

55+ Registered Programs (Spring 2026)

Fitness & Wellness	Instructor	Dates	Excl.	Day	Time	Place	Code
Balance & Stability	Dolly	April 10 - June 26 (12)		Fri	2:30 - 3:30 pm	RTRC 2	83255
BollyX	Dolly	April 8 - June 24 (12)		Wed	1:15 - 2:15 pm	RTRC 2	83250
BollyX	Dolly	April 10 - June 26 (12)		Fri	10:15-11:15 am	RTRC 2	83246
Cardio Dance Fusion Fitness	Jeries	April 14 - June 23 (11)	April 21	Tues	9:45-10:45 am	SMP12	83279
Cardio Dance Fusion Fitness	Jeries	April 9 - June 18 (12)		Thur	9 - 10 am	NCCLH 2	83278
Chair Pilates	Deirdre	April 16 - June 25 (11)		Thur	2:15 - 3:15 pm	SMP 5	83273
Chair Pilates	Deirdre	April 17 - June 26 (11)		Fri	2:15 - 3:15 pm	SMP 3	83274
Chair Yoga	Dolly	April 8 - June 24 (12)		Wed	11:30-12:30 pm	RTRC 2	83248
Chair Yoga	Dolly	April 9 - June 25 (12)		Thu	2:30-3:30 pm	Magna FS	83252
Chair Yoga	Annette	April 13 - June 22 (10)	May 18	Mon	4 - 5 pm	SMP45	83257
Chair Yoga	Annette	April 17 - June 26 (10)		Fri	3:45-4:45 pm	SMP 4	83258
Chair Yoga	Deirdre	June 5 - June 26 (4)		Fri	1 - 2 pm	SMP3	83713
Chair Yoga	Eliza	April 13- June 22 (9)	May 18, 25	Mon	10:15 - 11:15 am	RTRC 2	83281
Chair Yoga	Eliza	April 14 - June 23 (11)	April 21	Tue	11 am - 12 pm	SMP12	83285
Chair Yoga	Sue	April 16 - June 25 (11)		Thu	11 - 12 pm	SMP45	83286
Chair Yoga	Sue	April 17 - May 29 (7)		Fri	1 - 2 pm	SMP3	83287
Circuit Movement for Wellness	Regina	April 20 - June 22 (9)	May 18	Mon	5:45 - 6:15 pm	SMP12	83353
Complete Body Tone	Jeries	April 13- June 22 (11)	May 18, 25	Mon	9 - 10 am	RTRC 2	83276
Complete Body Tone	Jeries	April 9 - June 18 (12)		Thur	10:15-11:15 am	NCCLH 2	83277
Complete Body Tone	Jeries	April 14 - June 23 (11)		Tues	8:30-9:30 am	SMP12	83275
DROM for Seniors	Regina	April 20 - June 22 (9)	May 18	Mon	9:00 - 9:30 am	SMP 12	CANC
Fit & 55+	Rachel	April 9 - June 25 (12)		Thu	11 am-12 pm	RTRC 2	83990
Fit & 55+	Rachel	April 9 - June 25 (12)		Thu	12:15-1:15 pm	RTRC 2	83264
Fit & 55+	Aldrin	April 10 - June 26 (11)	June 5	Fri	9 - 10 am	RYC	83267
Fit & 55+	Jeries	April 15 - June 24 (11)		Wed	8:30-9:30 am	SMP45	83280
Fit & 55+	Veronica	April 13 - June 22 (10)	May 18	Mon	1:15-2 pm	Magna FS	83330
Fit & 55+	Veronica	April 10 - June 26 (12)		Fri	1-2 pm	Magna FS	83331
Fit & 55+	Veronica	April 7 - June 23 (12)		Tue	9 - 10 am	RYC	83339
Fit & 55+	Jeries	April 9 - June 25 (12)		Thu	8:30 - 9:30 am	RTRC 2	83332
Fit & 55+	Mary	April 14 - June 23 (12)		Tue	5:30 - 6:30 pm	SMP45	83340
Fit & 55+	Mary	April 18 - June 27 (10)	April 25	Sat	8:30 - 9:30 am	SMP 12	83268
FusionFIT 55+	Dolly	April 10 - June 26 (12)		Fri	9 - 10 am	RTRC 2	83253
FusionFIT 55+	Dolly	April 8 - June 24 (12)		Wed	9 - 10 am	RTRC 2	83245
Gentle Stretch & Tone	Eliza	April 13- June 22 (9)	May 18, 25	Mon	11:30-12:30 am	RTRC 2	83282
Gentle Stretch & Tone	Eliza	April 15 - June 24 (11)		Wed	7 - 8 pm	SMP12	83295
Gentle Stretch & Tone	Veronica	April 7 - June 23 (12)		Tue	11:30-12:30 am	RYC	83290
Hatha Yoga	Jen	April 13-June 22 (9)	May 18, 25	Mon	1 - 2:30 pm	RTRC 2	83270
Hatha Yoga	Eliza	April 13- June 22 (11)		Mon	6:30 -8 pm	Craft	83283
Hatha Yoga	Eliza	April 15 - June 24 (11)		Wed	5:30-6:45 pm	SMP12	83284
Knee & Hip Fitness	Gwynne	April 14 - June 23 (10)	April 21	Tue	1 - 2pm	SMP45	83322
Line Dance (Absolute Beginner)	Dianne	May 4 - June 22 (7)	May 18	Mon	3 pm - 4 pm	SMP3	82962
Line Dance (Absolute Beginner)	Dianne	May 5 - June 23 (8)		Tues	4-5 pm	SMP3	83242
Line Dance (Beginner)	Dianne	May 4 - June 22 (7)	May 18	Mon	1 - 2:30 pm	SMP3	82961
Line Dance (Improver)	Dianne	May 5 - June 23 (8)		Tues	2 - 3:30 pm	SMP3	83241
Line Dance (Improver)	Dianne	May 5 - June 23 (8)		Tue	7-8:30 pm	SMP12	83243
Line Dance (Intermediate)	Dianne	May 4 - June 22 (7)	May 18	Mon	10-11:30 am	SMP45	82960
Line Dance (Progressive)	Dianne	May 5 - June 23 (8)		Tues	12:15-1:45 pm	SMP3	83240
Line Dancing (Absolute Beginner)	Jill	May 5 - June 23 (8)		Tue	6 - 7 pm	SMP3	82957
Line Dancing (Beginner)	Jill	May 5 - June 23 (8)		Tue	7:15-8:15 pm	SMP3	82958
Line Dancing (Intermediate)	Jill	May 6 - June 24 (8)		Wed	7-8:30 pm	SMP3	83244
Line Dancing (Progressive)	Dianne	May 6 - June 24 (8)		Wed	7-8:30 pm	SMP45	82959
Meditation for Everyday Peace	Mukin	April 14 - June 30 (10)	April 21	Tues	11:15-12:15pm	SMP 6	83316

