

## Register Online or Call the Hotline (807) 625-8463

Toll Free – 1-844-288-4700

There will be no classes on April 7 & 9, May 22 2023

Session Starts the week of March 27, 2023

### FITNESS AND WELLNESS

#### EVENING ENGERGIZER GOLD with Lisa Mork-Guerts

With a mix of cardio, stretching, & toning using a variety of equipment and get moving to some fantastic music!

CODE	DAY	TIME	DURATION	COST
12746	Monday & Thursday	5:15pm-6:15pm	16 sessions	\$83.84

#### FELDENKRAIS with Oliver Reimer

Lying down, participants engage in precisely structured movements that involve thinking, sensing, moving and imagining. Lessons consist of comfortable, easy movements that gradually develop into greater range and complexity. This challenges the body and brain to new ways of understanding in the way your body moves.

CODE	DAY	TIME	DURATION	COST
12758	Friday	12:00 pm -1:00 pm	8 sessions	\$48.00

#### F.I.T. (Functional Interval Training) with Anne Parr

Learn to work the core, become strong from the inside out. Specific exercise taught to strengthen weak muscles, ligaments and tendons, correct balance, alignment & posture. This progressive class will challenge cardiovascular & muscular strength, endurance, flexibility, co-ordination and agility.

CODE	DAY	TIME	DURATION	COST
12759	Tuesday & Friday	1:30pm-2:30pm	16 sessions	\$83.84

#### FUNCTIONALLY FIT with Lisa Winter

Using weights, balls and bands, this class is a mix of cardio and strength training to maintain the whole body for real life activities. The class will consist of a combination of both chair and standing exercises.

CODE	DAY	TIME	DURATION	COST
12760	Tuesday & Thursday	10:15 am- 11:15 am	16 sessions	\$83.84

#### FUSION FITNESS with Lisa Mork-Guerts

This class will fuse all the movements of YOGA and PILATES together. You will metabolize, gain muscle and get into waist management in this amped up Body Resistance Workout...no weights...just sweat and smiles! All you need is a yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.

CODE	DAY	TIME	DURATION	COST
12761	Tuesday & Thursday	8:45am-9:45am	18 sessions	\$94.32
12773	Saturday	11:00 am-12:00 pm	8 sessions	\$41.92

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### HOOP IT UP! with Lisa Mork-Guerts

This cardio interval exercise class focuses on strengthening the core while burning belly fat, and getting a great cardio workout. Made up of warmup, cardio/muscle training and cool down/stretching, and is for everyone!

CODE	DAY	TIME	DURATION	COST
12774	Friday	11:15am-12:15pm	8 sessions	\$41.92

### BEGINNER JAZZ with Lynda Depiero

It is never too late to learn to dance! Join Lynda to learn the basic dance steps and combinations of jazz dancing. No previous dance skills needed, improve your coordination, balance and physical fitness in this fun class!

CODE	DAY	TIME	DURATION	COST
12784	Monday	11:30 am – 12:30 pm	8 sessions	\$41.92

### JOY OF LATIN DANCING - BEGINNER with Armin Del Rosario

Line dancing isn't just country and western anymore! It's modern, sophisticated, flowing waltz and night club rhythm with Latin flavour. It is fun, great exercise and YOU DON'T NEED A PARTNER. Learn new and traditional line dances in a comfortable, welcoming class. For beginners and those who feel they have two left feet.

CODE	DAY	TIME	DURATION	COST
12775	Thursday	9:00am-10:00am	8 sessions	\$41.92

### JOY OF LATIN DANCING - INTERMEDIATE with Armin Del Rosario

If you have already taken the Joy of Line Dancing at the beginner level, it is time to move on to the next steps.....enjoy moving and grooving with Armin with new moves and more complex steps.

CODE	DAY	TIME	DURATION	COST
12779	Thursday	10:15am-11:30am	8 sessions	\$41.92

### JUST FOR GUYS with Derek Ortgiese

Help increase your cardiovascular fitness level along with toning and stretching. You will use a variety of equipment to help you reach those fitness goals! This class is geared towards men only.

