



Adults 55+ Programs



* Newmarket Seniors' Meeting Place

474 Davis Drive. 905-953-5325

Imagine...

- Participating in a wide variety of programs and activities
- Taking a class, seminar and learning a new skill
- Getting together with friends
- Taking a bus trip to an exciting destination and meeting new friends
- Attending exciting special events
- A place where you can volunteer and give back to the community
- All these opportunities at a low cost

The Newmarket Seniors' Meeting Place is the place to start! Join today!

The Newmarket Seniors' Meeting Place (NSMP) has almost 1000 members that are 55+ years, who actively participate daily in a wide variety of accessible recreational programs, drop-in activities, and social events to maintain a young mind, body and soul. NSMP features include:

- Activity/Meeting Rooms
- Kitchen
- Lounge
- Arts & Crafts Room
- Woodshop
- Games Room (Billiards, Darts, Table Top Shuffleboard)
- Outdoor Patio (sheltered with barbecue)
- Lending Library (books + puzzles)

Annual NSMP Membership Fees (including taxes):

Residents: \$39.55 | Non-Residents: \$62.15

Non-member guests will be permitted 3 visits to drop-in programs and areas, and then will be required to purchase a membership in order to continue to participate. Drop-in programs include Games Room, Wood Shop, Craft Room.

Membership Benefits:

- Lowest fees available for Registered Programs, Special Events, & Bus Trips
- Reduced hall rental fees
- Email Bulletins
- Access to over 30 weekly drop-in activities
- Ability to register at the same time as residents.

RecPass Membership (including taxes):

Adult 55+: \$36.73

Household: \$70.62

Non-residents: Add \$10/Month +HST

Receive unlimited access to Fitness & Wellness Programs at the NSMP and across the Town!

Membership includes free access to:

- Magna Fitness Centre: cardio, strength training, & free weights
- Group Fitness Classes
- Aqua Fitness Classes
- Tim Hortons Walking/Running Track
- Tim Hortons Gymnasium
- Drop-In Programs
- Public Swimming
- Public Skating
- NSMP Registered Fitness and Wellness Programs

Please call the NSMP for more information at 905-953-5325

* Special Events

Friday Night Social Dances

8 p.m. to 11 p.m.

Pre-Registration: Members \$10/

Non-Members \$11

Spring Dates:

April 5 Code: 24330

April 19 Code: 24331

May 3 Code: 24332

May 17 Code: 24333

June 7 Code: 24334

June 21 Code: 24335

Come enjoy a great night, featuring 2 dance floors (Line Dancing & Ballroom / Latin / Social), along with Coffee & Tea, Cash Bar, Theme Nights, and light refreshments.

Live Music Night - Tangent

Saturday, April 13

6:30 to 9 p.m.

Member \$25 / Non-Member \$30

Code: 24701

This Classic rock band from Aurora will cover songs from the 60's, 70's, 80's, and 90's. You're sure to enjoy the show, and very likely to sing along and dance to a great variety of party tunes. Don't miss out on what is sure to be a very fun evening. The event includes light refreshments. A cash bar will also be available.



Click here to view full program information and register online

Euchre Tournament

Saturday, April 20

1:00 to 4:00 p.m.

Fee: \$5 at the door, but you must pre-register.

Code: 26843

Doors will open at noon, and all players must be on site by 12:45 because the tournament starts at 1pm. No late players will be admitted. You must Pre-Register through the office to hold your spot. Refreshments will be available. \$5 will be taken at the door.

Woodshop Orientation

Thursday, April 11

12:30 to 1:30 p.m.

FREE, but you must pre-register

Registration Code: 29568

This orientation is required for any adults 55+ wishing to access our wood shop. It will cover Health & Safety and Guidelines for use.

Live Music Night – Soul Town

Saturday, May 11

6:30 to 9 p.m.

