

### Summer 2026 Programs (Monday, June 8<sup>th</sup>-Friday, August 28<sup>th</sup>, 2026) (12 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-4:30 PM	8:30-4:30 PM	8:30 AM- 4:30 PM	8:30 AM-4:30 PM	8:30 AM-4:30 PM
MWSA closed: Aug 3 <sup>rd</sup> No Gym Activities June 22	Floor Curling League starts Sept 8 <sup>th</sup> No Gym Activities June 23	MWSA closed: July 1 <sup>st</sup> No Gym Activities June 24	No Gym Activities June 25	No Gym Activities June 26

### INSTRUCTOR LED CLASSES

### Registration Form Required

10:30- 11:30 AM/ 229/ Max 14 MAT PILATES/ Sarah <b>CANCELLED</b>	9:00- 10:00 AM/ 231/ Max: 15. GENTLE CHAIR YOGA/ Anne. Jun 9, 16, 23, 30, Jul 7,14,21,28, Aug 4,11,18,25. 12 weeks: \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM/	9:00- 10:30 AM/ 225/ Max: 10/ <b>NEW!</b> CROCHET CLASS (Intergenerational) July 8, 15, 22 & 29. 4 weeks: \$60 M/\$65 NM. Drop In: \$18 M/ \$20 NM/	9:30- 11:30 AM/ 231/ Max: 20 WATERCOLORS/ Willie. Jun 11, 18, 25, Jul 2,16,30, Aug 6,13,20,27 10 Weeks \$160 M/ \$200 NM Drop In: \$20 M/ \$24 NM	10:00 AM- 12:00 PM/ 229/ Min 10 AI FOR BEGINNERS/ Addison <b>CANCELLED</b>
10:30- 11:30 AM/ GYM/Max 25 TABATA/ Esther/ Jun 8,15,29, Jul 6,13,20,27, Aug 10, 17, 24. 10 weeks: \$ \$100 M/ \$130 NM. Drop In: \$13 M/ \$16 NM	10:45- 11:45 AM/ GYM/ Max: 24 STRETCH TONE YOGA/ Michelle Jun 9, 16,30, Jul 7,14,21,28, Aug 4, 11, 18, 25. 11 weeks: \$110 M/ \$143 NM Drop In: \$13 M/ \$16 NM	10:45- 11:45 AM/ GYM/ Max: 24 BARRE Strength Stretch with Deb Proc Jun 10,17, Jul 8,15,22,29, Aug 5,12,19,26 10 weeks:\$100 M/\$130 NM Drop In: \$13 M/ \$16 NM.	11:15 AM- 12:15 PM/ GYM/ Mx25 TABATA/ Deb Ravbar. Jun 11,18, Jul 2, 9, 16, 23, 30. No Classes in Aug! 7 Weeks \$70 M/ \$91 NM Drop In: \$13 M/ \$16 NM	10:00 AM- 12:00 PM/ 229/ Min 10 iPhones & Android PHONES/ Addison <b>CANCELLED</b>
11:00 am- 12:00 pm/ 231/ Max 16 YOGA 4 WELLBEING/ Neeru Jun 8,15,22,29, Jul 6,13,20,27, Aug 10,17. 10 weeks: \$ \$100 M/ \$130 NM. Drop In: \$13 M/ \$16 NM/ <b>No Class Aug 24</b>	10:45- 11:45 AM/ 231/ Max: 16 CIRCUIT TRAINING/ Deb Ravbar Jun 9,16,23,30, Jul 7,14,21,28. 8 weeks: \$80 M/ \$104 NM. Drop In: \$13 M/ \$16 NM <b>No Class in Aug</b>	10:30 AM- 12 PM/ 225/ Max 30 SPANISH CONVERSATIONAL III June 10, 17, 24, July 8, 15, 22. 6 weeks: \$60 M/ \$78 NM. Drop In: \$13 M/ \$16 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- <b>Register</b>	10:45- 11:45 AM/ GYM/ Max 35 SIT \$ BE FIT/ Lorraine. Jun 12,19, Jul 3,10,17. 5 weeks: \$ 50 M/ \$ 65 NM Drop In: \$13 M/ \$16 NM.
