## **Ancaster Senior Achievement Centre**

622 Alberton Rd South LOR 1A0 905-546-2999



## **Spring 2025 Registered Programs**

Registered Programs Require a CITY OF HAMILTON SENIOR CENTRE MEMBERSHIP

## Registration Day is March 21st 8:00am online, in person or phone 905-546-3747

Monday (April 7th - June 23rd) *No Class Monday April 21st & May 19th (10 Weeks)							
Program	Time	Instructor/Location	Course ID #	Price			
Cardio, Balance and Strength (men only) -							
FULL	9:00-10:00am	Alana-Studio 1	8222	\$60.00			
Chair Fit - FULL	9:00-10:00am	Rula-Studio 2	8254	\$60.00			
Quilting (advanced) - FULL	9:00-12:00pm	Sam-Craft Studio 2	8268	\$55.00			
Musical Keyboarding (beginner) - FULL	9:30-10:30am	Cameron-Activity Room 1	8271	\$65.00			
Yoga Vinyasa (intermediate plus) - FULL	10:15-11:15am	Alana-Studio 1	8226	\$65.00			
Stability, Strength and Tone Ballet	10:15-11:15am	Rula-Studio 2	8258	\$60.00			
Musical Keyboarding (advanced)	10:45-11:45am	Cameron-Activity Room 1	8274	\$65.00			
Low Flow Yoga - FULL	11:30-12:30pm	Alana-Studio 1	8232	\$65.00			
Strength & Resistance - FULL							
-not recommended for beginners	11:30-12:30pm	Rula-Studio 2	8259	\$60.00			
iPad/iPhone 101	12:15-1:15pm	Amy-Craft Studio 1	9979	\$75.00			
Sewing Basics	12:30-3:30pm	Linda-Lee-Craft Studio 2	8269	\$65.00			
Cardio, Balance and Strength	12:45-1:45pm	Laurel-Studio 1	8241	\$60.00			
Stretch & Strength - FULL	12:45-1:45pm	Rula-Studio 2	8260	\$60.00			
Guitar Performance Group- Rolling Bones	1:30-3:30pm	Scott-Craft Studio 1	8266	\$30.00			
Cardio, Balance, Strength, & Walking - FULL	2:00-3:00pm	Janette-Studio 1	8250	\$60.00			
Cardio Dance	2:00-3:00pm	Macy-Studio 2	8263	\$60.00			
Latin Dance - Beginner	3:15-4:15pm	Macy-Studio 2	12647	\$55.00			
Line Dancing (intermediate)	2 4 5 4 4 5		2252	4 00			
-progressive class, no registration after 2nd class	3:15-4:15pm	Janette-Studio 1	8252	\$55.00			
Tuesday (April 8th - June 17th) (11 Weeks)							
Program	Time	Instructor/Location	Course ID#	Price			
Stability, Strength and Tone- floorwork involved	9:00-10:00am	Barb-Studio 1	8247	\$66.00			
Yoga Bone & Brain Health	9:00-10:00am	Jan-Studio 2	8261	\$71.50			
Watercolour- Supplies not included	9:00-11:00am	Lilly-Craft Studio 2	8279	\$60.50			
				4			
Stained Glass (beginner)- supplies included FULL	9:30-12:30pm	Cynthia-Craft Studio 1	8270	\$71.50			
Stained Glass (intermediate) - supplies not included	9:30-12:30pm	Cynthia-Craft Studio 1	8273	\$60.50			
Yoga Restorative	10:15-11:15am	Jan-Activity Room 1	8292	\$71.50			
Cardio, Balance and Strength - FULL	10:15-11:15am	Barb-Studio 1	8251	\$66.00			
Tai Chi (level 1)	10:15-11:15am	Ron-Studio 2	8262	\$66.00			
Drawing and Painting (intro)	10.13-11.13aiii	Non-Stadio 2	8202	<del>700.00</del>			
- Supplies not included	11:15-1:15pm	Lilly-Craft Studio 2	8283	\$60.50			
Tai Chi (level 2/3)	11:30-12:30pm	Ron-Grand Hall	8229	\$66.00			
Yoga Chair - FULL	11:30-12:30pm	Jan-Studio 1	8253	\$71.50			
Yoga Vinyasa-Beginner	11:30-12:30pm	Alana-Studio 2	8265	\$71.50			