Member \$25 / Non-Member \$30

Code: 29569

Join us for an unforgettable evening featuring the greatest hits of Motown and Soul from the 60's, 70's and today. Enjoy classics by Smokey Robinson, The Supremes, Earth Wind and Fire, Etta James, The Jackson Five, Martha Reeves and more. Four dynamic singers with their powerful voices harmonizing and delivering pure sensational Motown and Soul music! Soul Town is guaranteed to take you back to a time when music was filled with 'soul', rhythm and joy. Come and dance and sing to your favourites all over again! Pre-registration is required. A cash bar is available. Tickets include entertainment, tea & coffee and light refreshments.

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Keynotes Concert

Sunday, May 12

2 p.m.

Keith Profit will be leading the 40 voice choir and guest artist(s), which are sure to provide you with a wonderful afternoon of music. Keynotes encourages young musicians in the Newmarket area to showcase their talents with us. Free, but a free will offering would be accepted.

Seniors Jeopardy Trivia Night

Friday, May 31

6:30 to 9:30 p.m.

Member \$10 / Non-Member \$11

Code: 29574

Will you be the next Jeopardy Champion? Try your hand at America's favourite quiz show! Come out for a night of fun with friends and test your knowledge in true Jeopardy fashion. Pizza is provided, and a cash bar is available. Register as a team (up to 4) or as an individual.

Live Music Night – The Pepper Shakers

Saturday, June 8

6:30 to 9 p.m.

Member \$25 / Non-Member \$30

Code: 29572

The Pepper Shakers are one of the premier 3-piece party bands in the Greater Toronto Area. Good time hits through the decades. Hank, George and Dom will take you on a musical ride of memories, for your listening, toe-tapping, and dancing pleasure.

Pride Parade Float

Saturday, June 15

There will be a seniors float in this year's York Region Pride Parade. Anyone who would be interested in walking with other members is invited to email seniors@newmarket.ca so that you can be kept up to date on details as they come together.



Click here to view full program information and register online

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* Bus Trips

Casino Rama

Casino Rama offers more than 1,800 slots on the gaming floor, from traditional reels and progressive jackpots to the latest in slot technology including video reels, transmissive screens, multi-denomination, video poker slots and electronic table games. Casino Rama offers all of your favourite table games. Try your hand at Baccarat, Blackjack, PaiGow and Roulette. They truly have it all!

Wednesday, May 8, 2024

9:30 a.m. to 5:30 p.m.

Enjoy a 5 hour visit to Casino Rama & receive a \$5.00 slot voucher

Inclusions: Return transportation via deluxe coach, \$5.00 slot voucher, & all taxes

Members: \$25.00 (includes HST) Non

Members: \$35.00 (includes HST)

Registration Code: 29178

My Fair Lady

This timeless classic has been dazzling audiences since its debut on Broadway in 1956. Based on the play Pygmalion by Bernard Shaw, it's the story of Eliza Doolittle, a cockney flower girl caught in the middle of a bet between Henry Higgins, a professor of phonetics and Colonel Pickering, a fellow linguist. With unforgettable songs such as "On the Street Where You Live," "I Could Have Danced All Night" and "Wouldn't It Be Lovely?" My Fair Lady is one of the most beloved musicals of all time – and now it's returning to The Shaw! Enjoy a delicious lunch at the Queenston Heights Restaurant. Meal selections made at the restaurant. Reserved orchestra seating at the Shaw Festival Theatre

Thursday, May 23

9:00 a.m. to 7 p.m.

Members: \$189.00 (includes HST)

Non Members: \$199.00 (includes HST)

Registration Code: 29179

Lake Rosseau Cruise

Come savour the flavour of Muskoka.

Established in 1992 in the heart of Ontario's scenic cottage country, the Gravenhurst Farmers' Market has become one of the region's most popular attractions. The market has numerous vendors selling a broad array of fresh Ontario produce, arts and crafts. Enjoy a delicious meal at The Oar Restaurant. After lunch we will travel to Port Carling to board the Lady Rosseau. Experience beautiful and majestic views on your 90 minute narrated cruise. You will experience the rich history and extraordinary world class cottage architecture. Our final stop is the Mariposa Market. Come savour the aroma of chelsea buns and Muskoka Berry pies hot out of the oven. Treat yourself to scratch recipe gingersnap cookies like grandma always made, humungous apple fritters, gooey sea salted butter tarts and eclairs positively stuffed with real whipped cream.