11:45- 12:45 PM/GYM/ Mx 35 STABILITY CLASS/ Sarah. Jun 8,15,29, Jul 6,13,20,27, Aug 10, 17, 24. 10 weeks: \$ \$100 M/ \$130 NM. Drop In: \$13 M/ \$16 NM	12:00- 12:45 PM/ GYM/ Max 40 TAI CHI WALKING/ Brad Schultz Jun 9,16, 30, Jul 7,14. 5 Weeks \$65 M/ \$80 NM. Drop In: \$16 M/ \$20 NM.	10:30 AM- 12 PM/ 225/ Max 30 SPANISH GRAMMER II July 29, Aug 5, 12, 19, 26. 5 weeks: \$50 M/ \$65 NM. Drop In: \$13 M/ \$16 NM	12:30- 1:30 PM/ GYM/ Max: 20 CORE STRENGTH STRETCH Dana Jun 11, 18, Jul 2, 9, 16, 23. 6 Weeks \$60 M/ \$78 NM Drop In: \$13 M/ \$16 NM <b>No Aug</b>	12:15- 1:00 PM/ Gym/ Max 16 ESSETRICS/ Meaghan. Jun 12, 19, 26, Jul 3,10,17, 24, 31, Aug 7, 14, 21,28. 12 weeks: \$ 156 M/ \$ 192 NM Drop In: \$16 M/ \$20 NM
12:15-1:15 PM/229/Max 12/ <b>NEW!</b> MEMORY LANE/Maria Tarnowski <b>CANCELLED</b>	12:00- 12:45 PM/ GYM/ Max 40/ <b>NEW!</b> Better Bal. & Fitness/ TAI CHI/ Brad Jul 21,28, Aug 4, 11, 18, 25. 6 Weeks \$78 M/ \$96 NM. Drop In: \$16 M/ \$20 NM	12:00- 1:00 AM/ GYM/ Max: 30. KEEP FIT INTERVAL with Deb Proc Jun 10,17, Jul 8,15,22,29, Aug 5,12,19,26 10 weeks: \$100 M/ \$ 130 NM Drop In: \$13 M/ \$16 NM	11:15- 1:15 PM/ GYM/ Max 12 NEXT LEVEL PICKLEBALL/ <b>Keith</b> Aug 6, 13, 20, 27. 4 Weeks \$60 M/ \$80 NM. <b>No Drop ins</b>	1:15- 2:15 PM/ GYM/ Max 30 CHAIR YOGA/ Neeru. Jun 12,19, Jul 3,10,17, 24, 31, Aug 7, 14, 21, 28. 11 weeks: \$ 110 M/ \$ 143 NM Drop In: \$13 M/ \$16 NM.
1:30- 2:30 PM/ 229/ Max 16 AGE REV. ESSETRICS/Belinda/ Jun 8, 15,22,29, Jul 6,13,20,27, Aug 10,17,24 11 weeks: \$143 M/ \$176 NM. Drop In: \$16 M/ \$20 NM.	1:15- 2:15 PM/ 229/ Max: 14 TAI CHI 10 FORMS/ Ken <b>CANCELLED</b>	1:15- 2:15 PM/ GYM/ Max: 50 LINE DANCE BEG. / Tracey. Jun 10,17, Jul 8,15,22,29, Aug 5,12,19,26. 10 weeks: \$ 100 M/ \$ 130 NM Drop In: \$13 M/ \$16 NM	3:00- 4:00 PM/ 229/ Max: 14 ZUMBA GOLD/ Tammy. Jun 11, 18, 25, Jul 2,9,16,23, 30, Aug6,13,20,27 12 Weeks \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM	