Full Body Fitness (Circuit fit)	12:45-1:45pm	Janette-Studio 1	8256	\$66.00			
Yoga Yin Yang	12:45-1:45pm	Alana-Studio 2	8267	\$71.50			
1-98-111-111-11			3207	7.2.00			
Stained Glass (beginner)- supplies included FULL	12:45-3:45pm	Cynthia-Craft Studio 1-A	8276	\$71.50			
Stained Glass (intermediate)			32,3	7,2,50			
- supplies not included - FULL	12:45-3:45pm	Cynthia-Craft Studio 1-B	8275	\$60.50			
Recorder (Second Wind)	1:00-3:30pm	Bob-Grand Hall	8238	\$60.50			
Mixed Media- Supplies not included	1:30-3:30pm	Lilly-Activity Room 1	8285	\$60.50			
Albertones Choir (9 weeks)	1:30-3:30pm	Cameron-Craft Studio 2	8289	\$27.00			
Country Line Dancing (intermediate)	2:00-3:00pm	Janette-Studio 1	8257	\$60.50			

Acoustic Girar (leginner) - FULL 900-1000am   Scott-Activity Room 1   8302   580-50   Utilude (beginner)   900-1000am   Chery-Grand Hall   8.778   580-50   Yoga Hatha   900-1000am   Chery-Grand Hall   8.778   580-50   Yoga Hatha   900-1000am   Chery-Grand Hall   8.778   580-50   Yoga Hatha   900-1000am   Chery-Grand Hall   8.778   580-50   Woodworking (geginner) (6 weeks course.   900-1000am   Laure-Studio 2   8.288   566-60   Woodworking (geginner) (6 weeks course.   900-1000am   Laure-Studio 2   8.280   560-50   Woodworking (geginner) (6 weeks course.   900-1000am   12:00pm   Tom-Wood Shop   12:557   345.00   Cardio, Balance and Strength (men only)-FULL   10:15-11:15am   Alana-Studio 1   8.282   566.00   Woga Restorative   10:15-11:15am   Chery-Grand Hall   8.280   560.30   Woga Charles (Butar (intermediate) - FULL   10:15-11:15am   Chery-Grand Hall   8.280   560.30   Acoustic Guitar (intermediate) - FULL   11:30am-12:30pm   Rula Studio 2   8.293   571.50   Chair Fir - FULL   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Rula Studio 2   8.293   571.50   Culliting (beginner)   12:30-3:30pm   Rula Studio 2   8.293   571.50   Culliting (beginner)   12:45-1:45pm   Alana-Studio 1   8.286   571.50   Culliting (beginner)   12:45-1:45pm   Alana-Studio 1   8.286   571.50   Cardio, Balance and Strength   12:45-1:45pm   Alana-Studio 1   8.286   571.50   Cardio, Balance and Strength   12:45-1:45pm   Rula Studio 2   8.295   571.50   Furturada (Vapil 10th - June 19th) [11 Weeks)   17.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00   18.00	Wednesday (April 9th - June 18th) (11 Weeks)								
Usubele (beginner)	Program	Time	Instructor/Location	Course ID #	Price				
Yoga Hatha         9:00-10:00am         Kathleen-Studio 1         8281         \$71.50           Cardio, Balance and Strength - FULL         90:00am-12:00pm         Sam-Craft Studio 2         8288         \$66.00           Quilting (intermediate) - FULL         90:00am-12:00pm         Tom-Wood Shop         12857         \$45.00           Woodworking (Beginner) (6 weeks course.         