Wednesday, June 12

8:00 a.m. to 6:30 p.m.

Member: \$159.00 (includes HST)

Non Member: \$169.00 (includes HST)

Registration Code: 29180



Click here to view full program information and register online

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Journey to the Falls

Hornblower Niagara Cruises is a thrilling new way to experience Niagara Falls. An intimate tour that gets you as close as possible to the breathtaking flow of water, power and mist that is the magnificent Niagara Falls. Within the Niagara Great Gorge, you will journey past the American Falls, Bridal Veil Falls and into the very heart of the famous Horseshoe Falls. Hold onto your heart and keep your eyes wide open because you're in for the thrill of a lifetime! Lunch is at Elements on the Falls, just steps from the edge of the Horseshoe Falls. It's not a tag line, no one gets you closer to the thundering waters, literally. After lunch, we will visit the Niagara Botanical Gardens. Enjoy perennials, rhododendrons, azaleas, formal parterre garden, shade, herb and vegetable plantings, as well as their world-famous rose garden featuring over 2,400 roses.

Tuesday, July 9

8 a.m. to 6:30 p.m.

Member: \$159.00 (includes HST)

Non Member: \$169.00 (includes HST)

Registration Code: 29182

Fallsview Casino

Get dealt into the action at Fallsview Casino Resort! Built on a cliff overlooking the world-famous Horseshoe Falls, Fallsview Casino Resort is the largest and most elegant gaming resort facility in Canada. The crown jewel in Niagara's stunning array of wonders, Fallsview offers a world-class casino with over 3,500 slot machines, 130 Table Games such as Baccarat, Roulette, Craps and Blackjack. There's never a dull moment at Niagara Fallsview Casino Resort. \$35.00 in slot play, and all taxes.

Wednesday, August 14

9 a.m. to 6 p.m.

Members: \$50.00 (includes HST)

Non-Members: \$60.00 (includes HST)

Registration Code: 29183

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Wine Tasting in Niagara-on-the-Lake

Niagara-on-the-Lake is home to some of the oldest and most established wine producing vineyards in Canada. Their wineries have been growing and producing world-class wines from vinifera varietals for more than four decades. The efforts of pioneer winemakers in this region were instrumental in propelling Canada onto the world's wine stage and positioning Niagara-on-the-Lake as a premium wine growing region.

Thursday, September 12

8 a.m. to 6:30 p.m.

Members: \$159.00 (includes HST)

Non Members: \$169.00 (includes HST)

Registration Code: 29630

Georgian Bay Cruise

Cruise the Penetanguishene and Midland areas as well as the 30,000 Islands! Your 2 3/4 hour cruise will encircle Beausoleil Island, the largest island of Georgian Bay Islands National Park, and will include the Captain's live commentary, including points of interest, historic facts, and fascinating legends about the Georgian Bay and 30,000 Islands region. Rocky grandeur, endless beaches, and clear blue water all create a one-of-a-kind destination.

Wednesday, September 25

10 a.m to 6:30 p.m.

Member: \$169.00 (includes HST)

Non Member: \$179.00 (includes HST)

Registration Code: 29195



Click here to view full program information and register online

* Adults 55+ Programs



Arts & Culture

Abstract Clock On Round Wood Workshop

Artists will create a unique clock on round wood surface using vibrant alcohol ink. All materials are supplied, including the clock mechanism. The workshop is suitable for any skill level. Alcohol Ink can stain, so it is suggested you bring an apron. All supplies are included.

Wednesday June 19

1 to 5 p.m.

Member: \$40 + HST

Non-Member: \$50 + HST

Non-Resident / Non-Member: \$70 + HST

Code: 29770

Acrylic Fine Art – Beginner

You are sure to enjoy easy to use acrylics to create your very own masterpiece painting! You will be guided step by step in learning colour mixing, brush handling & the importance of values in completing several paintings. No Drawing skills required. Please pick up a list of supplies when you register.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Cori

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Acrylic Fine Art - Advanced

This program is geared towards experienced acrylic artists that have taken both beginner & intermediate levels for a minimum of 3 years. A balance of teacher led group projects & freedom to create your painting from your own reference photos will help expand your creativity. Critiquing & demos will help you refine your skills. Materials not included. Be sure to pick up a supply list from the NSMP office or via email request.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Cori

Acrylic Painting on Canvas - Moonlit Girl on Swing

Wednesday June 12

1 to 4 p.m.