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		3:00- 4:00 PM/ 231/ Max 20 LINE DANCE ADV/ Tracey Jun 10,17,24, Jul 8,15,22,29, Aug 5,12,19, 26. 11 weeks: \$ 110 M/ \$ 143 NM Drop In: \$13 M/ \$16 NM		
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### DROP- IN ACTIVITIES (Some will require registration or appointments)

8:30- 10:15 AM/ GYM <b>PICKLEBALL ADVANCED</b> DROP IN: \$3M/ \$5 NM	8:30 - 10:30 AM/ GYM <b>PICKLEBALL BEGINNERS</b> DROP IN: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM <b>PICKLEBALL INTERMEDIATE</b> DROP IN: \$3M/ \$5 NM	8:30- 11:00 AM/ GYM <b>PICKLEBALL ADVANCED</b> DROP IN: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM <b>PICKLEBALL BEGINNERS</b> DROP IN: \$3M/ \$5 NM
9:00- 11:00 AM/ 225 <b>KNITTING CLUB</b> FREE: MWSA MEMBERS	9:00 - 11:00 AM/ 225 <b>KNITTING CLUB</b> FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/229/ <b>FREE</b> <b>QUILTING CLUB</b> FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 225 <b>CARD MAKING CLUB</b> FREE: MWSA MEMBERS	9:00 AM- 12:00 PM/ 231 <b>JAMMERS CLUB</b> DROP IN: \$3M/ \$5 NM
12:30- 2:30 PM/ 231 <b>TABLE TENNIS</b> DROP IN: \$3M/ \$5 NM.	10:00 AM- 12:00 PM/227/ <b>FREE</b> <b>CAREGIVER'S GROUP: 1st Tues</b> <b>ALZHEIMER'S GROUP: 3rd Tues</b>	9:00 AM- 12:00 PM/ 231 <b>JAMMERS CLUB</b> DROP IN: \$3M/ \$5 NM	11:15 AM- 12:45 PM/ 227 <b>BOOK CLUB II. 3<sup>rd</sup> Thurs</b> DROP IN: \$3M/ \$5 NM.	10:00- 11:00 AM/ Lobby <b>EPL E-LEARNING</b> Last Friday monthly <b>FREE: MWSA MEMBERS</b>
1:00- 3:00 PM/ CAFÉ <b>DOMINOES GAME</b> DROP IN: \$3M/ \$5 NM.	11:00 AM- 12:00 PM/ 227 <b>BOOK CLUB- I. 2nd Tues.</b> DROP IN: \$3M/ \$5 NM	9:00 AM- 2:00 PM/ 4 <sup>th</sup> Wed. / <b>FREE</b> <b>OUTREACH SERVICES</b> Laura: 780-433-5809/ <b>APPOINTMENT</b>	12:00- 2:15 PM/ 231 <b>CRIBBAGE GAME</b> DROP IN: \$3M/ \$5 NM	1:00- 4:00 PM/ 225 <b>OPEN ART STUDIO</b> DROP IN: \$3M/ \$5 NM
2:00- 4:00 PM/ 227 <b>EUCHRE GAME</b> DROP IN: \$3M/ \$5 NM.	12:15- 2:15 PM/ <b>Jun 16- Aug 18/231</b> <b>AHS: STEP FORWARD PROGRAM</b> Register: 587-372-8195	12:30- 2:30 PM/ 231 <b>TABLE TENNIS</b> DROP IN: \$3M/ \$5 NM	12:30- 2:30 PM/ Café <b>CANASTA GAME</b> DROP IN: \$3M/ \$5 NM.	<b>1:00-3:00 PM/ 227</b> <b>New Time!</b> <b>MAHJONG GAME</b> (American). DROP IN: \$3M/ \$5 NM.
2:00- 4:15 PM/ 227 <b>MAHJONG GAME</b> DROP IN: \$3M/ \$5 NM.	2:15- 4:15 PM/ GYM <b>FUN FLOOR CURLING</b> DROP IN: \$3M/ \$5 NM	12:30- 3:30 PM/ 229 <b>SEWING &amp; CRAFTING CLUB</b> FREE: MWSA MEMBERS.	2:15- 4:15 PM/ GYM <b>PICKLEBALL ALL LEVELS</b> DROP IN: \$3M/ \$5 NM	12:15- 2:15 PM/ <b>Jun 12-Aug 21/ 231</b> <b>AHS: STEP FORWARD PROGRAM</b> Register: 587-372-8195
2:15- 4:15 PM/ GYM <b>BADMINTON</b> DROP IN: \$3M/ \$5 NM.	2:15- 4:15 PM/ <b>Jun 16- Aug 18/231</b> <b>AHS: STEP FORWARD PROGRAM</b> Register: 587-372-8195	2:00- 4:15 PM/ 225 <b>MAHJONG GAME</b> DROP IN: \$3M/ \$5 NM		2:30- 4:15 PM/ GYM <b>BADMINTON</b> DROP IN: \$3M/ \$5 NM
		2:30- 4:15 PM/ GYM <b>BADMINTON</b> DROP IN: \$3M/ \$5 NM		2:15- 4:15 PM/ <b>Jun 16-Aug 18/231</b> <b>AHS: STEP FORWARD PROGRAM</b> Register: 587-372-8195