CODE	DAY	TIME	DURATION	COST
12780	Monday & Wednesday	9:00am-10:00am	18 sessions	\$94.32
12781	Tuesday & Thursday	9:00am-10:00am	18 sessions	\$94.32

### KEEP MOVING WITH PARKINSON'S with Karen Gorst-Vigliarolo & Derek Ortgiese

This class is specifically designed for those with Parkinson's disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. Must have been assessed by St. Joe's, call 346-2334.

CODE	DAY	TIME	DURATION	COST
12782	Mon & Wed (Begins April 3)	11:15am-12:15pm	22 sessions	\$115.28
12783	Friday	9:00am-10:00am	8 sessions	\$41.92

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### LOW IMPACT AEROBICS with Lisa Mork-Guerts

A gentle warm-up, 20 minutes of a low impact cardio, use of light hand weights, bands and other equipment.

CODE	DAY	TIME	DURATION	COST
12785	Monday & Wednesday	1:30pm-2:30pm	18 sessions	\$83.84

### MATS & MOBILITY with Karen Gorst-Vigliarolo

Join Karen for this new class using mats on the floor and get mobile! Must be able to get up and down on the floor. You will do a variety of exercises on the mat, creating a strong frame and build stability.

CODE	DAY	TIME	DURATION	COST
12811	Fridays (Begins April 14)	11:10am -11:55 am	10 sessions	\$52.40

### METABOLIC POLE WALKING with Anne Parr

If you enjoy walking outdoors, join this fun group and learn how to use proper techniques for pole walking and all the numerous benefits that come with it! Weather permitting; you will walk at various outdoor trails around the city. First class takes place at the Centre, meet outside on the back patio.

CODE	DAY	TIME	DURATION	COST
12812	Wednesday	12:30pm-1:30pm	10 sessions	\$52.40

### MORNING ENERGIZER GOLD with Lisa Mork-Guerts

With a mix of cardio, stretching, & toning using a variety of equipment, get moving to some fantastic music and get your morning energized!

CODE	DAY	TIME	DURATION	COST
12818	Mon, Wed & Fri	8:45 am- 9:45 am	23 sessions	\$120.52
12824	Mon, Wed, & Fri	10:00 am – 11:00 am	23 sessions	\$120.52

### SEATED BENDER BALL with Anne Parr

This low impact class uses the little ball that does it all! Bender Balls are highly effective for strengthening your core muscles, relaxing tight muscles, increasing your range of motion, improving your posture & body awareness. All levels welcome.

CODE	DAY	TIME	DURATION	COST
12814	Thursday	1:30pm-2:30pm	10 sessions	\$52.40

### SIMPLY STRETCHING with Lisa Mork-Guerts

This beginner stretch class will start your day with flowing movements of Tai chi, energizing postures of Yoga and gentle stability of Pilates. All fitness levels welcome in this fun and functional class.

CODE	DAY	TIME	DURATION	COST
12825	Tuesday & Thursday	10:00 am-11:00 am	18 sessions	\$94.32
12826	Saturday	9:30am-10:30am	10 sessions	\$52.40

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### SIT AND BE FIT with Lisa Winter

This gentle seated exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. It includes rhythmic movement, range of motion, strength and stretching exercises.

CODE	DAY	TIME	DURATION	COST
12827	Tuesday & Thursday	11:30am-12:30pm	18 sessions	\$94.32

### STRENGTH IN MOTION with Karen Gorst-Vigliarolo

Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. You can use a chair for support if needed.

CODE	DAY	TIME	DURATION	COST
12828	Monday (Begins April 3)	10:00am-11:00am	10 sessions	\$52.40
12829	Wednesday (Begins April 5)	10:00am-11:00am	12 sessions	\$62.88
12835	Friday (Begins April 14)	10:00am-11:00am	10 sessions	\$52.40

### STRENGTH IN MOTION - GENTLE with Karen Gorst-Vigliarolo

This new class is a gentler, easier version of Strength in Motion, using a chair, you will do seated and standing exercises to enhance your balance, coordination and flexibility.