9:00am-12:00pm         Tom-Wood Shop         12857         \$45.00           Cardio, Balance and Strength (men only) - FULL         10:15-11:15am         Alana-Studio 1         8282         \$56.00           VBULL         10:15-11:15am         Kathlen-Studio 2         8291         \$71.50           Ukulele Band (all levels)         10:15-11:15am         Kathlen-Studio 1         8284         \$571.50           Acoustic Guitar (intermediate) - FULL         11:30am-12:30pm         Alana-Studio 1         8284         \$571.50           Acoustic Guitar (intermediate plus)         11:30am-12:30pm         Alana-Studio 1         8284         \$571.50           Acoustic Guitar (intermediate plus)         11:30am-12:30pm         Alana-Studio 2         8293         \$60.50           Acoustic Guitar (intermediate plus)         11:30am-12:30pm         Alana-Studio 1         8286         \$571.50           Low Flow Yoga         12:30am-12:30pm	Acoustic Guitar (beginner) - FULL	9:00-10:00am	Scott-Activity Room 1	8302	\$60.50				
Cardio, Balance and Strength - FULL   9:00-10:00am   Laurel-Studio 2   8288   \$56.00	Ukulele (beginner)	9:00-10:00am	Cheryl-Grand Hall	8278	\$60.50				
Quilting (intermediate) - FULL   9:00am-12:00pm   Sam-Craft Studio 2   8300   \$66.50	Yoga Hatha	9:00-10:00am	Kathleen-Studio 1	8281	\$71.50				
Woodworking (Beginner) (6 weeks course.   Nake cutting/charcuterie board)   9:00am-12:00pm   Tom-Wood Shop   12857   \$45.00   Cardio, Balance and Strength (men only) - FULL   10:15-11:15am   Alana-Studio 1   8282   \$56.00   Acoustic Guitar (intermediate) - FULL   10:15-11:15am   Kathlen-Studio 2   8291   \$71.50   Acoustic Guitar (intermediate) - FULL   10:15-11:15am   Cheryl-Grand Hall   8280   \$60.50   Acoustic Guitar (intermediate) - FULL   11:30am-12:30pm   Alana-Studio 1   8284   \$71.50   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 1   8284   \$71.50   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8293   \$66.00   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 1   8286   \$71.50   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8293   \$66.00   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8293   \$66.00   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8294   \$60.50   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8294   \$60.50   Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Alana-Studio 2   8294   \$60.50   Acoustic Guitar (intermediate plus)   12:45-1:45pm   Alana-Studio 2   8294   \$60.50   Acoustic Guitar (intermediate plus)   12:45-1:45pm   Alana-Studio 2   8295   \$71.50   Alana-Studio 2   8295   \$71.50   Alana-Studio 2   8295   \$71.50   Alana-Studio 2   8295   \$71.50   Alana-Studio 2   8294   \$60.50   Alana-Studio 2   8295   \$71.50   Alana-Studio 2   8294   \$60.50   Al	Cardio, Balance and Strength - FULL	9:00-10:00am	Laurel-Studio 2	8288	\$66.00				
Make cutting/charcuterie board   9:00am-12:00pm   Tom-Wood Shop   12857   \$45.00	Quilting (intermediate) - FULL	9:00am-12:00pm	Sam-Craft Studio 2	8300	\$60.50				
Cardio, Balance and Strength (men only)   10:15-11:15am	Woodworking (Beginner) (6 weeks course.								
