

Playbook

FALL 2017/
WINTER
2018



*Bram Courchesne & The Futsal Family
Photo Credit: Levi Courchesne*



REGISTRATION DATES:

Recreation Programs

City Taxpayers: August 21, 2017 • Non-City Taxpayers: August 24, 2017

Aquatic Programs

City Taxpayers: August 28, 2017 • Non-City Taxpayers: August 31, 2017

Your Recreation, Culture & Community Services Guide

265 Cannifton Rd., Belleville, ON K8N 4V8 • 613-966-4632

qswc.ca • prgeneral@city.belleville.on.ca • TTY 613-771-9781

This publication is available in an alternate format upon request

HEALTH & WELLNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Balance Fit 9:15-10:15am	Older Adult Yoga 8:45-9:45am 10:00-11:00am	*Tone & Sculpt 9:30-10:30am	NEW Dance Cardio Fit 8:30-9:30am	Older Adult Yoga 9:00-10:00am
Intermediate Tai Chi 10:00-11:00am	Tai Chi Level 2/3 9:15-10:15am	Stretch & Balance Fit 9:30-10:30am	Older Adult Yoga 8:45-9:45am 10:00-11:00am	Senior Fit 9:00-10:00am
Gentle Pilates 10:30-11:30am	Senior Fit 9:30-10:30am	Strong Seniors 10:45-11:30am	Exercising to the Oldies 9:45-10:45am	Mix It Up! 10:15-11:15am
Exercising to the Oldies 10:30am-11:30am	Strong Seniors 10:15-11:00am	Zumba Gold 11:05am-12:05pm	Strong Seniors 10:15-11:00am	Older Adult Yoga 10:15-11:15am
Strong Seniors 10:45-11:30am	Tai Chi Beginner 10:30-11:30am	NEW The Spirit of Dance 1:15-2:15pm	Stretch & Strengthen 11:00am-12:00pm	*Yoga for Healthy Backs 5:45-6:45pm
Line Dancing 11:30am-12:30pm	Older Adult Yoga **OR Chair Yoga 11:15am-12:15pm	**Stroke Care & COPD 2:00-3:30pm	Older Adult Yoga 11:15am-12:15pm	NEW *Dance Club 7:30-9:30pm
Bands & Balls 1:00-2:00pm	Mindfulness Meditation 1:05-1:35pm	*Line Dancing 6:00-7:00pm	NEW *Yin Yoga 12:30-1:30pm	If you are unsure whether a program is running or DURING INCLEMENT WEATHER, please check www.qswc.ca for cancellations
**Stroke Care & COPD 2:00-3:30pm	Chi Kung (Qi Gong) 1:00-2:00pm	**Diabetic Exercise 7:00-8:00pm	**Cardiac Care 2:00-3:30pm	
Stretch & Strengthen 2:15-3:15pm	**Cardiac Care 2:00-3:30pm		Tai Chi Practice 5:30-6:30pm	
Older Adult 20/20/20 3:30-4:30pm	*Gentle Pilates 6:45-7:45pm	* Programs found in the ADULT section. ** Programs found in the THERAPEUTIC section. Pre-register for the session and save! Fitness: \$8.50/drop-in or 10-pack for \$77.00 Yoga for Healthy Backs, Yin Yoga/Chi Kung: \$9.00/drop-in or 10-pack for \$85 Older Adult Yoga & Chair Yoga: \$6.75/drop-in or 10-pack for \$65.00 <i>Please note that classes may be full and drop-in participation is a on a first come, first served basis.</i>		
*Tai Chi Beginner 6:30-7:30pm	*Dancing for Adults 6:30-7:30pm (Beg.) 7:30-8:30pm (Int.) 8:30-9:30pm (Adv.)			