CODE	DAY	TIME	DURATION	COST
12871	Tuesday (Begins April 4)	3:30 – 4:30 pm	11 sessions	\$57.64

### TAIJI with Oliver Reimer

This class is suitable for learners at any stage. We begin with loosening movements of the joints and learn to find the relaxed, fluent and strong ways of moving. We move into the 8 and 16 Forms choreography according to participants. In the last 1/2 hour of the class we move into the 24 & 48 Forms. The class is adapted to participants.

CODE	DAY	TIME	DURATION	COST
12874	Monday	10:30am-12:00pm	8 sessions	\$41.92

### TAIJI GIGONG FOR HEALTH with Sandra MacKenzie

Coordinate breathing with gentle movements to improve your health and wellness with Sandra MacKenzie.

CODE	DAY	TIME	DURATION	COST
12876	Friday	10:45am-11:45am	9 sessions	\$47.16

### ZUMBA GOLD with Karen Gorst-Vigliarolo

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

CODE	DAY	TIME	DURATION	COST
12882	Tuesday	2:15pm-3:15pm	11 sessions	\$57.64
12883	Saturday	10:30am – 11:30am	11 sessions	\$57.64

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### YOGA AND MEDITATION CLASSES

#### CHAIR SEATED YOGA with Kaija Makinen

One hour of stretching, toning, breathing exercises, smiling and laughing. Using the chair, we learn basic yoga postures and breathing techniques designed to de-stress, strengthen and bring flexibility to your body and mind. All levels of ability welcome.

CODE	DAY	TIME	DURATION	COST
12884	Tuesday	9:30am-10:30am	10 sessions	\$52.40
12885	Tuesday	10:45am-11:45am	10 sessions	\$52.40
12886	Wednesday	9:30am-10:30am	10 sessions	\$52.40
12887	Friday	9:30am-10:30am	9 sessions	\$47.16

#### YOGA FIT – HATHA YOGA with Marisa Levanto-Gleeson

An intermediate fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement and strength training.

CODE	DAY	TIME	DURATION	COST
12896	Wednesday & Friday	10:30am-12:00pm	19 sessions	\$99.56

#### GO WITH THE FLO-YOGA with Lisa Mork-Guerts

Join Lisa Mork-Guerts in a gentle "flo-yoga" moving practice. For this one hour class bring your mat to go through a peaceful and relaxing stretching to start your day. Modifications will be adapted.

CODE	DAY	TIME	DURATION	COST
12889	Monday & Wednesday	11:30am-12:30pm	16 sessions	\$83.84

#### MEDITATION - ADVANCED with Kaija Makinen

If you previously enjoyed beginner meditation, get ready to take your skills up a notch with our advanced classes. Must have taken beginner meditation previously.

CODE	DAY	TIME	DURATION	COST
12890	Wednesday	10:45am-11:45am	10 sessions	\$52.40

#### \*NEW\* GENTLE YIN YOGA with Lori Schmidt

The sessions will be gentle and comprising of both Yin and Yang. Yin Yoga is a slower practice where poses are passively held for longer, working on the deep, dense connective tissues in the body. Yang Yoga, in contrast, refers to a more active yet still gentle practice working on the muscles and blood flow, building strength, stamina and flexibility.

CODE	DAY	TIME	DURATION	COST
12892	Saturday	1:00 pm – 2:00 pm	10 sessions	\$52.40

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### WORKSHOPS

#### GREETING CARDS with Pat Lloyd

These workshops are suitable for the beginner as well as more accomplished card makers. You will create 3 cards and learn different processes and techniques in designing your cards. Please bring a pair of scissors, all other supplies provided.

CODE	DAY	TIME	DURATION	COST
12897	Wednesday, April 19	1:00pm-4:00pm	1 session	\$30.00
12898	Wednesday, May 24	1:00pm-4:00pm	1 session	\$30.00

#### FAB'S SPACE ART WORKSHOPS with Fabiana Valenzuela

CODE	WORKSHOP	DAY	TIME	COST
12992	Decoupage Easter Eggs	Friday, March 31	1:00pm – 4:00pm	\$35.00
Create some cute and decorative Easter eggs using patchwork materials and decoupage. All supplies included.				