Cardio, Balance and Strength (men only) -	Make cutting/charcuterie board)	9:00am-12:00pm	Tom- Wood Shop	12857	\$45.00				
FULL	Cardio, Balance and Strength (men only) -	3100am 12100pm	Tem Weda snep	12007	ψ 15100				
Voga Restorative		10:15-11:15am	Alana-Studio 1	8282	\$66.00				
Uktuele Band (all levels)									
Acoustic Guitar (Intermediate) - FULL   10:15-11:15am   Greg-Activity Room 1   8304   \$60.50	_								
Yoga Vinyasa and manufacture beginners   11:30am-12:30pm   Rula-Studio 2   8:294   \$71.50			•						
Chair Fit - FULL			· · · · · · · · · · · · · · · · · · ·		-				
Acoustic Guitar (intermediate plus)   11:30am-12:30pm   Greg-Activity Room 1   8:305   \$60.50		•							
Courie   C		•							
Low Flow Yoga			· · · · · · · · · · · · · · · · · · ·	+					
12:45-1:45pm		12.30 3.30pm	Sam crare stadio 2	0301	700.50				
Pilates (level 2)   2:00-3:00pm		12:45-1:45pm	Alana-Studio 1	8286	\$71.50				
Program	Cardio, Balance and Strength	12:45-1:45pm	Rula-Studio 2	8294	\$66.00				
Program	Pilates (level 2)	2:00-3:00pm	Rula-Studio 2	8295	\$71.50				
Second	Thursda	y (April 10th - June 19	Oth) (11 Weeks)						
Cardio, Balance and Strength	Program	Time	Instructor/Location	Course ID #	Price				
Tab   Chorus (canceled)   10:00am-12:00pm   Tab   Craft Studio 2   8325   \$60.50	Core	9:00-10:00am	Barb-Studio 2	8307	\$66.00				
Yoga Hatha   10:15-11:15am	Cardio, Balance and Strength	9:00-10:00am	Laurel-Studio 1	8316	\$66.00				
Stability, Strength & Tone - FULL   10:15-11:15am   Barb-Studio 1   8309   \$66.00	Fun Chorus (canceled)	10:00am-12:00pm	TBD-Craft Studio 2	8325	\$60.50				
Performance Guitar Group - Rolling Bones   10:15am-12:15   Scott-Craft Studio 2   8326   \$33.00   Strength/Resistance Training   11:30am-12:30pm   Rula-Studio 1   8312   \$66.00   Tap   11:30am-12:30pm   Georgina-Studio 2   8319   \$60.50   Chair Fit - FULL   12:45-1:45pm   Rula-Studio 1   8313   \$66.00   Rallet/Jazz Combo   12:45-1:45pm   Rula-Studio 1   8313   \$66.00   Rallet/Jazz Combo   12:45-1:45pm   Rula-Studio 2   8320   \$60.50   Creative Writing   1:00-2:30pm   Larry-Board Room   11981   \$60.50   Rula (beginner)   1:00-3:00pm   Pat-Studio 1   8323   \$60.50   Rula (beginner)   Rula-Studio 1   8323   \$60.50   Rula (beginner)   Rula-Studio 1   8323   \$60.50   Rula (beginner)   Rula-Studio 2   8322   \$71.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 2   8322   \$71.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 2   8322   \$71.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 1   9454   \$60.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 1   9454   \$60.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 1   9454   \$60.50   Regressive duss, no registration after 2nd class - Full   2:00-3:00pm   Rula-Studio 1   8296   \$66.05   Regressive duss, no registration after 2nd class - Full   8:00-3:00pm   Rula-Studio 1   8:00-3:00pm   8:00-3:00pm   Rula-Studio 1   8:00-3:00pm   8:00-3:	Yoga Hatha	10:15-11:15am	Kathleen-Studio 2	8317	\$71.50				
Performance Guitar Group - Rolling Bones   10:15am-12:15   Scott-Craft Studio 2   8326   \$33.00   Strength/Resistance Training   11:30am-12:30pm   Rula-Studio 1   8312   \$66.00   Rajport   12:45-1:45pm   Rula-Studio 1   8313   \$66.00   Rajport   12:45-1:45pm   Rula-Studio 1   8313   \$66.00   Rajport   12:45-1:45pm   Rula-Studio 1   8313   \$66.00   Rajport   12:45-1:45pm   Rula-Studio 2   8320   \$60.50   Rajport   12:45-1:45pm   Rula-Studio 2   8320   \$60.50   Rajport   12:45-1:45pm   Rula-Studio 2   8320   \$60.50   Rajport   12:00-2:30pm   Larry-Board Room   11981   \$60.50   Rajport   12:00-3:00pm   Pat-Studio 1   8323   \$60.50   Rajport   12:00-3:00pm   Rula-Studio 1   8323   \$60.50   Rajport   12:00-3:00pm   Rula-Studio 1   8323   \$60.50   Rajport   12:00-3:00pm   Rula-Studio 2   8322   \$71.50   Rajport   12:00-3:00pm   Rula-Studio 1   82:00-3:00pm   Rajport   12:00-3:00pm   Rajport		10:15-11:15am	Barb-Studio 1	8309	\$66.00				
