

Adult Programs	Age	Location	Day	Start Date	End Date	Time	Cost	Cancellations
Aerobics	16yrs+	St Volodymyr School - Gym	Mon +/ Wed	21-Sep	25-Nov	7:15 - 8:15 pm	1 day/wk \$20 Fall 2 days/wk \$35 Fall, 1 day/wk F/W \$35, 2 days/wk F/W \$65	Oct 12, Nov 11
Beginner Pilates	18yrs+	SilverSpring - Community Room	Tues	22-Sep	24-Nov	7:30 - 8:30 pm	\$60.00	
Beginner Yoga	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Tues	22-Sep	24-Nov	6:30 - 7:30 pm	\$45.00	
Beginner Yoga	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Thurs	24-Sep	26-Nov	7:40 - 8:40 pm	\$50.00	12-Nov
Beginner Yoga	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Mon	21-Sep	30-Nov	7:10 - 8:10 pm	\$45.00	12-Oct
Beginner Yoga	18yrs+	Holy Family - multipurpose room	Tues	22-Sep	24-Nov	8:30 - 9:30 pm	\$45.00	None
Body Combat	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Mon	21-Sep	30-Nov	6:00 - 7:00 pm	\$45.00	12-Oct
Bollywood Dance	18yrs+	St Volodymyr School - Gym	Wed	23-Sep	25-Nov	8:30 - 9:30 pm	\$45.00	11- Nov
Bootcamp	18yrs+	Forest Grove School - Lg. Gym	Tues	22-Sep	24-Nov	8:00 - 9:00 pm	\$50.00	
Cardio Yoga	18yrs+	Centennial Collegiate - Dance Studio	Wed	23-Sep	25-Nov	8:35 - 9:35 pm	\$45.00	11- Nov
Co-Ed Badminton	18yrs+	Willowgrove School - Lg. Gym	Thurs	24-Sep	3-Dec	8:30 - 9:30 pm	\$25.00	12-Nov
Co-Ed Basketball	18yrs+	Willowgrove School - Lg. Gym	Wed	23-Sep	2-Dec	8:30 - 9:30 pm	\$25.00	11-Nov
Co-Ed Floor Hockey	18yrs+	Holy Family School - Lg. Gym	Mon	21-Sep	30-Nov	9:00 - 10:00 pm	\$25.00	12-Oct
Co-Ed Volleyball	18yrs+	SilverSpring - Lg. Gym	Thurs	24-Sep	26-Nov	9:00 - 10:00 pm	\$25.00	12-Nov
Co-Ed Volleyball	18yrs+	Willowgrove School - Lg. Gym	Tues	22-Sep	24-Nov	8:30 - 9:30 pm	\$25.00	None
Core Body	18yrs+	Bishop Filevich School - Gym	Mon	21-Sep	30-Nov	6:00 - 7:00 pm	\$45.00	12-Oct
Core Body	18yrs+	Centennial Collegiate - Dance Studio	Wed	23-Sep	25-Nov	6:15 - 7:15 pm	\$45.00	11- Nov
Couples Intro to Ballroom Dance	18yrs+	Holy Family - multipurpose room	Thurs	24-Sep	26-Nov	8:45 - 9:45 pm	\$50/couple	12-Nov
Digital Photography	18yrs+	St Volodymyr School	Wed	21-Oct	09-Dec	7:00 - 8:00 pm	\$40.00	11-Nov
English as an additional language	18yrs+	Ebenezer Church	Wed	23-Sep	25-Nov	7:30 - 8:30 pm	\$45 + materials	11-Nov
Fitness Fun For 50+	50yrs+	Forest Grove School - Sm. Gym	Wed	23-Sep	25-Nov	6:00 - 7:00 pm	\$45.00	11- Nov
Flow Yoga	18yrs+	Bishop Filevich School - Gym	Mon	21-Sep	30-Nov	7:10 - 8:10 pm	\$45.00	12-Oct
Flow Yoga	18yrs+	Centennial Collegiate - Dance Studio	Wed	23-Sep	25-Nov	7:25 - 8:25 pm	\$45.00	11- Nov
Gentle Yoga (chair)	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Tues	22-Sep	24-Nov	7:40 - 8:40 pm	\$45	
Hula Hooping Beginner	18yrs+	Centennial Collegiate - Dance Studio	Thurs	24-Sep	26-Nov	6:40 - 7:40 pm	\$45.00	12-Nov
Hula Hooping Intermediate	18yrs+	Centennial Collegiate - Dance Studio	Thurs	24-Sep	26-Nov	7:50 - 8:50 pm	\$45.00	12-Nov
Inter. Pilates	18yrs+	SilverSpring - Sm. Gym	Tues	22-Sep	24-Nov	8:45 - 9:45 pm	\$60.00	
Kettlebell	18yrs+	Dr J.G. Egnatoff School - Sm. Gym	Thurs	24-Sep	26-Nov	6:30 - 7:30 pm	\$45.00	12-Nov
Men's basketball	18yrs+	SilverSpring - Lg. Gym	Tues	22-Sep	24-Nov	9:00 - 10:00 pm	\$25.00	
Men's floor hockey	18yrs+	SilverSpring - Lg. Gym	Wed	23-Sep	25-Nov	9:00 - 10:00 pm	\$25.00	11-Nov
Multilevel Vinyasa Yoga	18yrs+	SilverSpring - Sm. Gym	Mon	21-Sep	30-Nov	7:30 - 8:30 pm	\$45.00	12-Oct
Multilevel Yoga	18yrs+	Holy Family - multipurpose room	Thurs	24-Sep	26-Nov	7:30 - 8:30 pm	\$45.00	12-Nov
Photography FUNdamentals	16yrs+	Holy Family - multipurpose room	Mon	21-Sep	30-Nov	8:00 - 9:00 pm	\$40.00	12-Oct
STOTT Beginner Pilates	18yrs+	Forest Grove School - Sm. Gym	Mon	21-Sep	30-Nov	6:30 - 7:30 pm	\$45.00	12-Oct
STOTT Intermediate Pilates	18yrs+	Forest Grove School - Sm. Gym	Mon	21-Sep	30-Nov	7:40 - 8:40 pm	\$45.00	12-Oct
Ying/Yang Yoga	18yrs+	SilverSpring - Sm. Gym	Mon	21-Sep	30-Nov	8:45 - 9:45 pm	\$45.00	12-Oct
Yoga	18yrs+	SilverSpring - Community Room	Wed	23-Sep	25-Nov	8:15 - 9:15 pm	\$45.00	11-Nov
Zumba	18yrs+	SilverSpring - Sm. Gym	Thurs	24-Sep	26-Nov	8:15 - 9:15 pm	\$45.00	12-Nov
Zumba	18yrs+	Holy Family - multipurpose room	Wed	23-Sep	25-Nov	8:00 - 9:00 pm	\$45.00	11-Nov
Zumba 14+	14yrs+	SilverSpring - Sm. Gym	Thurs	24-Sep	26-Nov	7:00 - 8:00 pm	\$45.00	12-Nov
Zumba/Zumba Step	18yrs+	Forest Grove School - Lg. Gym	Thurs	24-Sep	26-Nov	8:00 - 9:00 pm	\$45.00	12-Nov

**Note: Actual Program Schedule differs from that shown in Leisure Guide
Program Schedule Updated: 08-September-2015**