#### KNITTING with Margaret Duncan

Learn to knit or learn how to make a new knitting project if you already have some knitting skills.

CODE	DAY	TIME	DURATION	COST
12938	Wednesdays (Begins March 29)	1:30 – 4:00pm	3 sessions	\$80.00
In this workshop you will work on knitting a sock on two circular needles.				
12939	Wednesdays (Begins May 3)	1:30pm – 4:00pm	3 sessions	\$80.00
In this workshop you will learn to knit a summer shawl using light weight yarn.				

#### DOCUMENTING YOUR ROOTS - MEMOIR WRITING with Catherine Mochrie

Documenting Our Roots is a fun and interactive course which will hopefully inspire you to produce an heirloom for which future generations will thank you.

CODE	DAY	TIME	DURATION	COST
12900	Mondays, April 17 – June 5	1:00pm-3:00pm	8 sessions	\$100.00

#### SPRING INTO GARDENING – with Linda Parker

Learn how to grow and harvest fresh fruit and vegetables in your own backyard. The design and creation of perennial flower borders will be highlighted.

CODE	DAY	TIME	DURATION	COST
12899	Wednesdays, April 12 – May 17	9:30 am – 12:00 pm	6 sessions	\$60

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### GEAR UP FOR GOLF with Anne Parr

This sport specific class will improve weak muscles caused from over use or tightness. Become injury free, learn new techniques for proper warm ups and cool downs to keep you strong for the whole golf season!

CODE	DAY	TIME	DURATION	COST
12935	Tuesdays & Thursdays April 18 – May 11	7:00pm – 8:00pm	8 sessions	\$56.00

## VISUAL ARTS

### THE ART OF PORTRAIT PAINTING - ADVANCED with Gerry Stephens

This class is for the experienced watercolour painter. Portrait painting is a genre in painting, where the intent is to represent a specific human subject. If you are a skilled watercolour artist looking for a new challenge, why not try this class.

CODE	DAY	TIME	DURATION	COST
12907	Monday (Begins April 3)	1:00pm-4:00pm	10 sessions	\$122.50

## GENERAL INTEREST

### GUITAR LESSONS - BEGINNERS with Tara O'Brien

Continuation of the winter beginner lessons, must have completed Book 1. Bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
12910	Wednesday	11:00am-12:00pm	10 sessions	\$122.50

### GUITAR LESSONS – PURPLE GROUP with Tara O'Brien

Must have taken the previous winter session or equivalent. Participants in this lesson will read guitar notation and are learning chords, rhythms and song arrangements. Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
12911	Tuesday	11:00am-12:00pm	10 sessions	\$122.50

### GUITAR LESSONS – RED GROUP with Tara O'Brien

Must have taken the previous Group Session or equivalent. This group will read guitar notation, play chords and work on song arrangements. Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
12912	Tuesday	9:30am-10:30am	10 sessions	\$122.50

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### UKULELE – ADVANCED with Marie Morrow

Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Must have Beginner class previously. Additional fee will be required for music

CODE	DAY	TIME	DURATION	COST
12960	Tuesdays (May 2 – June 6)	3:15pm – 4:15pm	6 sessions	\$42.95

### UKULELE – BEGINNER with Marie Morrow

Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Additional fee will be required for music

CODE	DAY	TIME	DURATION	COST
12961	Thursday (May 4- June 8)	4:00pm – 5:00pm	6 sessions	\$42.95

### FRENCH LESSONS – BEGINNER with Gillian Mucklow

C'est la vie! Learn the basics of the French language

CODE	DAY	TIME	DURATION	COST
12908	Wednesdays	6:00pm – 7:30pm	12 sessions	\$96.00

### FRENCH CONVERSATION CIRCLE with Gillian Mucklow

If you have some basics of the French language, join this fun and social conversation circle with others of the same level. Practice your skills, learn how to hold a conversation in French with help from our instructor.

