

12- Week Winter Program 2025 (Jan 13- April 5, 2025). **We're opened on Saturday Mornings & Thursday Evenings Now!**

Room: 224: 6

Room 225: 25

Room 229: 45

Room: 231: 60

Room: 227/ 228: 45

Room: GYM: 225

Room: Café

No Classes/Feb 17		Registration Starts on December 9, 2024. MWSA will reopen on Thursday, Jan 2 nd , 2025		No classes/March 29	
MONDAY 8:30- 4:30 PM	TUESDAY 8:30 AM- 4:30 PM	WEDNESDAY 8:30 AM- 4:30 PM	THURSDAY 8:30 AM- 8:30 PM	FRIDAY 8:30 AM- 4:30 PM	SATURDAY 9:00 AM- 1:00 PM
Jan 13- March 31	Jan 14- Apr 1	Jan 15- Apr 2	Jan 16- Apr 3	Jan 17- Apr 4	Jan 18- Apr 5
8:30-10:15 AM/ GYM PICKLEBALL ADV. Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL BEG. Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL ALL LEVELS D.I \$3M/\$5 NM	8:30-11:00 AM/ GYM PICKLEBALL ADV. Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL BEG. Drop-In: \$3M/ \$5 NM	9:00- 11:00 AM/ GYM PICKLEBALL ALL LEVEL Drop-In: \$3M/ \$5 NM
9:00-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00 AM-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00- NOON/ 229 QUILTING CLUB Free: MWSA mem only	9:00- NOON/ 225 CARD MAKING CLUB Free: MWSA mem only	9:00 AM-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM	
9:30- 2:00 PM/ 224 HEARING TEST CLINIC 2 nd Monday Drop-In: \$3M/ \$5 NM	10:00 AM-NOON/ 227 CAREGIVER'S CIRCLE 1 st Tuesday Drop-In: \$3M/ \$5 NM	9:00-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM	9:30-11:30 AM/ 231/ Willie WATERCOLOURS 4 All 10 W/\$160 M/\$200 NM Drop In: \$20 M/ \$24 NM No class-Feb 6 & Apr 3.	10:30- 11:30 AM/ 229/ Ballroom Dancing 7W/\$91 M/ \$112 NM Drop In: \$16 M/ \$20 NM Feb 21, 28, Mar 7,14,21,28, Apr 4	10- 11:00 AM/ 229/ Stretch Tone Yoga 11 Week Jan 18, 25, Feb 1, 8, 15, 22, Mar 1, 8,15, 22, Apr 5.
10:00- 11:00 AM/ 229/ Rose/ MAT PILATES 11 W: \$110 M/ \$143 NM Drop In: \$13 M/ \$16 NM	10:00 AM-NOON/ 227 ALZHEIMER'S SUPPORT 3 rd Tuesday Drop-In: \$3M/ \$5 NM	10:00- 11:00 AM/ Lobby EPL 2 GO Literacy Van 2 nd Wednesday	10:00- 2:00 PM/ 224. Outreach with EMCN 3 RD Thursday Drop In. Free: MWSA mem only	10:00 AM- 12:00 PM/ 225 TRAVEL CLUB Free: MWSA mem only 2 nd Friday of the month	FULL
10:30- 11:30 AM/ GYM/ TABATA MONDAY 11 W/ \$110 M/ \$143 NM Drop In: \$13 M/ \$16 NM	10:00- 11:00 AM/ 227 CELIAC SUPPORT 4 th Tuesday Drop-In: \$3M/ \$5 NM/	10:00- 11:30 AM/ 227 CANCER SUPPORT 3 rd Wed. Garry Haff Drop-In: \$3M/ \$5 NM	10:00-11:00 AM/ 229/ Kirsten NIA THURSDAY 12 W/ \$120 M/\$156 NM/ Drop In: \$13 M & \$16 NM	10:00 AM- 1:00 PM/ 224. GRIEF SUPPORT 2 nd & 4 th Friday Drop-In: \$3M/ \$5 NM	11:00 AM- 1:00 PM/ BADMINTON ALL LEVELS Drop-In: \$3M/ \$5 NM
11:45- 12:45 PM/ GYM/ FULL SIT & BE FIT MONDAY 11 W/ \$ 110 M/ \$143 NM Drop In: \$13 M/ \$16 NM	10:00- 3:00 PM/ 224/ THE-PC-GUY 3 rd Tuesday Glenn: 780-860-8924 Fundraiser: % to MWSA	10:45-11:45 AM/ GYM/ Barre Strength Stretch 12 W/\$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	11:15 AM- 12:15 PM/ GYM/ TABATA THURSDAY 12 W/ \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	10:45-11:45 PM/ GYM/ Rose SIT & BE FIT FRIDAY 12 W/ \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	
12:30- 1:30 PM/ 229/ Meaghan Age Reversing ESSENTRICS 10W/\$130 M/ \$160 NM Drop In: \$16 M/ \$20 NM No class Feb 17, Mar 24	10:45- 11:45 AM/ Gym STRETCH & TONE YOGA 12 Week/\$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	12:00-1:00 PM/ GYM/ KEEP FIT ACTIVE WED. 12 Weeks\$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	12:00-2:15 PM/ 231 CRIBBAGE Drop-In: \$3M/ \$5 NM	12:00- 1:00 PM/ 229/ Rose Strong Body H Core II 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM.	
12:30- 2:30 PM/ 231 TABLE TENNIS Drop-In: \$3M/ \$5 NM	10:45- 11:45 AM/ 229/ FULL CIRCUIT TRAINING 12 Weeks\$ 120 M/\$156 NM Drop In: \$13 M/ \$16 NM	12:30-2:30 PM/ 231 TABLE TENNIS Drop-in: \$3M/ \$5 NM	12:15- 3:15 PM/ 225 FULL-CARD MAKING CLASS 4 W/\$50 M/\$60NM Jan 16, Feb 20, Mar 20, Apr 17	12:00- 1:00 PM/ GYM/ Esther KEEP FIT ACTIVE 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM.	

