

Adult 55+ In Person Registered Programs

Winter 2023



Member fees below. Non-Member Residents add \$10. Non-Member Non-Residents add \$30 + HST. Please take note of the location of your program.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 9 to 9:45 a.m. Jan 16 to Mar 20 41 + HST (9 wks) NSMP Halls 4 & 5 Code: 0927	Fit & 55+ 9:15 to 10:15 a.m. Jan 10 to Mar 21 \$55 + HST (10 wks) RYC Gym Code: 2037	Experimental Acrylic Mixed Media (Beg) 9 a.m. to 12 p.m. Jan 11 to Mar 15 NSMP - Halls 1 & 2 \$155 + HST (10 wks) Code: 0857	Fit & 55+ 9 to 10 a.m. Jan 12 to Mar 23 \$55 + HST (10 wks) NCCLH - Hall 1 Code: 1489	Watercolour (Inter.) 9 a.m. to 12 p.m. Jan 13 to Mar 17 NSMP - Halls 1 & 2 \$155 + HST (10 wks) Code: 0858	Zumba Gold 9 to 9:45 a.m. Jan 14 to Mar 18 45 + HST (10 wks) RYC Gym Code: 0946
Line Dancing (Int.) 10 to 11:30 a.m. Jan 16 to Mar 13 \$65 + HST (8 wks) NSMP - Hall 4 & 5 Code: 0914	Gentle Stretching 10:30 to 11:30 a.m. Jan 10 to Mar 21 \$55 + HST (10 wks) RYC Gym Code: 1480	Zumba Toning 10 to 10:45 a.m. Jan 18 to Mar 22 45 + HST (10 wks) NSMP Halls 4 & 5 Code: 0935	Zumba Gold 10 to 10:45 a.m. Jan 19 to Mar 23 45 + HST (10 wks) NSMP Halls 4 & 5 Code: 0931	Fit & 55+ 9:15 to 10:15 a.m. Jan 13 to Mar 24 \$55 + HST (10 wks) RYC Gym Code: 1466	
Line Dancing (Beginner) 1 to 2:30 p.m. Jan 16 to Mar 13 \$65 + HST (8 wks) NSMP - Hall 3 Code: 0884	Sweatin to the Oldies 11:45 to 12:45 pm Jan 10 to Mar 21 \$55 + HST (10 wks) RYC Gym Code: 1483	Painting with Soft Pastels 1 to 4 p.m. Jan 11 to Mar 15 NSMP - Halls 1 & 2 \$155 + HST (10 wks) Code: 0859	Acrylic Art - Beginner 9 a.m. to 12 p.m. Jan 5 to Mar 9 NSMP - Halls 1 & 2 \$155 + HST (10 wks) Code: 0860	Pilates with Props 10:30 to 11:30 a.m. Jan 13 to Mar 24 \$55 + HST (10 wks) RYC Gym Code: 1500	
Hatha Yoga 1 to 2:30 p.m. Jan 9 to Mar 20 \$80 + HST (9 wks) RTRC MP Room Code: 1326	Line Dancing (Prog.) 12:15 to 1:45 p.m. Jan 17 to Mar 14 \$72.50 + HST (9 wks) NSMP - Hall 3 Code: 0899	Hatha Yoga 5:30 to 6:45 p.m. Jan 11 to Mar 22 \$73.75 + HST (11 wks) NSMP Halls 1 & 2 Code: 1331	Strong Bones & Balance 10:15 to 11:15 a.m. Jan 12 to Mar 23 \$55 + HST (10 wks) NCCLH - Hall 1 Code: 1498	Sweatin to the Oldies 11:45 to 12:45 p.m. Jan 13 to Mar 24 \$55 + HST (10 wks) RYC Gym Code: 1493	
Abstract Explorations 1 to 3:30 p.m. Jan 9 to Mar 20 NSMP - Craft Room \$130 + HST (10 wks) Code: 0856	Knee and Hip Fitness 1 to 2 p.m. Jan 10 to Mar 21 \$60 + HST (11 wks) NSMP Halls 4 & 5 Code: 1335	Line Dancing (Int.) 7 to 8:30 p.m. Jan 18 to Mar 15 \$72.50 + HST (9 wks) NSMP - Hall 3 Code: 0910	Chair Yoga 11 a.m. to 12 p.m. Jan 11 to Mar 23 \$50 + HST (9 wks) NSMP Halls 4 & 5 Code: 1325		
Happy Hoppers (Beg.) 7 to 8:15 p.m. Jan 9 to Apr 24 NSMP - Hall 3 \$68 + HST (14 wks) Code: 1514	Line Dancing (Imp.) 2 to 3:30 p.m. Jan 17 to Mar 14 \$72.50 + HST (9 wks) NSMP - Hall 3 Code: 0893	Line Dancing (Prog.) 7 to 8:30 p.m. Jan 18 to Mar 15 \$72.50 + HST (9 wks) NSMP - Hall 4 & 5 Code: 0908	Gentle Stretching 11:30 a.m. to 12:30 p.m. Jan 12 to Mar 23 \$55 + HST (10 wks) NCCLH - Hall 1 Code: 1491		
Happy Hoppers (Main.) 8:15 to 9:30 p.m. Jan 9 to Apr 24 NSMP - Hall 3 \$68 + HST (14 wks) Code: 1515	Osteoporosis Exercise 2:15 to 3:15 p.m. Jan 10 to Mar 21 \$60 + HST (11 wks) NSMP Halls 4 & 5 Code: 1332		Strong & Stable 1 to 2 p.m. Jan 12 to Mar 23 \$60 + HST (11 wks) NSMP Halls 4 & 5 Code: 1334		
	Line Dancing (Beg) 7 to 8:30 p.m. Jan 17 to Mar 14 \$72.50 + HST (9 wks) NSMP - Hall 3 Code: 0881		Acrylic Art (Inter.) 1 to 4 p.m. Jan 5 to Mar 9 NSMP - Halls 1 & 2 \$155 + HST (10 wks) Code: 0870		
	Line Dancing (Imp.) 7 to 8:30 p.m. Jan 17 to Mar 14 \$72.50 + HST (9 wks) NSMP - Hall 4 & 5 Code: 0889		Osteoporosis Exercise 2:15 to 3:15 p.m. Jan 12 to Mar 23 \$60 + HST (11 wks) NSMP Halls 4 & 5 Code: 1333		
			Happy Hoppers (Plus) 7 to 9 p.m. Jan. 12 to Apr. 27 NSMP - Hall 3 \$125 + HST (16 wks) Code: 1516		

www.newmarket.ca/adults55+

RYC: Recreation Youth Centre & Sk8 Park (56 Charles Street)

NCCLH: Newmarket Community Centre & Lions Hall (200 Doug Duncan Drive)

RTRC: Ray Twinney Recreation Complex (100 Eagle Street West)

Subject to change at any time.

Updated Dec 7, 2022