

## Adult (18+): Fitness

<b>BOOT CAMP</b>				
Get in shape; relieve stress and tension with this body-sculpting boot camp. You'll improve everything from thighs to abs to your smile. (Min 12, Max 30)				
\$56.50/ 11 wks	Mon 5:00- 6:00 pm	Jan 16 – Apr 2 (no class Feb 20)	Gym	117125
<b>EASY DOES IT</b>				
Co-ed class to increase strength, endurance and improve flexibility and balance. Weight bearing exercises use free weights and latex-free bands. Accommodates all abilities. (Min 8, Max 25)				
\$50.85/11 wks	Mon 11:00-12:00pm	Jan 16 – Apr 2 (no class Feb 20)	2	117130
\$50.85/11 wks	Wed 11:00-12:00pm	Jan 18 – Mar 28	2	117131
<b>GET ON THE BALL</b>				
An intense total body muscular body workout with emphasis on core strength and balance. Participants must provide their own stability ball. (Min 8, Max 12)				
\$62.15/11 wks	Mon 6:00 - 7:00pm	Jan 16 – Apr 2 (no class Feb 20)	2	117129
<b>PILATES</b>				
A specialized mat program that will help restore balance, build strength, flexibility and alignment. Encourages relaxation and enhances breathing. (Min 10, Max 30)				
\$67.80 /12 wks	Sat 11:00-12:00pm	Jan 14- Mar 31	Gym	117124
<b>SENIOR FITNESS</b>				
Classes provide workouts with cardio, strength and balance training. Great way to keep active, socialize and boost energy levels. Instructor leads class according to needs.(Min 11, Max 30)				
\$50.85/12 wks	Tue 10:30-11:30am	Jan 17 – Apr 3	Gym	117132
\$50.85/12 wks	Thu 10:30-11:30am	Jan 19 – Apr 5	Gym	117133
<b>STEP FITNESS</b>				
Burn off a little mid-day stress with a cardio step program. Step up, step down to contribute to a healthy lifestyle. (Min , Max)				
\$62.15/12 wks	Wed 5:30- 6:30pm	Jan 18 – Apr 4	2	117134
<b>STRENGTH AND TONE</b>				
Challenge your muscles and improve your strength and tone with targeted exercises for the entire body along with stretching. (Min 12 , Max 30)				
\$62.15/12 wks	Wed 5:30- 6:30pm	Jan 18 – Apr 4	Gym	117135
<b>TOTAL BODY WORKOUT</b>				
Create a successful workout with cardio, strength and flexibility training. Combine total body conditioning exercises with cardio training to improve physical strength and stamina. (Min , Max)				
\$62.15/12 wks	Fri 9:15-10:15am	Jan 13 – Mar 30	Gym	117126
\$62.15/12 wks	Wed 9:15-10:15am	Jan 18 – Apr 4	Gym	117127
\$62.15/12 wks	Wed 7:30- 8:30pm	Jan 18 – Apr 4	Gym	117128
<b>YOGA</b>				
Explore yoga through breathing techniques and proper alignment in poses. Learn how to relax and gain strength. (Min 10, Max 14)				
\$79.10/12 wks	Fri 9:00-10:30am	Jan 13 – Mar 30	2	117141
\$79.10/12 wks	Tue 6:30- 8:00pm	Jan 17 – Apr 3	2	117142
\$79.10/12 wks	Tue 8:00- 9:30pm	Jan 17 – Apr 3	2	117143
\$79.10/12 wks	Thu 8:00- 9:30pm	Jan 19 – Apr 5	2	117140
\$79.10/12 wks	Thu 6:30- 8:00pm	Jan 19 – Apr 5	2	117144

<b>ZUMBA</b>				
A fusion of Latin/international music and dance themes. Routines feature interval training with fast and slow rhythms. (Min 7, Max 15 - Room 2, Max 30 - Gym)				
\$62.15/12 wks	Tue 5:30- 6:30pm	Jan 17 – Apr 3	Gym	117136
\$62.15/12 wks	Wed 6:30- 7:30pm	Jan 18 – Apr 4	Gym	117137
\$62.15/12 wks	Wed 7:30- 8:30pm	Jan 18 – Apr 4	2	117138

## Adult (18+): Special Interest

<b>OIL PAINTING</b>				
For novice or experienced painters. Create your own masterpiece using a variety of brush techniques, and learn how to mix colours. (Min 2, Max 8)				
\$90.40/8 wks	Mon 7:00- 9:00pm	Jan 16 - Mar 12 (no class Feb 20)	1	117153