Member: \$35 + HST

Non-Member: \$45 + HST

Non-Resident / Non-Member: \$65 + HST

Code: 29715

Let's paint a lovely serene landscape featuring a moonlit starry sky and ocean with a young girl on a swing gazing out. This is an acrylic on canvas painting and all supplies are included.



Click here to view full program information and register online

Drawing Portraits (Beginner)

Portraiture not only portrays a likeness, it describes the identity of its subject. Portrait artists make use expressive mark, exaggeration, narrative elements, and colour are used to describe who the subject is. Drawing Portraits teaches techniques to draw proportionate, expressive faces while exploring how the design of an image communicates its subjects' character. This is a dry media course open to all levels of skill and experience. Throughout, the class will work towards a final portrait of a subject of their choosing. Remember to pick up your supply list at the NSMP office.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Luce

Experimental Acrylic Mixed Media - Beginner

This comprehensive program aims to prepare participants with a deeper understanding of materials and techniques essential for creating captivating acrylic and mixed media paintings. Through a curated series of demonstrations participant learn about creating composition, thinking out of box, skills in material handling, and colour theory. Critical advice and suggestions will be given individually while works are in progress.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Mahtab

Expressive Textures in Mixed Media

Expressive Textures classes will explore water based media and is suitable for all levels. Bring an inquisitive nature and lets explore the highly textured unique opportunities these mediums offer. We will be working on canvas and you will need brushes, palette knives and more. Please pick up your supply list from front desk at NSMP.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Jackie

Life Drawing (Beginner)

All sessions will start with half an hour of warm-up gesture drawing, leading to a main weekly topic, including an introduction to figure drawing (visual introduction, anatomy, proportion, and balance). Then students will learn about lever systems and shading techniques with dry, wet, and mixed media. We'll also investigate points of view, rules of perspective and composition. Remember to pick up your supply list from the NSMP office.

Age: 18+

Location: Seniors' Meeting Place

Instructor: Will

Watercolour Essentials for Beginners

Discover the captivating world of watercolour painting in this comprehensive beginner's course. Whether you're an aspiring artist looking to explore a new medium or a creative soul seeking a relaxing and expressive hobby, this course will provide you with the fundamental skills and techniques needed to create stunning watercolour artworks. Throughout this course, you'll be guided step-by-step by experienced watercolour artists, who will help you develop a solid foundation in this versatile and beautiful medium. From understanding the materials and tools required to mastering essential techniques, this course is designed to equip you with the knowledge and confidence to bring your artistic visions to life. Remember to pick up your supply list at the NSMP office

Age: 55+

Location: Seniors' Meeting Place

Instructor: Mahtab



Click here to view full program information and register online

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Watercolour (Intermediate)

This class offers a more in-depth experience in watercolour painting. Through demonstrations and experimentation we will explore different techniques and a variety of subjects including cityscapes/buildings, landscapes, still life and flowers. Enjoy the experience of this spontaneous, luminous medium while developing your own unique style of painting. Remember to pick up your supply list from the NSMP office.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Fiona

Watercolour Portraits (Beginner & Intermediate)

A closer look at skin tone reveals a spectrum of hues; mastering the subtle changes in skin tone can bring life into any painting. Watercolour Portraits teaches techniques to draw proportionate, expressive faces and as well as how to mix skin tones in watercolour paint and colour pencil. This is a course open to all levels of skill and experience and expands on drawing and design principles taught in the Drawing Portraits course. Remember to pick up your supply list at the NSMP office.

Age: 55+

Location: Seniors' Meeting Place

Instructor: Luce



Click here to view full program information and register online

Fitness, Wellness, & Dance

BollyX® Low Intensity

A Bollywood-inspired dance-fitness program that combines dynamic choreography. A light cardio workout that includes a balance of upper and lower body movements with lower-intensity dance sequences to get you moving, sweating, and smiling.

