

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

Toll Free – 1-844-288-4700

There will be no classes on February 20, 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
10916	Monday & Thursday	5:15pm-6:15pm	20 sessions	\$104.20

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
11062	Friday	12:00 pm -1:00 pm	10 sessions	\$52.40

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
11063	Tuesday & Friday	1:30pm-2:30pm	20 sessions	\$104.20

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
11065	Tuesday & Thursday	10:15 am- 11:15 am	20 sessions	\$104.20

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
11066	Tuesday & Thursday	8:45am-9:45am	sessions	\$104.20
11067	Saturday	11:00 am-12:00 pm	sessions	\$52.10

GETTING TO THE CORE with Gary Hoogsteen

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!

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11068	Monday & Thursday	5:45 pm-6:45 pm	20 sessions	\$104.20
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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
11069	Friday	11:15am-12:15pm	10 sessions	\$52.10

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
11081	Monday	11:30 am – 12:30 pm	10 sessions	\$52.10

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
11070	Thursday	9:00am-10:00am	10 sessions	\$52.10

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
11071	Thursday	10:15am-11:15am	sessions	\$52.10

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
11072	Monday & Wednesday	9:00am-10:00am	20 sessions	\$104.20
11073	Tuesday & Thursday	9:30am-10:30am	20 sessions	\$104.20

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.

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11077	Monday & Wednesday	11:15am-12:15am	10 sessions	\$104.20
11082	Friday	9:00am-10:00am	10 sessions	\$52.10

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
11118	Monday & Wednesday	1:30pm-2:30pm	20 sessions	\$104.20

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
11149	Fridays	11:10am -11:55 am	10 sessions	\$52.10

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
1119	Wednesday	12:30pm-1:30pm	10 sessions	\$52.10

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
11137	Mon, Wed & Fri	8:50 am- 9:50 am	30 sessions	\$156.30
11138	Mon, Wed, & Fri	10:00 am – 11:00 am	30 sessions	\$156.30

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
11139	Thursday	1:30pm-2:30pm	10 sessions	\$52.10

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.

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CODE	DAY	TIME	DURATION	COST
11140	Tuesday & Thursday	10:00 am-11:00 am	20 sessions	\$104.20
11141	Saturday	9:30am-10:30am	10 sessions	\$52.10

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
11142	Tuesday & Thursday	11:30am-12:30pm	10 sessions	\$104.20

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
11143	Monday	10:00am-11:00am	10 sessions	\$52.10
11145	Wednesday	10:00am-11:00am	10 sessions	\$52.10
11147	Friday	10:00am-11:00am	10 sessions	\$52.10

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
11341	Tuesday	3:30 – 4:30 pm	10 sessions	\$52.10

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
11150	Monday	10:30am-12:00pm	10 sessions	52.10

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
11159	Friday	11:00am-12:00pm	10 sessions	\$52.10

NEW VARIETY NOUVEAU with Lynda DePeiro

Movement that Matters for seniors includes light cardio, "Core off the Floor" exercises to improve stability, balance & flexibility. Focus on the importance & awareness of pelvic floor and fascia & fascial movement.

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CODE	DAY	TIME	DURATION	COST
11349	Wednesday	11:30am – 12:30pm	10 sessions	\$52.10

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
11160	Tuesday	2:15pm-3:15pm	10 sessions	\$52.10

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
11161	Tuesday	9:30am-10:30am	10 sessions	\$52.10
11162	Tuesday	10:45am-11:45am	10 sessions	\$52.10
11163	Wednesday	9:30am-10:30am	10 sessions	\$52.10
11164	Friday	9:45am-10:45am	10 sessions	\$52.10

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
11170	Monday & Wednesday	11:30am-12:30pm	20 sessions	\$104.20

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
11174	Wednesday	10:45am-11:45am	10 sessions	\$52.10

MEDITATION - BEGINNER with Kaija Makinen

Join our certified yoga teacher to embrace the power of meditation in this beginner class. Learn the art of breathing, focusing and find your inner calm.

