR YOGA with Anne Apr 7,14,21,28, May 5,12,19,26 8 weeks: \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM/	9:00- 10:30 AM/ 225/ Max: 10 CROCHET CLASS/ Knitting Club Apr 8, 22, May 6, 20. 4 weeks: \$ 60 M/ \$ 65 NM. Drop In: \$18 M/ \$20 NM/ NEW!	9:30- 11:30 AM/ 231/ Max: 20 WATERCOLORS with Willie Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$128 M/ \$160 NM Drop In: \$20 M/ \$24 NM	9:00 AM- 12:00 PM/ 225 CLAY HAND BUILDING 4 Week- May 8, 15, 22, 29. Cost \$ 200 M/ \$ 220 NM. NEW!	10:00- 11:00 AM/ 231/ Max14 STRETCH TONE YOGA. Paige April 11,18, May 2,9,16,23,30. 7 weeks: \$ 70 M/ \$ 91 NM Drop In: \$13 M/ \$16 NM/
10:30- 11:30 AM/ GYM/Max 25 TABATA with Esther Apr. 13,20,27, May 4,11,25. 6 weeks: \$ \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	10:00 AM- 12:00 PM/ 227 CAREGIVER's GROUP: 1st Tues ALZHEIMER's GROUP: 3rd Tues FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 231 JAMMERS CLUB DROP IN: \$3M/ \$5 NM	10:00- 11:00 AM/ 229/ Max: 16 NIA with Kirsten Bartel Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM	9:30- 10:30 AM/ 229/ Max 16 LATIN FITNESS with Dagmar Apr. 10,17,24, May 1,8,15,22,29 8 weeks: \$ 80 M/ \$ 104 NM Drop In: \$13 M/ \$16 NM.	11:00 AM- 1:00 PM/ GYM BADMINTON ALL LEVELS DROP IN: \$3M/ \$5 NM
11:00- 12:00 PM/ 231/ Max 14 YOGA 4 WELLBEING/ Neeru Apr. 13,20,27, May 4,11,25. 6 weeks: \$ \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	11:00 AM- 12:00 PM/ 227 BOOK CLUB- I. 2nd Tues. DROP IN: \$3M/ \$5 NM	9:00 AM- 2:00 PM/ 4 th Wed. FREE OUTREACH SERVICES Laura: 780-433-5809 Naveed: 587-598-3837 CALL FOR APPOINTMENT	11:15 AM- 12:15 PM/ GYM/ Mx25 TABATA/ Deb Ravbar Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM/	10:00- 11:00 AM/ Lobby EPL E-LEARNING Last Friday of the Month. FREE: MWSA MEMBERS	APRIL 18, 9:30- 11:00 AM YOGA FOR HAPPY HIPS 90 min Cost: \$35 M/ \$45 NM/ Dagmar Min 5/ Max 16
11:45- 12:45 PM/ GYM/ Mx 35 STABILITY CLASS/ Sarah Apr. 13,20,27, May 4,11,25. 6 weeks: \$ \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 NM	10:45- 11:45 AM/ GYM/ Max: 24 STRETCH TONE YOGA/ Michelle Apr 7,14,21, May 5,12,19,26 7 weeks: \$70 M/ \$91 NM Drop In: \$13 M/ \$16 NM	10:45- 11:45 AM/ GYM/ Max: 24 BARRE STRENGTH ST. with Deb. Apr 8,15,22,29, May 6,13,20,27. 8 weeks: \$ 80 M/ \$ 104 NM. Drop In: \$13 M/ \$16 NM.	11:15 AM- 12:45 PM/ By Elevators BOOK CLUB II. 3rd Thurs DROP IN: \$3M/ \$5 NM. Room 224	10:45- 11:45 AM/ GYM/ Max 35 SIT \$ BE FIT with Dagmar Apr. 10,17,24, May 1,8,15,22,29 8 weeks: \$ 80 M/ \$ 104 NM Drop In: \$13 M/ \$16 NM.	MAY 2, 9:30- 11:00 AM DANCE OF JOY- 90 min Cost: \$35 M/ \$45 NM/ Dagmar Min 5/ Max 16

EASTER MONDAY: APRIL 6
VICTORIA DAY: MAY 18NO CURLING LEAGUE TILL FALL
Winter league Ends Apr 28.Keep Fit Interval: Low Impact
class Re-Designed/ Modified.