Age: 55+

Location: Ray Twinney Recreation Complex

Cardio Dance Fusion Fitness

This type of fitness dance class is a low impact workout designed to promote overall flexibility, mobility, strengthening and toning techniques for the core and hips; It's all about getting a sweat on and having fun while moving around to the rhythms of various styles of music including latin dance, belly dance, and a variety of other genres throughout the world.

Age: 55+

Location: Seniors' Meeting Place

Cardio Kickboxing 55+

Low impact upper and lower body movements include air punches and kicking. Great for building cardio, strength, flexibility, balance and coordination. Strengthens lungs, increases muscle mass and joint movement. Running shoes and yoga mat required.

Age: 55+

Location: Ray Twinney Recreation Complex

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Fit & 55+

Enjoy an hour of exercise that includes aerobic activities designed to tone and stretch your muscles, increase your energy and promote a healthy lifestyle. Movements are done standing with a minimum of 20 min of cardio (low or high intensity easy to follow steps). There is a strength training component using weights followed by balance exercises, cool down and stretch. Bring a towel.

Age: 55+

Location: Recreation Youth Centre and telMAX Indoor Skatepark, Ray Twinney Complex, and Online Classroom

Fusion FIT 55+

Focus: Total Body Balance. Blend of cardio, strength and flexibility through various style of exercise such as dance, yoga and kickboxing and muscle conditioning. Each class would either be circuit training of 15 minutes on each style or two only (i.e. dance + yoga or kickboxing & yoga or muscle conditioning & dance etc.). Yoga mat required.

Age: 55+

Location: Ray Twinney Complex



Click here to view full program information and register online

Gentle Fitness

For those just starting out, returning to fitness from an injury/illness, or just looking to maintain a healthy lifestyle, this program is ideal for you. This class will focus on maintaining or increasing your range of motion, focusing on your shoulders and knees, but including all joints in the body! The goal is to keep your body moving well throughout your activities of daily living. Movements are done sitting or standing, with or without the support of a chair. Equipment Required: Chair, bands (or belt / towel), weights (or canned food / water bottles)

Age: 55+

Location: Online Classroom

Gentle Stretch & Tone

Stretching is an important part of a person's flexibility and will help participants remain active and independent. In this stretching class, learn how to safely increase range of motion and relieve tension. A variety of stretches will be offered for the whole body some standing, sitting on a chair or on a mat. Equipment Required A mat, water, and comfortable clothing.

Age: 55+

Location: Recreation Youth Centre and telMAX Indoor Skatepark

Knee and Hip Fitness

Don't let achy knees stop you from exercising! In this class we will use gentle exercises to strengthen the muscles of the legs in order to support and protect the joints.

Age: 55+

Location: Seniors' Meeting Place

Program Index



Line Dancing – Absolute Beginner

A great starting point for those who wish to learn line dancing. Social dance steps will be taught to popular music in a relaxed atmosphere with an emphasis on fun filled exercise. This class is great for both men and women. New dancers should complete the “Absolute Beginner” session first to learn their basic steps.

Age: 55+

Location: Seniors’ Meeting Place

Line Dancing - Beginner

For those who have taken the Absolute Beginner program or have some past line dancing experience. Social dance steps will be taught to popular music in a relaxed atmosphere with an emphasis on fun filled exercise. This class is great for both men and women.

Age: 55+

Location: Seniors’ Meeting Place

Line Dancing - Improver

This program is designed for Line Dancers with previous experience or those who have graduated from the Beginner level, and who would like an additional challenge before they continue to a Progressive class.

Age: 55+

Location: Seniors’ Meeting Place

Line Dancing - Progressive

Step up to our fourth level of line dance fun! This welcoming class is for those who know the basic line dance steps and want a challenge. Sign up early as this class is very popular.

Age: 55+

Location: Seniors’ Meeting Place

Line Dancing - Intermediate

Students at this level are competent dancers who have completed the Progressive level. This class offers higher level intermediate dances with more twists and turns. It is a popular class with men and women 55+

Age: 55+

Location: Seniors’ Meeting Place

Low-impact Boot Camp

Don’t let the word “bootcamp” intimidate you, this fun fitness class will have you moving through different exercise stations to get a great workout. Led by an encouraging instructor, you’ll bounce between bodyweight exercises, cardio bursts, strength training moves, and more to break a sweat.