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CODE	DAY	TIME	DURATION	COST
11177	Wednesday	12:00Pm-1:00pm	10 sessions	\$52.10

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. Monthly Themes: January – Slimline. February – Black & White. March – Step Cards

CODE	DAY	TIME	DURATION	COST
11186	Wednesday, January 18	1:00pm-4:00pm	1 session	\$30.00
11187	Wednesday, February 8	1:00pm-4:00pm	1 session	\$30.00
11188	Wednesday, March 8	1:00pm-4:00pm	1 session	\$30.00

FAB'S SPACE ART WORKSHOPS with Fabiana Valenzuela

CODE	WORKSHOP	DAY	TIME	COST
11190	Resin Cutting Board	Friday, January 13	1:00pm-3:30pm	\$40.00
<i>Paint, decoupage and finish a wooden cutting board with resin and decorations.</i>				
11191	Quilling Paper	Friday, January 20	1:00pm-3:30pm	\$25.00
<i>Decorate a set of cards using the quilind paper technique of rolling paper</i>				
11192	Wood Piece Decoupage	Friday, January 27	1:00pm-3:30pm	\$35.00
<i>Selecting one piece of wood from a variety of options, you will decoupage and crackle paint your piece.</i>				
11194	Gold Marble Pencil Holder	Friday, March 3	1:00pm-4:00pm	\$30.00
<i>Using paint and gold leaf, you will decorate an elegant pencil holder, a beautiful addition to your office</i>				
11193	St. Patrick's Gnome	Friday, March 10	1:00pm-4:00pm	\$35.00
<i>Make a cute leprechaun gnome with toes and decorate with Irish tokens.</i>				

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
11195	Tuesday, January 17, 24 & 31	1:00pm-4:00pm	3 sessions	\$78.00
Top down sweater – Complete a child size sweater in once piece with no seams!				
11196	Tuesday, February 14, 21 & 28	1:00 pm– 4:00 pm	3 sessions	\$78.00
Make a cowl using the fairisle technique with a Ukrainian design. You will learn 2 methods, English & continental.				

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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
11240	Mondays, Jan 16 – Mar 6	1:00pm-3:00pm	8 sessions	\$100.00

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
11220	Monday	1:00pm-4:00pm	10 sessions	\$122.50

GENERAL INTEREST

GUITAR LESSONS - BEGINNERS with Tara O'Brien

Continuation of the fall beginner lessons, must have completed Book 1. Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
11203	Wednesday	11:00am-12:00pm	10 sessions	\$122.20

GUITAR LESSONS – PURPLE GROUP with Tara O'Brien

Must have taken the previous fall 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
11204	Tuesday	11:00am-12:00pm	10 sessions	\$122.20

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.

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11205	Tuesday	9:30am-10:30am	10 sessions	\$122.20
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SPANISH LESSONS – with Fabiana Velenzuela

Learn some basics of Spanish for your next southern vacation!

CODE	DAY	TIME	DURATION	COST
11206	Fridays, Feb 3 - 24	1:00pm – 2:30pm	4 sessions	\$120

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
11210	Tuesday & Thursday (Feb 2- 21)	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
11207	Tuesday, Jan 10 – Feb 14	1:00pm-3:00pm	6 sessions	\$97.92

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
11208	Wednesday, Jan 11 – Feb 15	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
11209	Tuesday & Thursday (Jan 12-31)	10:00am-12:00pm	6 sessions	\$97.92

WEST ARTHUR COMMUNITY CENTRE

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Located at 1914 Arthur St. W – your south side location for 55 plus programs!

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
11217	Friday	1:30pm-2:30pm	10 sessions	\$52.10

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
11221	Thursday	10:30am – 12:30pm	6 sessions	\$46.92

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
11219	Friday	9:00pm-12:00pm	10 sessions	\$122.50

WORKSHOPS

RUSTIC BREAD MAKING with Willow Springs

In this workshop, you will make three types of bread (peasant, focaccia, and stuffed apple bread) and enjoy a light lunch. Open to adults of all ages.

CODE	DAY	TIME	DURATION	COST
11223	Wednesday, January 25	10:00am – 1:00pm	1 session	\$40.00

INTER-GENERATIONAL VALENTINE'S BAKING with Willow Springs

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Inter-generational Bake a Valentine's Day Box of Love! Share your love of baking with young ones in your life. Bake with your grandchild, child, nieces/nephews heart shaped sugar cookies, chocolate cupcakes and chocolate bark tucked into a decorated box! Register yourself and bring your young one along!

CODE	DAY	TIME	DURATION	COST
11225	Saturday, February 11	1:00pm – 3:00pm	1 session	\$47.00