OLDER ADULT 50+ PROGRAM NOTES:

- Fall programs begin the week of September 10, 2017
- Winter programs begin the week of January 8, 2018
- **No Programs:** Oct. 7-9, Oct. 31st after 4pm, Nov. 1, Nov. 11, Nov. 24th (no daytime), Feb. 19, Mar. 9-11
- **Gym Closed:** Sept. 28, Oct. 5, 19, 20, Nov. 17-19, Dec. 2, 3, Jan. 30 from 2-9pm, Mar. 7-11
- **Multipurpose Room Closed:** Oct. 27, 28, Jan. 13-15, Mar. 8-11, Mar. 12-16 until 5pm daily.
Pickleball will run Mar. 13-15
- For cancellations and/or changes, please review the information on your receipt.
- Times, dates, locations, instructors and fees are subject to change. HST will be added to class fees.
- **Receive 25% off on your 2nd and subsequent registration/person (in the same session) *Excludes Aquatics**
- A Free Wellness Passport is required for access to all program areas
- For more information: Visit our Customer Service Desk, call 613-966-4632 or visit www.qswc.ca

Older Adults 50+

MONTHLY LUNCHEONS

Older Adults 50+, join us on the last Monday of the month for a delicious catered hot lunch including coffee, tea and dessert. Every month there is an interesting and informative guest speaker or fun project.

September 25th: Pre-planning is a Plus!

The Burke Funeral home will be joining us to offer a brief workshop outlining the benefits of pre-planning funeral arrangements. For many, death is a difficult topic to face, but this presentation will explain how to ease the process to ensure you walk away with a sense of direction and financial security. During this presentation, you will journey through a workbook educating you on decisions and options available. **At the end of the presentation, the Burke Funeral Home will draw a winner for a big screen TV!**

Presented by: The Burke Funeral Home

October 30th: Taking Care of You!

Falls can happen to anyone, but as we age, the risk increases. Falls are the number one cause of injury admission to hospitals and 1 in 3 adults over 65 will fall at least once each year, but the good news is that most falls are predictable and preventable. November is Fall Prevention month - join us to learn how to reduce the risk of falling. Also, as we get older, our immune system can get weaker. This puts us at a greater risk for certain diseases, including influenza, shingles and pneumococcal disease. Public Health will discuss the benefits of immunizations. **Publicly funded vaccinations will be available for influenza, diphtheria, tetanus, pertussis, pneumococcal and shingles for ages 65-70. Vaccines which are not publicly funded will also be available for a fee (call 613-966-5500 for cost).**

Presented by: Hastings Prince Edward Public Health

November 27th: Tis The Season for Giving

We have all heard the saying "it is better to give than to receive" and with Christmas just a month away it seems like a great time to see how we can give back to our community. We will learn about a few of our community agencies and how we can help through volunteering, donations or by supporting their special events.

Presented by: Quinte Humane Society, Habitat For Humanity & Volunteer and Information Quinte

January 29th: Travel Tips for Savvy Seniors

Travelling is a perfect way to spend time with friends and family or go on an adventure and meet new friends! You don't want any problems arising that will take away from creating wonderful new memories and this informative seminar will provide tips to help make you a savvy traveler. Topics will include medication and your health, when to travel, insurance, packing, flying, cruising, hotels and more!

Presented by: Maple Leaf Tours

February 26th: February Is Heart Month!

Join us to hear more about heart healthy eating, why you need to get moving and advice on stress reduction; along with the latest research updates on heart and stroke. We know today, 80 percent of premature heart disease is preventable. Making changes – no matter what your age, can add quality years. Here's to your good heart health! Join the Heart and Stroke Foundation for this learn and share opportunity.

Presented by: The Heart and Stroke Foundation

March 26th: Outdoor Living – Vacation in Your Backyard

As fun as it is to travel to an exotic destination for your vacation, sometimes it is just as nice to stay home and avoid the cost and hassle of travelling. Lowe's will show you different ways to transform your backyard into your very own vacation paradise using a variety of flowers, shrubs and other landscaping ideas.

Presented by: Lowe's Home Improvement

Quinte Sports & Wellness Centre, 265 Cannifton Road
Multipurpose Room (2nd floor beside track)
Time: 11:30 am-1:30 pm / Cost: \$8.00

Pre-registration is required the week prior to the luncheon to confirm numbers for the caterer.

Sorry, no refunds after Thursday at 4:30pm

Please call 613-966-4632 to reserve your seat.



BELLEVILLE 50+ CENTRE



Open to everyone 50 years and over!

Monday – Friday: 9am – 4pm

Join us each day for fun and interesting activities.

Meet new friends, learn new skills, enjoy some refreshments or use the computer room.