Strength/Resistance Training   11:30am-12:30pm   Rula-Studio 1   8312   \$66.00		10:15am-12:15	Scott-Craft Studio 2	8326	\$33.00				
Chair Fit - FULL         12:45-1:45pm         Rula-Studio 1         8313         \$66.00           Ballet/Jazz Combo         12:45-1:45pm         Georgina-Studio 2         8320         \$60.50           Creative Writing         1:00-2:30pm         Larry-Board Room         11981         \$60.50           Bunka (beginner)         1:00-3:00pm         Pat-Studio 1         8323         \$60.50           Country Line Dancing (beginner)         2:00-3:00pm         Pat-Studio 1         9454         \$60.50           Pilates (level 1) - FULL         2:00-3:00pm         Rula-Studio 2         8322         \$71.50           Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Friday (April 12th - June 27th) *No Class Friday April 18th (11 Weeks)           Friday (April 12th - June 27th) *No Class Friday April 18th (11 Weeks)           Fr		11:30am-12:30pm	Rula-Studio 1	8312					
Ballet/Jazz Combo   12:45-1:45pm   Georgina-Studio 2   8320   \$60.50	Тар	11:30am-12:30pm	Georgina-Studio 2	8319	\$60.50				
Creative Writing   1:00-2:30pm	Chair Fit - FULL	12:45-1:45pm	Rula-Studio 1	8313	\$66.00				
Bunka (beginner)	Ballet/Jazz Combo	12:45-1:45pm	Georgina-Studio 2	8320	\$60.50				
Country Line Dancing (beginner)	Creative Writing	1:00-2:30pm	Larry-Board Room	11981	\$60.50				
Progressive class, no registration after 2nd class - FULL   2:00-3:00pm   Rula-Studio 2   8322   \$71.50	Bunka (beginner)	1:00-3:00pm	Pat-Studio 1	8323	\$60.50				
Pilates (level 1) - FULL         2:00-3:00pm         Rula-Studio 2         8322         \$71.50           Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Program         Time         Instructor/Location         Course ID #         Price           Meditation and Stretch (men only) - FULL         9:00-10:00am         Alana-Studio 1         8296         \$66.00           Stability, Strength and Tone (10 weeks)         9:00-10:00am         Barb-Studio 2         8305         \$60.00           Cardio, Balance and Strength (10 weeks) - FULL         10:15-11:15am         Barb-Studio 1         8299         \$60.00           Tai Chi (level 1)         10:15-11:15am         Ron-Studio 2         8308         \$66.00           Tai Chi (level 2/3)         11:30am-12:30pm         Ron-Studio 2         8303         \$66.00           Yoga Chair - FULL         11:30-12:30pm         Jan-Studio 1         8311         \$71.50           Yoga Bone & Brain Health         12:45-1:45pm         Jan-Studio 1         8314         \$71.50           Cardio Dance         12:45-1:45pm         Macy-Studio 1         12650         \$60.50           Ballroom Dance Couples - Beginner         2:00-3:00pm         Macy-Studio 1         12650         \$60.50 <td< td=""><td></td><td>·</td><td></td><td></td><td></td></td<>		·							
Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)           Program         Time         Instructor/Location         Course ID #         Price           Meditation and Stretch (men only) - FULL         9:00-10:00am         Alana-Studio 1         8296         \$66.00           Stability, Strength and Tone (10 weeks)         9:00-10:00am         Barb-Studio 2         8305         \$60.00           Cardio, Balance and Strength (10 weeks) - FULL         10:15-11:15am         Barb-Studio 1         8299         \$60.00           Tai Chi (level 1)         10:15-11:15am         Ron-Studio 2         8308         \$66.00           Tai Chi (level 2/3)         11:30am-12:30pm         Ron-Studio 2         8303         \$66.00           Yoga Chair - FULL         11:30-12:30pm         Jan-Studio 1         8311         \$71.50           Yoga Bone & Brain Health         12:45pm-1:45pm         Jan-Studio 2         8314         \$71.50           Cardio Dance         12:45-1:45pm         Macy-Studio 1         17766         \$60.50           Ballroom Dance Couples - Beginner         2:00-3:00pm         Macy-Studio 1         12650         \$60.50           Saturday (April 12th - June 21st) (11 Weeks)         Program         Image:		•							