<b>COMPUTER LITERACY BEGINNERS</b>				
Learn computer basics: desktop, screen savers, parts of computers, keyboarding, Open Office, Internet and e-mail. Learn on the PC laptops provided, or bring your own. MAC computers are not compatible with this course. (Min 5, Max 12)				
\$45.20/12 wks	Mon 10:00-12:00pm	Jan 16 – Apr 2 (no class Feb 20)	1	117157

<b>COMPUTER LITERACY INTERMEDIATE</b>				
Gain confidence in safely using your computer at home for e-mail, Internet access, and computer safety practices. Topics: How computers work, working with windows, Internet resources, and safety practices. Learn on the PC laptops provided, or bring your own. MAC computers are not compatible with this course. (Min 5, Max 12)				
\$45.20/12 wks	Thu 10:00-12:00pm	Jan 19 – Apr 5	1	117158

<b>COMPUTER LITERACY ADVANCED</b>				
Take computer enjoyment to the next level: troubleshooting, internet research, computer security and performance, spreadsheets, and word processing. Learn on the PC laptops provided, or bring your own. MAC computers are not compatible with this course. (Min 5, Max 12)				
\$45.20/12 wks	Thu 12:30- 2:30pm	Jan 19 – Apr 5	1	117156

<b>WORKING WITH DIGITAL PHOTOS</b>				
Get organized to do more with your digital photos. Includes: take better pictures, set-up and organize photo library, editing, printing and creative photo projects. (Min 6, Max 12)				
\$45.20/6 wks	Mon 7:00- 8:00pm	Jan 16 – Feb 27 (no class Feb 20)	2	117139

<b>BALLROOM DANCE BEGINNERS</b>				
International Style-Join us for fun and exercise. Learn basics of fox trot, waltz and party dances. Excellent for parties, dances and weddings. This course is for couples. (Min 6 couples, Max 12 couples)				
\$39.55/person /10 wks	Tue 9:00-10:00pm	Jan 17 – Mar 20	Gym	117152

<b>BALLROOM DANCE INTERMEDIATE</b>				
International Style - Join us for fun and exercise. Build on your basic dance knowledge with variations for Latin and ballroom dances. Participants must have completed a beginner level ballroom dance class. This course is for couples. (Min 6 couples, Max 12 couples)				
\$42.38/person /10 wks	Tue 6:30- 7:30pm	Jan 17 – Mar 20	Gym	117150

<b>BALLROOM DANCE ADVANCED</b>				
International Style - Build on your intermediate dancing skills with more advanced dances. Participants must have completed an intermediate level ballroom dance class. This course is for couples. (Min 6 couples, Max 12 couples)				
\$50.85/person /10 wks	Tue 7:30- 9:00pm	Jan 17 – Mar 20	Gym	117151

<b>COUNTRY LINE DANCE</b>				
Dance to improve strength and muscle tone, reduce stress, and increase energy. Its fun and you don't need a partner. (Min 8, Max 15)				
\$50.85/12 wks	Wed 6:30- 7:30pm	Jan 18 – Apr 4	2	117155
<b>ADULT GUITAR INSTRUCTION – Level 1</b>				
Basic understanding and playing of open chords. An enjoyable learning experience. (Min 8, Max 20)				
\$56.50/12 wks	Thu 6:00- 7:00pm	Jan 19 – Apr 5	1	117149
<b>ADULT GUITAR INSTRUCTION – Level 2</b>				
A continuation from Level One. More complex chords and playing songs. (Min 8, Max 20)				
\$56.50/12 weeks	Thu 7:00-8:00pm	Jan 19 – Apr 6	P	119135
<b>KEEPING KIDS SAFE ONLINE</b>				
Become empowered to parent your kids in an online world. Topics: Internet safety, parental management tools, and aids to develop kid's critical thinking. (Min 6, Max 12)				
\$33.90/4 wks	Mon 7:00- 8:00pm	Mar 5 – Apr 2 (no class Mar 12)	2	117154
<b>BADMINTON - FULL</b>				
Come play an informal game of Badminton! Some previous experience is necessary to play.				
	Mondays 8:30-10pm	Jan 16 – April 2 (no class Feb 20)	Gym	
	Wed 8:30-10pm	Jan 18 – Mar 28	Gym	
<b>MALE COMPETITIVE VOLLEYBALL</b>				
Stay active and have fun playing with the guys. Please wear non marking shoes. (Min 8, Max 15)				
\$90.40/12 wks	Thu 8:00-10:00pm	Jan 19 – Apr 5	Gym	117147
<b>MIXED VOLLEYBALL</b>				
Stay active and have fun playing volleyball. No formal teams, just fun. At Westheights Public School Gym. May be interruptions due to gym availability. No class Dec 19, 26, Jan 2, Feb 20, Mar 12, Apr 9.				
\$90.40/11 wks	Mon 8:45-10:45pm	Jan 16 – Apr 4	See description	117145