The cost is only \$5.00 per year, renewable each January.

Activities and programs include: Canasta, Open Studio, Computer courses, Bridge, COPD Support Group, VON Falls Prevention Exercise Program, Parkinson's Keep Moving Exercise Program, Movie Nights, Stitches, Bid Euchre, Mahjong, Scrapbooking and more. Activities take place Monday to Friday and special speakers and events are also scheduled to provide information on a variety of topics including medical, financial, travel, and more.

If you have a program idea or you are interested in volunteering, please call the office at 613-966-4632.

**For the monthly calendar of scheduled activities visit: www.qswc.ca
or pick one up at the Quinte Sports & Wellness Centre.**

City of Belleville Older Adults (50+)

Information Fair

May 31st, 2018

11:00am-3:00pm

Quinte Sports & Wellness Centre
265 Cannifton Road, 613-966-4632

FREE ADMISSION

Information on:

- Health, fitness, & recreational activities
- Housing, retirement and nursing homes
- Home support
- Safety and Fraud
- Travel
- Health & Beauty
- Service Clubs
- Seminars & Demonstrations



Older Adults 50+

SPECIAL INTEREST PROGRAMS

For start dates, cancellations and special program notes please see the first page of this section.

BADMINTON

This drop-in, co-ed, badminton program will offer participants the opportunity to be active and meet people in a non-competitive, fun atmosphere.

Location: Gymnasium

Monday-Shared with Pickleball, Wednesday-Adult Participants 16+ welcome

Day	Time	Session	Barcode
Mon.	9:00-11:00am	Fall	36157
Mon.	9:00-11:00am	Winter	36158
Wed.	7:00-9:00pm	Fall	36155
Wed.	7:00-9:00pm	Winter	36156

PICKLEBALL

Pickleball is an extremely popular sport which combines elements of badminton, tennis and table tennis. It is played on a court with the same dimensions as a doubles badminton court and is played with a hard paddle and a whiffle ball. This smaller area combined with the slower moving ball makes pickleball easier to play than tennis.

Location: Gymnasium

Monday - Shared with Badminton, Tuesday- Beginner, Wednesday evening-Adult, Thursday - Intermediate Participants 16+ welcome

Day	Time	Session	Barcode
Mon.	9:00-11:00am	Fall	36166
Mon.	9:00-11:00am	Winter	36497
Tues.	1:00-3:00pm	Fall	36167
Tues.	1:00-3:00pm	Winter	36498
Wed.	9:00-11:00am	Fall	36170
Wed.	9:00-11:00am	Winter	36500
Thurs.	1:00-3:00pm	Fall	36169
Thurs.	1:00-3:00pm	Winter	36172
Fri.	10:00am-12:00pm	Fall	36168
Fri.	10:00am-12:00pm	Winter	36499
Wed.	5:00-7:00pm	Fall	36161
Wed.	5:00-7:00pm	Winter	36162

CROKINOLE

Join us on Tuesdays to socialize and have fun playing Crokinole. Whether you are a beginner or a seasoned pro - you will enjoy this classic game. This is a drop-in program for all ages.

Location: 50+ Centre

Day	Time	Session	Barcode
Tues.	6:30-8:30pm	Fall	36210
Tues.	6:30-8:30pm	Winter	36211

SHUFFLEBOARD

Join us each week on the shuffleboard courts to have fun and work on perfecting your aim! This program offers participants the opportunity to be gently active while socializing with friends and enjoying the popular game of shuffleboard.

Location: Multipurpose Room

Participants 16+ welcome

Day	Time	Session	Barcode
Thurs.	10:00am-12:00pm	Fall	36214
Thurs.	10:00am-12:00pm	Winter	36215

CARPET BOWLING

If you enjoy strategizing and socializing, this program is for you! Carpet Bowling is a fun game that can help improve your balance, flexibility and agility while you enjoy an afternoon of socializing.

Location: Multipurpose Room

Participants 16+ welcome

Day	Time	Session	Barcode
Thurs.	1:00-3:00pm	Fall	36217
Thurs.	1:00-3:00pm	Winter	36218

TABLE TENNIS **NEW!**

Come out for an afternoon of fun and play some recreational Table Tennis. This popular recreation sport can help maintain coordination and balance.