Program         Time         Instructor/Location         Course ID #         Price           Meditation and Stretch (men only) - FULL         9:00-10:00am         Alana-Studio 1         8296         \$66.00           Stability, Strength and Tone (10 weeks)         9:00-10:00am         Barb-Studio 2         8305         \$60.00           Cardio, Balance and Strength (10 weeks) - FULL         10:15-11:15am         Barb-Studio 1         8299         \$60.00           Tai Chi (level 1)         10:15-11:15am         Ron-Studio 2         8308         \$66.00           Tai Chi (level 2/3)         11:30am-12:30pm         Ron-Studio 2         8303         \$66.00           Yoga Chair - FULL         11:30-12:30pm         Jan-Studio 1         8311         \$71.50           Yoga Bone & Brain Health         12:45pm-1:45pm         Macy-Studio 1         17766         \$60.50           Ballroom Dance         12:45-1:45pm         Macy-Studio 1         12650         \$60.50           Ballroom Dance Couples - Beginner         2:00-3:00pm         Macy-Studio 1         12650         \$60.50           Saturday (April 12th - June 21st) (11 Weeks)         Program         Time         Instructor/Location         Course ID #         Price           Yoga Yin Yang         9:00-10:00am         Saramin-Studio 2         832		·		8322	\$71.50				
Meditation and Stretch (men only) - FULL       9:00-10:00am       Alana-Studio 1       8296       \$66.00         Stability, Strength and Tone (10 weeks)       9:00-10:00am       Barb-Studio 2       8305       \$60.00         Cardio, Balance and Strength (10 weeks) - FULL       10:15-11:15am       Barb-Studio 1       8299       \$60.00         Tai Chi (level 1)       10:15-11:15am       Ron-Studio 2       8308       \$66.00         Tai Chi (level 2/3)       11:30am-12:30pm       Ron-Studio 2       8303       \$66.00         Yoga Chair - FULL       11:30-12:30pm       Jan-Studio 1       8311       \$71.50         Yoga Bone & Brain Health       12:45-1:45pm       Jan-Studio 2       8314       \$71.50         Cardio Dance       12:45-1:45pm       Macy-Studio 1       17766       \$60.50         Ballroom Dance Couples - Beginner       2:00-3:00pm       Macy-Studio 1       12650       \$60.50         Saturday (April 12th - June 21st) (11 Weeks)         Frogram       Time       Instructor/Location       Course ID # Price         Yoga Yin Yang       9:00-10:00am       Saramin-Studio 1       8318       \$71.50         Strength/Resistance Training       9:00-10:00am       Rula-Studio 2       8324       \$66.00         Sewing Basics									
Stability, Strength and Tone (10 weeks)       9:00-10:00am       Barb-Studio 2       8305       \$60.00         Cardio, Balance and Strength (10 weeks) - FULL       10:15-11:15am       Barb-Studio 1       8299       \$60.00         Tai Chi (level 1)       10:15-11:15am       Ron-Studio 2       8308       \$66.00         Tai Chi (level 2/3)       11:30am-12:30pm       Ron-Studio 2       8303       \$66.00         Yoga Chair - FULL       11:30-12:30pm       Jan-Studio 1       8311       \$71.50         Yoga Bone & Brain Health       12:45pm-1:45pm       Jan-Studio 2       8314       \$71.50         Cardio Dance       12:45-1:45pm       Macy-Studio 1       17766       \$60.50         Ballroom Dance Couples - Beginner       2:00-3:00pm       Macy-Studio 1       12650       \$60.50         Saturday (April 12th - June 21st) (11 Weeks)         Time       Instructor/Location       Course ID # Price         Yoga Yin Yang       9:00-10:00am       Saramin-Studio 1       8318       \$71.50         Strength/Resistance Training       9:00-10:00am       Rula-Studio 2       8331       \$71.50         Yoga Gentle Hatha       10:15-11:15am       Saramin-Studio 1       8321       \$71.50         Yoga Gentle Hatha       10:15-11:15am			•						