CODE	DAY	TIME	DURATION	COST
12909	Tuesdays	6:00pm – 7:30pm	12 sessions	\$96.00

## TECHNOLOGY

### BASIC ANDROID PHONE CLASS with Gayle Reguly

This course will teach you how to text, make phone calls easily, and adjust settings to hear your phone ringing and see your phone screen.

CODE	DAY	TIME	DURATION	COST
13014	Tuesday & Thursday April 18- May 4	10:00am-12:00pm	6 sessions	\$97.92

### iPad - BEGINNER with Donna Brown

In this beginner class you will learn about basic settings, email, text messaging, Facetime, Siri, photos and more.

CODE	DAY	TIME	DURATION	COST
12989	Thursdays (May 11 – June 15)	10:00am-12:00pm	6 sessions	\$97.92



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### iPad - INTERMEDIATE with Donna Brown

For those with iPad experience we will expand on the beginner course and cover more advanced features such as Widgets, Saving Files, Photo Editing, iCloud vs iPad Storage and more.

CODE	DAY	TIME	DURATION	COST
12990	Thursdays (May 11 – June 15)	1:00pm-3:00pm	6 sessions	\$97.92

### iPhone 101 with Donna Brown

In this beginner class you will learn about basic settings, using the internet, email, text messaging, iCloud, the App Store, Siri, photos and more. No Androids!

CODE	DAY	TIME	DURATION	COST
12986	Wednesdays (May 10 – June 14)	10:00am – 12:00pm	6 sessions	\$97.92

### iPhone IN DEPTH with Donna Brown

For those with iPhone experience. We will cover File management, Photo Editing, iCloud, data back up and more.

CODE	DAY	TIME	DURATION	COST
12988	Wednesdays (May 10 – June 14)	1:00pm-3:00pm	6 sessions	\$97.92

### WINDOWS 11 with Gayle Reguly

This course covers the new changes introduced with Windows 11: e-mail, settings, searches and basic computer skills. Good for beginners and those who have some computer skills already. Participants may use the centre's computers or bring their own laptops.

CODE	DAY	TIME	DURATION	COST
13022	Tuesday & Thursday March 28 – April 13	10:00am-12:00pm	6 sessions	\$97.92

## WEST ARTHUR COMMUNITY CENTRE 55 PLUS PROGRAMS

Located at 1914 Arthur St. W

### FITNESS, WELLNESS & YOGA

#### ZUMBA STRETCH with Lisa Mork-Guerts

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

CODE	DAY	TIME	DURATION	COST
12962	Friday	1:30pm-2:30pm	12 sessions	\$62.88

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### YOGA FIT – HATHA YOGA with Marissa Levanto-Gleeson

An intermediate fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement and strength training.

CODE	DAY	TIME	DURATION	COST
12963	Thursday	10:30am – 12:30pm	12 sessions	\$126.00

## VISUAL ARTS

### ACRYLIC PAINTING with Lynne Lindsey

This class is designed for those who are starting out with acrylics. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided

CODE	DAY	TIME	DURATION	COST
12964	Friday	9:00pm-12:00pm	10 sessions	\$122.50

### COLOURED PENCILS - ADVANCED with Lee Fidler

For those who have experience with coloured pencil or have taken the beginners class. You'll continue to advance and gain experience using a variety of techniques and you will receive an introduction to different surfaces and supplies.

CODE	DAY	TIME	DURATION	COST
12965	Thursday (Begins April 6)	1:00pm-4:00pm	10 sessions	\$122.50

### WATERCOLOUR FOR THE FUN OF IT with Pat Izsak

Beginners - Learn the basics of applying water and colour to your paper – just for fun. We will explore a variety of techniques to create the magic of watercolour.

CODE	DAY	TIME	DURATION	COST
12966	Tuesday (Begins April 4)	9:00am-12:00pm	10 sessions	\$122.50

### WATERCOLOUR – LET'S PUT THAT TALENT TO WORK! with Pat Izsak

Intermediate to Advanced. We will explore a variety of techniques and mediums to create landscapes and florals.

CODE	DAY	TIME	DURATION	COST
12967	Tuesday (Begins April 4)	1:00pm-4:00pm	10 sessions	\$122.50



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