Location: Multipurpose Room

Participants 16+ welcome

Day	Time	Session	Barcode
Mon.	2:00-4:00pm	Fall	36502
Mon.	2:00-4:00pm	Winter	36503

Pre-registration is required for all of the above listed drop-in programs.

All drop-in programs \$3.00/visit OR
Buy a Recreation Pass Package and save!

- 10 pack - \$25.00
- 20 pack - \$45.00
- 40 pack - \$80.00



If you are unsure whether your program is running, or if you are dropping into a program, or DURING INCLEMENT WEATHER, please check www.qswc.ca for cancellations.

HEALTH & WELLNESS CLASSES

For start dates, cancellations and special program notes please see the first page of this section.

THE SPIRIT OF DANCE **NEW!**

Do you love to move, but hate pre-choreographed exercise classes? Then this class is for you. We will choose a different focus each week and use a variety of genres and types of music to explore movement and discover the spirit of our inner dancer.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Wed.	1:15-2:15pm	Fall (13)	36414	\$78.00
Wed.	1:15-2:15pm	Winter (10)	36415	\$60.00

LINE DANCING

Line Dancing not only burns calories, it also tones muscles, improves balance, relieves stress and stimulates brain cells in a way that traditional exercise can't. It requires the coordination of brain and body, which strengthens neural pathways and improves cognitive health. Come out and try Line Dancing - you will have a great time!

Location: Multipurpose Room (some classes may be in other rooms – check your receipt for details)

Day	Time	Session	Barcode	Cost
Mon.	11:30am-12:30pm	Fall (13)	36548	\$78.00
Mon.	11:30am-12:30pm	Winter (9)	36549	\$54.00

ZUMBA GOLD

Move with joy! This class is based on the same dance moves used in an original Zumba class, but it is less intense, with dance routines designed for beginners and older active adults. There is a longer warm-up and cool-down to help improve balance, flexibility and cardiovascular strength.

Location: Multipurpose Room

Day	Time	Session	Barcode	Cost
Wed.	11:05am-12:05pm	Fall (13)	36440	\$78.00
Wed.	11:05am-12:05pm	Winter (10)	36441	\$60.00

DANCE CARDIO FIT **NEW!**

If you love to dance and want to get fit, this class is for you! Dance movements from ballet, ballroom, latino, jazz and more will provide a complete workout that will get your heart pumping. No dance experience necessary.

Location: Aerobics Studio

Day	Time	Session	Barcode	Cost
Thurs	8:30-9:30am	Fall (14)	36479	\$84.00
Thurs	8:30-9:30am	Winter (10)	36480	\$60.00

If you are unsure whether your program is running, or if you are dropping into a program, or DURING INCLEMENT WEATHER, please check www.qswc.ca for cancellations.

CHI KUNG (QI GONG)

Qigong is an ancient Chinese healing art and exercise form. Practitioners can prevent illness and maintain optimum health by combining the discipline of body, mind, and "chi" (vital force). Exercises are flowing and slow-moving, encouraging stretching, flexibility, balance, internal massage and relaxation. Participants deepen their practice through breathing and move at their own pace in their own way.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Tues.	1:00-2:00pm	Fall (14)	36294	\$91.00
Tues.	1:00-2:00pm	Winter (10)	26295	\$65.00

TAI CHI (ADULT)

Tai Chi is an ancient Chinese exercise. Men and women of all ages can practice these non-strenuous, flowing and relaxing movements to regain their natural health and remain in good physical condition. It is often described as a "moving meditation" because it relieves stress, improves concentration, perception and balance. It is also an effective therapy for many health problems.