RUMMAGE SALE: APRIL 25.

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8:30- 4:30 PM	8:30- 4:30 PM	8:30 AM- 4:30 PM	8:30 AM- 8:30 PM	8:30 AM- 4:30 PM	9 AM- 1 PM
MWSA closed: APRIL 6 TH	No gym classes on Apr 28				No GYM Activity.: Apr 25
MWSA CLOSED: MAY 18 TH	Curling Banquet on Apr 28.				

12:30- 2:30 PM/ 231 TABLE TENNIS DROP IN: \$3M/ \$5 NM	10:45- 11:45 AM/ 231/ Max: 14 CIRCUIT TRAINING/ D Ravbar Apr 7,14,21,28, May 5,12,19,26 8 weeks: \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM	12:00- 1:00 AM/ GYM/ Max: 30. KEEP FIT INTERVAL with Deb. Apr 8,15,22,29, May 6,13,20,27. 8 weeks: \$ 80 M/ \$ 104 NM. Drop In: \$13 M/ \$16 NM	12:00- 2:15 PM/ 231 CRIBBAGE GAME DROP IN: \$3M/ \$5 NM	12:15- 1:00 PM/ GYM/ Max 35 ESSETRICS 4 SEN./ Meaghan Apr. 10,17,24, May 1,8,15,22,29 8 weeks: \$ 104 M/ \$ 128 NM Drop In: \$16 M/ \$20 NM	
1:00- 3:00 PM/ CAFÉ DOMINOES' GAME DROP IN: \$3M/ \$5 NM	12:00- 2:00 PM/ GYM/ Keith NEXT LEVEL PICKLEBALL May 5, 12, 19, 26. No Drop Ins! 4 Weeks \$60 M/ \$80 NM. NEW!	12:30- 2:30 PM/ 231 TABLE TENNIS DROP IN: \$3M/ \$5 NM	12:15- 3:15 PM/ 225/ Max: 8 CARD MAKING CLASS/ Marcelle May 21, Jun 18, Jul 16 & Aug 20. 4 weeks: \$ 60 M/ \$ 65 NM. Drop In: \$18 M/ \$20 NM	1:00- 4:00 PM/ 225 OPEN ART STUDIO DROP IN: \$3M/ \$5 NM	
1:30- 2:30 PM/ 229/ Max 16 AGE REV. ESSETRICS/Belinda Apr. 13,20,27, May 4,11,25. 6 weeks: \$ \$78 M/ \$96 NM. Drop In: \$16 M/ \$20 NM.	12:15- 1:00 PM/ 229/ Max 16 TAI CHI 4 SELF DEFENCE/ Brad Apr 7,14,21,28, May 5,12,19,26 8 Weeks \$104 M/ \$128 NM NEW! Drop In: \$16 M/ \$20 NM.	12:30- 3:30 PM/ 229 SEWING & CRAFTING CLUB FREE: MWSA MEMBERS.	12:30- 1:15 PM/ 229/ Max 16 TAI CHI WALKING with Brad Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$104 M/ \$128 NM. NEW! Drop In: \$16 M/ \$20 NM.	1:15- 2:15 PM/ GYM/ Max 30 CHAIR YOGA with Neeru Apr. 10,17,24, May 1,8,15,22,29 8 weeks: \$ 80 M/ \$ 104 NM Drop In: \$13 M/ \$16 NM.	
2:00- 4:00 PM/ 225 EUCHRE GAME DROP IN: \$3M/ \$5 NM	12:30- 3:30 PM/ 225 NEW! MOSAIC GLASS WORKSHOP April 7 th & 14 th Cost: \$120 M/ \$140 NM	1:15- 2:15 PM/ GYM/ Max: 50 LINE DANCING BEGINNERS Apr 8,15,22,29, May 6,13,20,27. 8 weeks: \$ 80 M/ \$ 104 NM. Drop In: \$13 M/ \$16 NM	12:30- 1:30 PM/ GYM/ Max: 20 CORE STRENGTH STRETCH Dana Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM	2:00- 4:15 PM/ 227 MAHJONG GAME (American). DROP IN: \$3M/ \$5 NM. Lead: Debby Ronden will bring her American Mahjong.	
