

12-Week Winter Program Guide 2022

MONDAY NO CLASSES ON FEB 21	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30- 4:30 PM	8:30- 8:30 PM	8:30- 4:30 PM	8:30- 8:30 PM	8:30- 4:30 PM	All Virtual

Instructor Led Classes (Jan 10- April 2, 2022) (Registration Required per session) | Clubs, Drop-In activities & Outreach are ongoing (Registration required once per year)

9:00 – 10:00 AM/ Gym Living Fit HYBRID \$110/ Catherine	8:30- 10:00 AM/ Gym Pickleball Beginners Drop-In	8:30- 10:30 AM/ Gym Pickleball Beginners Drop-In	9:00- 11:00 AM/ Gym Extra Pickle Ball Adv. Drop In	9:00- 12:00 PM/ 231 Jammers Group Drop In	9:30– 10:30 AM Soft Pilates \$120/ VIRTUAL Kate Stashko
9:00- 12:00 PM/ 229 Sewing & Crafting Club Free: MWSA mem only	9:00- 12:00 PM/ 225 Knitting Club Free: MWSA mem only	9:00- 12:00 PM/ 229 Quilting Club Free: MWSA mem only	9:00- 12:00 PM/ 225 Card Making Club: Full Free: MWSA mem only	9:30- 4:30 PM/ 228 Settlement Services Free NEW! MWSA mem only	
10:00- 11:00 AM/ 228 The Power of Meditation \$55/ Aruna Nair	10:15- 11:15 AM/ Gym Strong & Stable \$120/ Natalia Bandola	9:00- 10:00 AM Virtual Tabata \$120/ Catherine	9:30- 11:30 AM/ 231 Watercolors \$140/ Willie Wong	10:30- 11:30 AM/ Gym Sit & Be Fit \$120/ Natalia Bandola	10:45– 11:45 AM Stretch & Release \$120/ VIRTUAL Kate Stashko
11:00- 12:00 PM/ Gym Tabata HYBRID \$110/ Esther Sipos	10:00- 12:00 PM/ 228 NEW! Caregiver Circle Free	9:00- 12:00 PM/ 231 Jammers Group Drop In	9:30- 11:30 AM/ Lobby Canasta Hand & Foot Drop In	12:00- 1:00 PM/ Gym Keep Fit Active Hybrid \$120/ Esther Sipos	
12:30-1:30 PM/ Gym Strong Body Healthy Core \$100/ Natalia Bandola Class Starts Jan 17	11:00- 12:30 PM/ 231 Book Club Free MWSA mem only 2 nd Tue. Once a Month	10:00- 12:00 PM/ 225 English Circle: Free Abida Tahir NEW! MWSA mem only	11:30- 1:30 PM/ Lobby Canasta Club: Free NEW! MWSA mem only	12:30- 2:30 PM/ 231 Table Tennis Drop-In	
12:30- 2:30 PM/ 231 Table Tennis Drop-In	11:30- 12:30 PM/ Gym Stretch Tone Yoga HYBRID \$120/ Anne Palaschuk	10:45- 11:45 AM/ Gym Barre Strength Stretch \$120/ Deb Proc	11:45- 12:45 PM/ Gym Tabata \$120/ Deb Ravbar	12:45- 1:45 PM/ 229 Chair Yoga \$120/ Anne Palaschuk	
1:00- 3:00 PM/ 225 English Circle: Free Abida Tahir NEW! MWSA mem only	11:45- 12:45 PM/ 229 Circuit Training \$120/ Kristen Vogt & Deb Ravbar	12:00- 1:00 PM/ Gym Keep Fit Active \$120/ Deb Proc	12:30- 2:30 PM/ 231 Cribbage Drop-In	1:00- 4:00 PM/ Café Art Studio Drop In/ NEW!	

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1:00- 4:00 PM/ Café Art Studio/ Drop- In NEW! MWSA mem only	12:45- 2:45 PM/ Gym Floor Curling League FULL	12:30- 2:30 PM/ 231 Table Tennis/ Drop-In	12:30- 2:00 PM/ 225 Card Making Group Drop In	1:15- 4:15 PM/ Gym Badminton Drop In/ Extended Time	
1:45- 4:15 PM/ Gym Badminton Drop-In	1:00- 3:00 PM/ 231 Acrylic Painting \$140/ Willie Wong	12:45- 3:45 PM/ 225 Multicultural Club Free MWSA mem only	1:00- 2:00 PM/ 229 NIA HYBRID NEW! \$120/ Laurie Middaugh		
	2:00- 3:00 PM/ 229 Tai Chi \$120/ Ken Chui	1:15- 2:15 PM/ Gym Line Dancing \$120/ Tracey Walters	2:30- 4:30 PM/ 225 Digital Literacy Abida Tahir NEW! MWSA mem only		
	2:45- 4:45 PM/ Gym Fun Floor Curling Drop In	2:30- 4:30 PM/ Gym Pickleball Advanced Drop In	1:15- 3:15 PM/ Gym *PICKLEBALL Drop In		
	5:00- 7:00 PM/ Gym Fun Floor Hockey Drop In/ NEW!		4:00- 6:00 PM/ Gym *BADMINTON Drop In		
	5:00-7:00 PM/ 231 TABLE TENNIS Drop In/ NEW!		5:00-7:00 PM/ 231 TABLE TENNIS Drop In/ NEW!		
			6:00- 7:15 PM/ 229 Barre Evening NEW! \$120/ Deb Ravbar		
	7:00- 8:30 PM/ Gym Pickleball Evening Drop In		7:00- 8:30 PM/ Gym Pickleball Evening Drop In		