Location: Multipurpose Room or Aerobics Studio (Check your receipt for details)

Beginner Level:

Day	Time	Session	Barcode	Cost
Tues.	10:30-11:30am	Fall (14)	36398	\$84.00
Tues.	10:30-11:30pm	Winter (10)	36400	\$60.00

Level 2/3:

Day	Time	Session	Barcode	Cost
Tues.	9:15-10:15am	Fall (14)	36402	\$84.00
Tues.	9:15-10:15am	Winter (10)	36403	\$60.00

Intermediate:

Day	Time	Session	Barcode	Cost
Mon.	10:00-11:00am	Fall (13)	36404	\$78.00
Mon.	10:00-11:00am	Winter (9)	36405	\$54.00

Drop-in Practice Session: (for those registered in Tai Chi who want to practice, not an instructional class)

Day	Time	Session	Barcode	Cost
Thurs.	5:30-6:30pm	Fall (14)	36442	\$3.00/drop-in
Thurs.	5:30-6:30pm	Winter (10)	36443	\$3.00/drop-in

SEE THE ADULT SECTION FOR MORE DANCE PROGRAMS!

Keep Moving, Keep Active!

HEALTH & WELLNESS CLASSES

For start dates, cancellations and special program notes please see the first page of this section.

MINDFULNESS MEDITATION!

This half-hour class will explore techniques to bring the mind into a quieter state, allowing us to let go of anxieties and move into peacefulness. Mindfulness practices teach us to be fully present in each moment of our lives. This class is open to all adults.

Location: Yoga Studio

Day	Time	Session	Barcode	Cost
Tues.	1:05-1:35pm	Fall (14)	36296	\$49.00
Tues.	1:05-1:35pm	Winter (10)	36297	\$35.00

SEE THE ADULT SECTION FOR MORE MEDITATION CLASSES!

STRETCH AND BALANCE FIT

This is a great class to help you move better, feel better and become stronger while having fun. Join us for an hour of gentle movements in resistance training, balance and flexibility exercises.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	9:15-10:15am	Fall (13)	36436	\$78.00
Wed.	9:30-10:30am	Fall (13)	36437	\$78.00
Mon.	9:15-10:15am	Winter (9)	36438	\$54.00
Wed.	9:30-10:30am	Winter (10)	36439	\$60.00



SENIOR FIT

Get fit in this low intensity one hour program including warm-up, cardiovascular exercises, muscle conditioning, balance work, stretching and cool-down.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Tues.	9:30-10:30am	Fall (14)	36229	\$84.00
Fri.	9:00-10:00am	Fall (14)	36230	\$84.00
Tues.	9:30-10:30am	Winter(10)	36231	\$60.00
Fri.	9:00am-10:00am	Winter (10)	36232	\$60.00

EXERCISING TO THE OLDIES

Music you know and love! Exercising while learning a few new dance moves means fun and fitness combined! This class will provide a good overall workout; improving balance, cardio and muscle strength.

No dance experience necessary.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	10:30-11:30am	Fall (13)	36475	\$78.00
Thurs.	9:45-10:45am	Fall (14)	36473	\$84.00
Mon	10:30-11:30am	Winter (9)	36476	\$54.00
Thurs.	9:45-10:45am	Winter (10)	36474	\$60.00

GENTLE PILATES

Pilates workouts focus first on developing core strength, the back, abdomen and hips. Body weight resistance as well as bands and stability balls are used to gain a better mind/body connection. Through breathing instruction and modifications, you are encouraged to work at your own level to increase strength, flexibility and coordination.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	10:30-11:30am	Fall (13)	36225	\$78.00
Mon.	10:30-11:30am	Winter (9)	36226	\$54.00

BANDS & BALLS

A total body workout using exercise bands and a variety of balls. This class will help strengthen your muscles while also working on your balance and core.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	1:00-2:00pm	Fall (13)	36477	\$78.00
Mon.	1:00-2:00pm	Winter (9)	36478	\$54.00

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HEALTH & WELLNESS CLASSES

For start dates, cancellations and special program notes please see the first page of this section.

STRONG SENIORS

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Location: Workout Studio

Day	Time	Session	Barcode	Cost
Mon.	10:45-11:30am	Fall (13)	36460	\$78.00
Tues.	10:15-11:00am	Fall (14)	36461	\$84.00
Wed.	10:45-11:30am	Fall (13)	36462	\$78.00
Thurs.	10:15-11:00am	Fall (14)	36463	\$84.00
Mon.	10:45-11:30am	Winter (9)	36464	\$54.00
Tues.	10:15-11:00am	Winter (10)	36465	\$60.00
Wed.	10:45-11:30am	Winter (10)	36466	\$60.00
Thurs.	10:15-11:00am	Winter (10)	36467	\$60.00