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Jan 13- March 31	Jan 14- Apr 1	Jan 15- Apr 2	Jan 16- Apr 3	Jan 17- Apr 4	Jan 18- Apr 5
1:00- 2:00 PM/ GYM/ Natalia STRONG BODY H CORE 11 W/ \$110 M/\$143 NM Drop In: \$13 M/ \$16 NM	11:00- 12:00 PM/ 227/ BOOK CLUB FULL Drop-In: \$3M/ \$5 NM 2 nd Tuesdays	12:30-3:30 PM/ 229 SEWING & CRAFTING CLUB Free: MWSA mem only	12:30-1:30 PM/ GYM/ Deb P CORE STRENGTH STRETCH 12 W/ \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	1:00- 4:00 PM/ 225 OPEN ART STUDIO Drop-In: \$3M/ \$5 NM	
2:00- 4:00 PM/ 225 EUCHRE GAME Drop-In: \$3M/ \$5 NM	12:00- 2:00 PM/ GYM FULL FLOOR CURLING LEAGUE- 14 W/ \$42.00 M Jan 7- April 1 Banquet: Apr 8	1:15- 2:15 PM/ GYM/ Tracey LINE DANCING FOR ALL 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	12:30- 2:30 PM/ Cafe CANASTA Drop-In: \$3M/ \$5 NM	1:15 PM- 2:00 PM/ 229 ESSETRICS 4 SENIORS 12 WEEKS/ \$156 M/ \$192 NM Drop In: \$16 M/ \$20 NM	
1:30 PM/ Café/ Last Mon Monthly Birthday Party \$5 for guests/NM Free for Birthday members	1:00- 2:00 PM/ 229 TAI CHI 12 Weeks \$ 120 M/\$156 NM Drop In: \$13 M/ \$16 NM	2:00- 4:15 PM/ 227 MAHJONG GAME Drop-In: \$3M/ \$5 NM	12:30- 1:30 PM/ 229/ Michelle Thriving Through Yoga: No class Mar 6 11 W/\$110 M/ \$143 NM Drop In: \$13 M/ \$16 NM	1:15- 2:15 PM/ GYM/ FULL CHAIR YOGA 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM	
1:45- 2:45 PM/ 229/ Neeru YOGA 4 WELLBEING 11 Weeks/ \$ 110 M/ \$143 NM Drop In: \$13 M/ \$16 NM.	2:15- 4:15 pm/ GYM FUN FLOOR CURLING Drop-In: \$3M/ \$5 NM	2:15- 4:15 PM/ 225 CONVERSATION CIRCLE Drop-In: \$3M/ \$5 NM	1:45- 3:45 PM/ GYM PICKLEBALL Drop-In: \$3M/ \$5 NM	2:30- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM	
2:00- 4:15 PM/ 227 MAHJONG GAME Drop-In: \$3M/ \$5 NM		2:30- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM	4:00- 6:00 PM/ GYM/ FULL Learn 2 Play Pickleball 6 Weeks: \$60 M/ \$78 NM/ Jan 16, 23, 30, Feb 6, 13 & 20.		
2:15- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM		3:00- 4:00 PM/ 231/ Tracey LINE DANCING ADVANCE 12 Weeks \$120 M/\$156 NM Drop In: \$13 M/ \$16 NM	6:15- 8:15 PM/ GYM PICKLEBALL ALL LEVELS Drop-In: \$3M/ \$5 NM		