

Adult 55+ Online Programs

Winter 2023



Fees below are for Members. Non-Member Residents add \$10. Non-Member Non-Residents add \$30 (plus HST).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit & 55+ 9 to 10 a.m. Jan 9 to Mar 20 \$50 + HST Code: 1751 10 weeks	Strong Bones 3:30 to 4:30 p.m. Jan 10 to Mar 21 \$55 + HST Code: 1758 11 weeks	Fit & 55+ 10 to 11 a.m. Jan 11 to Mar 22 \$55 + HST Code: 1754 11 weeks	Hatha Yoga 10 to 11:30 a.m. Jan 12 to Mar 23 \$82.50 + HST Code: 1748 11 weeks		Hatha Yoga 9 to 10:30 a.m. Jan 11 to Mar 25 \$82.50 + HST Code: 1749 11 weeks
Pilates with Props 10:15 to 11:15 a.m. \$50 + HST Code: 1755 Jan 9 to Mar 20 10 weeks	Qi Gong 2 to 3 p.m. Jan 10 to Mar 28 Free Code: 1478 12 weeks	Total Body Conditioning 11:15 to 12:15 p.m. Jan 11 to Mar 22 \$55 + HST Code: 1757 11 weeks			
Gentle Fitness 11:30 to 12:30 p.m. \$50 + HST Code: 1756 Jan 9 to Mar 20 10 weeks					

How to Participate in Online Programs

Download zoom (free) at zoom.us. Once you are on the site, there are tutorials to help you understand what to do. Please email seniors@newmarket.ca for assistance. Using the schedule above, decide which classes you want to join. Once you know what class(es) you want, register online at newmarket.perfectmind.com. Be sure to use the correct registration code.

Online registration details

Once registered, your confirmation will provide you with a link to the classes you have chosen.

If you have registered in multiple programs, be sure you use the link in that program's confirmation, in order to access the correct program.

Five minutes before the class starts, click on the link within that email, or use the ID code to enter the class waiting room. Your instructor will enter the call 5-10 minutes before the start time. They will allow participants into the class, if their names are on their daily class list.

When you join the class, be sure to identify yourself on zoom so the instructor can mark attendance accurately.

www.newmarket.ca/adults55+

Updated Nov 29, 2022