Whether you’re looking to increase your usual routine or try something new, this boot camp workout promises a challenge but not an extreme one.

Age: 55+

Location: Ray Twinney Recreation Complex



Click here to view full program information and register online

Program Index



Osteoporosis Exercise

We are pleased to provide this therapeutic exercise program for people with a diagnosis of osteoporosis or osteopenia. A physician's referral is recommended to indicate the participant is able to exercise. This hour-long fitness class focuses on stretching and posture, arm and leg strengthening, exercises as well as balance and co-ordination skills.

Age: 55+

Location: Seniors' Meeting Place

Pilates

Explore the fundamentals of pilates movements to develop core strength, align the spine and create better posture resulting in less aches and pains. This class incorporates a variety of props such as bands, balls, gliders and weights to add a variety of resistance and intensity.

Age: 55+

Location: Recreation Youth Centre and telMAX Indoor Skatepark

Qi Gong

CFQ Qigong is a gentle set of movements that reduce physical and mental stress and restores health and vitality to the body. CFQ Qigong is easily learned in a short period of time and is suitable for people who are unable to do vigorous physical exercise. An in person drop-in program is also available to NSMP members.

Age: 55+

Location: Online Classroom



Click here to view full program information and register online

Program Index

Strong & Stable

You may have heard that strengthening your core will improve balance, but did you know it has also been shown to increase coordination, agility, and endurance? This fun and effective class focuses on exercises for the core muscles of the torso (legs, abs, back, shoulders) combined with flexibility exercises for ease of movement and targeted balance activities to help you build a body that is strong, stable, and ready to meet the challenges of everyday life!

Age: 55+

Location: Seniors' Meeting Place

Strong Bones & Balance

This class focuses a lot on posture, balance, strengthening the back muscles and lower body to improve balance. By improving your balance you can prevent falls and continue to enjoy your activities of daily living! You will build and maintain bone density by using body weight, hand-held weights, balls and resistance bands. Feel stronger and walk taller.

Age: 55+

Location: Ray Twinney Complex, Senior's Meeting Place and Online Classroom

Sweatin to the Oldies

This cardio-based class is low impact and will increase your endurance while moving to the music of the '50s, '60s, '70s. This class includes a warm-up, a minimum of 30min of aerobic training, strength training, balance, and stretching. Bring water and a towel and be prepared to sweat!

Age: 55+

Location: Recreation Youth Centre and telMAX Indoor Skatepark & Ray Twinney Recreation Complex

Tai Chi (Yang Style)

Tai chi is an internal martial art that is often referred to as “moving meditation”. This low-impact exercise will improve posture alignment, balance and inner peace. In three months, you will learn a Yang style short form. In each class you will learn a new set of movements and detailed explanation of their meaning and how to execute each move. Gradually you will build the individual movements into a complete set of movements you can practice on your own anywhere.

Age: 55+

Location: Seniors’ Meeting Place

Yoga - Hatha

Suitable for all levels, participants will work at their own personal limits to improve flexibility, muscle tone, balance, and circulation. Breathing and relaxation techniques are employed to show participants how to conserve energy and reduce stress. Yoga mat and comfortable clothing are required.

Age: 55+

Location: Seniors’ Meeting Place, Ray Twinney Recreation Complex & Online Classroom

Yoga Flow

Mindful sequenced movements of easy yoga poses combined with breathwork to help improve strength, muscle tone, endurance, balance, stability, lower anxiety and manage stress both on and off the mat.