OLDER ADULT 20/20/20

Three workouts in one! An intermediate level total body workout designed for older adults with 20 minutes of cardio, 20 minutes of muscle strengthening and conditioning followed by 20 minutes of stretching and core strengthening.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	3:30-4:30pm	Fall (13)	36468	\$78.00
Mon.	3:30-4:30pm	Winter (9)	36469	\$54.00

There are many more interesting classes throughout the Playbook:

Therapeutic section: Cardiac Maintenance, COPD-Respiratory Exercise, Diabetic Exercise, Stroke Care, Chair Yoga

Adult section: Hatha Yoga, Yin Yoga, Yoga for Healthy Backs, Dance Lessons, Dance Club, Fitness Classes, Workshops, and much more

Aquatics: Aqua Fitness (Therapy, Mind & Body, Senior's Step, Fibromyalgia/Arthritis, Zumba), Therapy Swims, Lane Swims and more

Skating: Adult Skating Lessons, Senior Shinny Hockey and Adult Public Skating

MIX IT UP!

Enjoy this intermediate level fun class that is different every week! Resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance.

Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Fri.	10:15-11:15am	Fall (14)	36471	\$84.00
Fri.	10:15-11:15am	Winter (10)	36472	\$60.00

STRETCH AND STRENGTHEN

This workout is designed so you can work at your own fitness level, using equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining appropriate cardiovascular exercises, resistance training, and stretching into one class, you will be able work towards improving your total body strength, cardiovascular health, and flexibility.


Location: Aerobic Studio

Day	Time	Session	Barcode	Cost
Mon.	2:15-3:15pm	Fall (13)	36434	\$78.00
Thurs	11:00am-12:00pm	Fall (14)	36432	\$84.00
Mon.	2:15-3:15pm	Winter (9)	36435	\$54.00
Thurs	11:00am-12:00pm	Winter (10)	36433	\$60.00

SEE THE ADULT SECTION FOR MORE FITNESS CLASSES!



If you are unsure whether your program is running, or if you are dropping into a program, or DURING INCLEMENT WEATHER, please check www.qswc.ca for cancellations.



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HEALTH & WELLNESS CLASSES

For start dates, cancellations and special program notes please see the first page of this section.

OLDER ADULT YOGA CLASSES

Hatha yoga for older adults (50+) combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered.

Day(s)	Time	Location	Session	Barcode	Cost (+HST)
Tues.	8:45-9:45am	Yoga Studio	Fall (14)	36491	\$73.50
Tues.	10:00-11:00am	Yoga Studio	Fall (14)	36492	\$73.50
Tues.	11:15am-12:15pm	Aerobics Studio	Fall (14)	36493	\$73.50
Thurs.	8:45-9:45am	Yoga Studio	Fall (14)	36481	\$73.50
Thurs.	10:00-11:00am	Yoga Studio	Fall (14)	36482	\$73.50
Thurs.	11:15am-12:15pm	Yoga Studio	Fall (14)	36483	\$73.50
Fri.	9:00-10:00am	Yoga Studio	Fall (14)	36485	\$73.50
Fri.	10:15-11:15am	Yoga Studio	Fall (14)	36486	\$73.50
Tues.	8:45-9:45am	Yoga Studio	Winter (10)	36494	\$52.50
Tues.	10:00-11:00am	Yoga Studio	Winter (10)	36495	\$52.50
Tues.	11:15am-12:15pm	Aerobics Studio	Winter (10)	36496	\$52.50
Thurs.	8:45-9:45am	Yoga Studio	Winter (10)	36490	\$52.50
Thurs.	10:00-11:00am	Yoga Studio	Winter (10)	36484	\$52.50
Thurs.	11:15am-12:15pm	Yoga Studio	Winter (10)	36489	\$52.50
Fri.	9:00-10:00am	Yoga Studio	Winter (10)	36487	\$52.50
Fri.	10:15- 11:15am	Yoga Studio	Winter (10)	36488	\$52.50

SEE THE ADULT SECTION FOR A WIDE VARIETY OF YOGA CLASSES AND THE THERAPEUTIC SECTION FOR CHAIR YOGA!