Cardio, Balance and Strength (10 weeks) - FULL       10:15-11:15am       Barb-Studio 1       8299       \$60.00         Tai Chi (level 1)       10:15-11:15am       Ron-Studio 2       8308       \$66.00         Tai Chi (level 2/3)       11:30am-12:30pm       Ron-Studio 2       8303       \$66.00         Yoga Chair - FULL       11:30-12:30pm       Jan-Studio 1       8311       \$71.50         Yoga Bone & Brain Health       12:45pm-1:45pm       Jan-Studio 2       8314       \$71.50         Cardio Dance       12:45-1:45pm       Macy-Studio 1       17766       \$60.50         Ballroom Dance Couples - Beginner       2:00-3:00pm       Macy-Studio 1       12650       \$60.50         Saturday (April 12th - June 21st) (11 Weeks)         Forgram       Time       Instructor/Location       Course ID # Price         Yoga Yin Yang       9:00-10:00am       Saramin-Studio 1       8318       \$71.50         Strength/Resistance Training       9:00-10:00am       Rula-Studio 2       8324       \$66.00         Sewing Basics       9:30am-12:30pm       Linda-Lee-Craft Studio 2       8331       \$71.50         Yoga Gentle Hatha       10:15-11:15am       Saramin-Studio 1       8321       \$71.50         Core       10:15-11:15am	, , , , ,								
FULL       10:15-11:15am       Barb-Studio 1       8299       \$60.00         Tai Chi (level 1)       10:15-11:15am       Ron-Studio 2       8308       \$66.00         Tai Chi (level 2/3)       11:30am-12:30pm       Ron-Studio 2       8303       \$66.00         Yoga Chair - FULL       11:30-12:30pm       Jan-Studio 1       8311       \$71.50         Yoga Bone & Brain Health       12:45pm-1:45pm       Jan-Studio 2       8314       \$71.50         Cardio Dance       12:45-1:45pm       Macy-Studio 1       17766       \$60.50         Ballroom Dance Couples - Beginner       2:00-3:00pm       Macy-Studio 1       12650       \$60.50         Saturday (April 12th - June 21st) (11 Weeks)         Frogram       Time       Instructor/Location       Course ID # Price         Yoga Yin Yang       9:00-10:00am       Saramin-Studio 1       8318       \$71.50         Strength/Resistance Training       9:00-10:00am       Rula-Studio 2       8324       \$66.00         Sewing Basics       9:30am-12:30pm       Linda-Lee-Craft Studio 2       8331       \$71.50         Yoga Gentle Hatha       10:15-11:15am       Saramin-Studio 1       8321       \$71.50         Core       10:15-11:15am       Rula-Studio 2       8327 <td></td> <td>9:00-10:00am</td> <td>Barb-Studio 2</td> <td>8305</td> <td>\$60.00</td>		9:00-10:00am	Barb-Studio 2	8305	\$60.00				
Tai Chi (level 1)         10:15-11:15am         Ron-Studio 2         8308         \$66.00           Tai Chi (level 2/3)         11:30am-12:30pm         Ron-Studio 2         8303         \$66.00           Yoga Chair - FULL         11:30-12:30pm         Jan-Studio 1         8311         \$71.50           Yoga Bone & Brain Health         12:45pm-1:45pm         Jan-Studio 2         8314         \$71.50           Cardio Dance         12:45-1:45pm         Macy-Studio 1         17766         \$60.50           Ballroom Dance Couples - Beginner         2:00-3:00pm         Macy-Studio 1         12650         \$60.50           Saturday (April 12th - June 21st) (11 Weeks)           Program         Time         Instructor/Location         Course ID # Price           Yoga Yin Yang         9:00-10:00am         Saramin-Studio 1         8318         \$71.50           Strength/Resistance Training         9:00-10:00am         Rula-Studio 2         8324         \$66.00           Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00 <td></td> <td>10.15.11.15</td> <td></td> <td>0000</td> <td>460.00</td>		10.15.11.15		0000	460.00				