2:00- 4:15 PM/ 227 MAHJONG GAME DROP IN: \$3M/ \$5 NM	12:30- 3:30 PM/ MAY 19 TH NEW! MOSAIC SPINNER WORKSHOP Each Spinner cost: \$85 M/ \$95 NM	2:00- 4:15 PM/ 227 MAHJONG GAME DROP IN: \$3M/ \$5 NM	12:30- 2:30 PM/ Café CANASTA GAME DROP IN: \$3M/ \$5 NM.	12:15- 4:15 PM/ 231/ Partnering STEP FORWARD PROGRAM Jun 12- Aug 21	
2:15- 4:15 PM/ GYM BADMINTON DROP IN: \$3M/ \$5 NM	1:15- 2:15 PM/ 229/ Max: 14 TAI CHI 10 FORMS with Ken Apr 7,14,21,28, May 5,12,19,26 8 weeks: \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM	2:30- 4:15 PM/ GYM BADMINTON DROP IN: \$3M/ \$5 NM	1:45- 3:45 PM/ GYM/ Max 10. BADMINTON: Apr 9, 16, 23, 30 DEVELOP PICKLEBALL SKILLS MAY 7, 14, 21, 28(Pick 1 hour Slot) COST: \$60 M/ \$80 NM (1 hr slot)	2:30- 4:30 PM/ GYM/ Max 12 NEXT LEVEL PICKLEBALL/ Keith Apr 10, 17, 24, May 1. 4 Weeks \$60 M/ \$80 NM/ NEW! No Drop ins	
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	12:15- 4:15 PM/ 231/ Partnering STEP FORWARD PROGRAM Jun 16- Aug 18	3:00- 4:00 PM/ 231/ Max: 20 LINE DANCING ADVANCED Apr 8,15,22,29, May 6,13,20,27. 8 weeks: \$ 80 M/ \$ 104 NM. Drop In: \$13 M/ \$16 NM	3:00- 5:00 PM/ 231/ Addison iPhone and Android Phones Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$104 M/ \$128 NM Drop In: \$16 M/ \$20 NM/ NEW!	→ Min 10 & Max 14 Registrations for iPhone/ Android class	
	2:15- 4:15 PM/ GYM FUN FLOOR CURLING DROP IN: \$3M/ \$5 NM		3:00- 4:00 PM/ 229/ Max: 14 ZUMBA GOLD with Tammy Apr 9,16,23,30, May 7,14,21,28. 8 Weeks \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM	2:30- 4:15 PM/ GYM BADMINTON: Starting May 8 DROP IN: \$3M/ \$5 NM No badminton Apr 10- till May 1	
			4:00- 6:00 PM/ GYM/ PICKLEBALL INTERMEDIATE DROP IN: \$3M/ \$5 NM		
			5:30- 7:30 PM/ APRIL 23 RD & 30 TH INTRO TO BAS RELIEF: 3-D Art Cost: \$ 120 M/ \$130 NM. LINDA FINSTAD		
			6:00- 7:00 PM/ 229/ Max: 16 STRETCHING with Pat Barford April 9,16,23,30, May 7,14,21,28. 8 weeks: \$ 80 M/ \$ 104 NM Drop In: \$13 M/ \$16 NM		
			6:15- 8:15 PM/ GYM PICKEBALL ALL LEVELS DROP IN: \$3M/ \$5 NM		

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