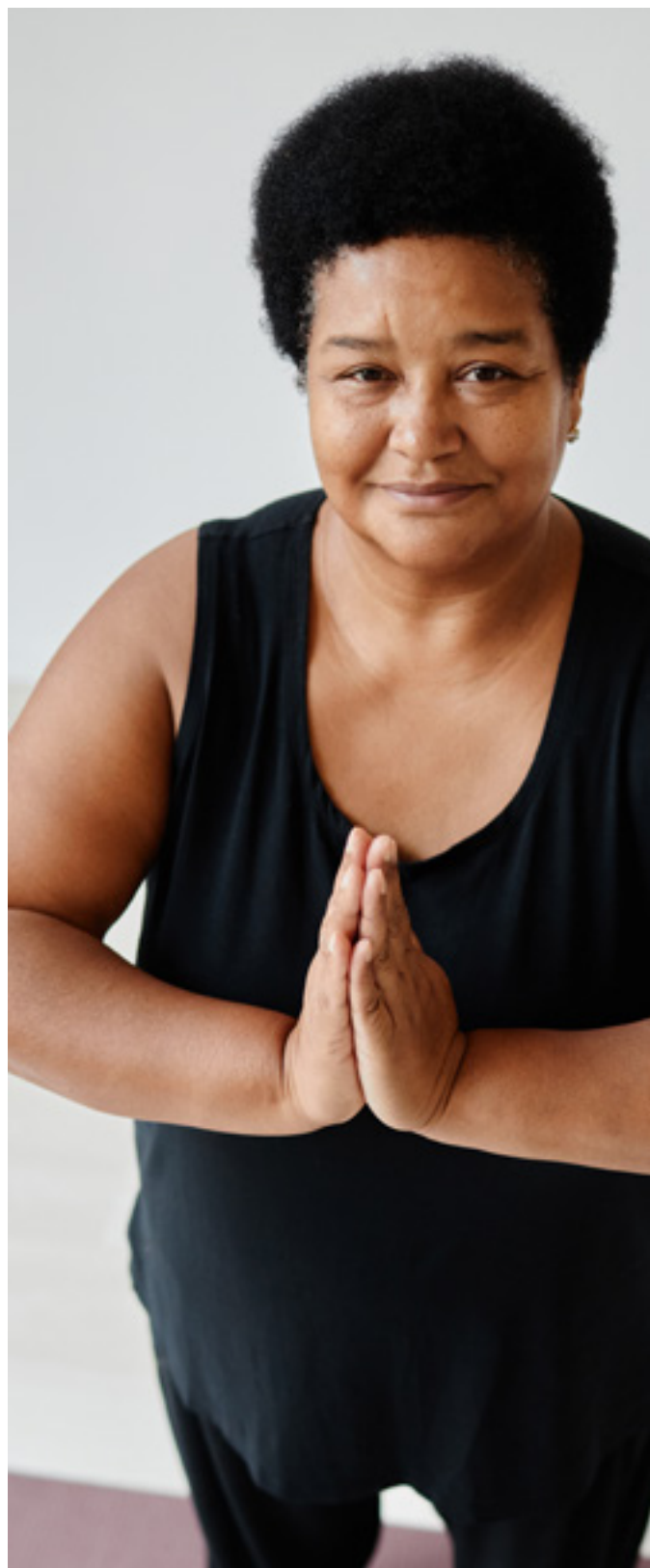
Yoga mat required.

Age: 55+

Location: Ray Twinney Recreation Complex



Click here to view full program information and register online



Program Index



Yoga - Seated

A gentle introduction to Yoga for anyone needing extra support. The class focuses on very simple, gentle stretching and strengthening of the body while the student is seated or standing by a chair for support. Breathing, relaxation and visualizations are integrated into every class.

Age: 55+

Location: Seniors' Meeting Place



Click here to view full program information and register online

Zumba, Zumba Gold & Zumba Toning

ZUMBA GOLD is a fitness class that's all about FUN! It offers active older adults a chance to experience the rhythms of Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, and Rock & Roll, while getting fit and having the time of their life! This program is designed so everyone can do it! **ZUMBA**

TONING: Enjoy the same great workout with emphasis on toning your muscles. 1 pound weights will be used during the class. **ZUMBA** takes the 'work' out of workout, by mixing low and high intensity moves for an interval-style, calorie-burning dance fitness party. It covers all elements of fitness - cardio, muscle conditioning, balance and flexibility. Active clothing and running shoes are required.

Age: 55+

Location: Seniors' Meeting Place

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