Tai Chi (level 2/3)       11:30am-12:30pm       Ron-Studio 2       8303       \$66.00         Yoga Chair - FULL       11:30-12:30pm       Jan-Studio 1       8311       \$71.50         Yoga Bone & Brain Health       12:45pm-1:45pm       Jan-Studio 2       8314       \$71.50         Cardio Dance       12:45-1:45pm       Macy-Studio 1       17766       \$60.50         Ballroom Dance Couples - Beginner       2:00-3:00pm       Macy-Studio 1       12650       \$60.50         Saturday (April 12th - June 21st) (11 Weeks)         Program       Time       Instructor/Location       Course ID # Price         Yoga Yin Yang       9:00-10:00am       Saramin-Studio 1       8318       \$71.50         Strength/Resistance Training       9:00-10:00am       Rula-Studio 2       8324       \$66.00         Sewing Basics       9:30am-12:30pm       Linda-Lee-Craft Studio 2       8331       \$71.50         Yoga Gentle Hatha       10:15-11:15am       Saramin-Studio 1       8321       \$71.50         Core       10:15-11:15am       Rula-Studio 2       8327       \$66.00									
Yoga Chair - FULL         11:30-12:30pm         Jan-Studio 1         8311         \$71.50           Yoga Bone & Brain Health         12:45pm-1:45pm         Jan-Studio 2         8314         \$71.50           Cardio Dance         12:45-1:45pm         Macy-Studio 1         17766         \$60.50           Saturday (April 12th - June 21st) (11 Weeks)           Program         Time         Instructor/Location         Course ID # Price           Yoga Yin Yang         9:00-10:00am         Saramin-Studio 1         8318         \$71.50           Strength/Resistance Training         9:00-10:00am         Rula-Studio 2         8324         \$66.00           Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00	,								
Yoga Bone & Brain Health         12:45pm-1:45pm         Jan-Studio 2         8314         \$71.50           Cardio Dance         12:45-1:45pm         Macy-Studio 1         17766         \$60.50           Ballroom Dance Couples - Beginner         2:00-3:00pm         Macy-Studio 1         12650         \$60.50           Saturday (April 12th - June 21st) (11 Weeks)           Program         Time         Instructor/Location         Course ID #         Price           Yoga Yin Yang         9:00-10:00am         Saramin-Studio 1         8318         \$71.50           Strength/Resistance Training         9:00-10:00am         Rula-Studio 2         8324         \$66.00           Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00		· · · · · · · · · · · · · · · · · · ·							
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Yoga Yin Yang         9:00-10:00am         Saramin-Studio 1         8318         \$71.50           Strength/Resistance Training         9:00-10:00am         Rula-Studio 2         8324         \$66.00           Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00									
Strength/Resistance Training         9:00-10:00am         Rula-Studio 2         8324         \$66.00           Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00			,						
Sewing Basics         9:30am-12:30pm         Linda-Lee-Craft Studio 2         8331         \$71.50           Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00									
Yoga Gentle Hatha         10:15-11:15am         Saramin-Studio 1         8321         \$71.50           Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00									
Core         10:15-11:15am         Rula-Studio 2         8327         \$66.00		·			-				
	- 5			+					
Chair Fit         11:30am-12:30pm         Rula-Studio 2         8330         \$66.00									
	Chair Fit	11:30am-12:30pm	Kula-Studio 2	8330	\$66.00				



## Schedule May Be Subject to Change, check online for updates.



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