

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

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|  |  |   |  |  |
|--|--|---|--|--|
|  |  | 3:00- 4:00 PM/ 231/ Max 20<br>LINE DANCE ADV/ Tracey Jun 10,17,24,<br>Jul 8,15,22,29, Aug 5,12,19, 26.<br>11 weeks: \$ 110 M/ \$ 143 NM<br>Drop In: \$13 M/ \$16 NM |  |  |
|--|--|---|--|--|

### DROP- IN ACTIVITIES (Some will require registration or appointments)

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