Mindful Breathing Practices: A path to wellness	Mukin	April 14 - June 30 (10)	April 21	Tues	10-11 am	SMP 6	83321
Mobility and Core Strengthening	Aldrin	April 10 - June 26 (11)	June 5	Fri	10:30-11:30 am	RYC	83269
Mobility and Core Strengthening	Veronica	April 13 - June 22 (10)	May 18	Mon	2:15-3 pm	Magna FS	83328
Mobility and Core Strengthening	Veronica	April 7 - June 23 (12)		Tue	10:15-11:15 am	RYC	83329
Osteoporosis Exercise	Phoebe	April 16 - June 25 (11)		Thu	2:15-3:15 pm	SMP4	83262
Osteoporosis Exercise	Gwynne	April 14 - June 23 (12)	April 21	Tue	2:15-3:15 pm	SMP45	83263
Pilates	Veronica	April 9 - June 25 (12)		Thu	9:45-10:45 am	RTRC 2	83349
Pilates	Deirdre	April 16 - June 25 (11)		Thur	1 - 2 pm	SMP 5	83272
Pilates	Veronica	April 13 - June 22 (10)	May 18	Mon	3:15-4 pm	Magna FS	83337
Pilates	Veronica	April 10 - June 26 (12)		Fri	2:15-3:15 pm	Magna FS	83338
Square Dancing - Basic	Happy Hoppers	Jan 22 - May 28		Thur	7:30 - 8:30 pm	SMP3	76763
Square Dancing - Mainstream		Jan 22 - May 28		Thur	8:30 - 9:30 pm	SMP3	76767
Square Dancing - Plus		Jan 22 - May 28		Thur	6:30 - 7:30 pm	SMP3	76768
Strength Release 1 - Seated Position	Regina	April 20 - June 22 (9)	May 18	Mon	4:30 – 5:30 pm	SMP12	83352
Strength Release 2 - Seated Position	Regina	April 22 - June 24 (10)		Wed	5:15 - 6:15 pm	SMP5	83351
Strong & Stable	Deirdre	April 17 - June 26 (11)		Fri	3:30 - 4:30 pm	SMP 3	83260
Strong & Stable	Phoebe	April 16 - June 25 (11)		Thu	1 - 2 pm	SMP 4	83259
Strong Bones & Balance	Gwynne	April 14 - June 23 (10)	April 21	Tue	3:30 - 4:30 pm	SMP45	83261
Tone, Stretch and Sooth	Mary	April 14 - June 23 (12)		Tue	6:45-8:00 pm	SMP45	83344
Tone, Stretch and Sooth	Mary	April 18 - June 27 (10)	April 25	Sat	9:45-11:00 am	SMP 12	83346
Wall Workout	Dolly	April 8 - June 24 (12)		Wed	2:30 - 3:30 pm	RTRC 2	83249
Wall Workout	Dolly	April 10 - June 26 (12)		Fri	1:15-2:15 pm	RTRC 2	83256
Yoga Flow	Dolly	April 8 - June 24 (12)		Wed	10:15-11:15 am	RTRC 2	83247
Yoga Flow	Dolly	April 9 - June 25 (12)		Thu	1:15-2:15 pm	Magna FS	83251
Yoga Flow	Dolly	April 10 - June 26 (12)		Fri	11:30-12:30 pm	RTRC 2	83254
Zumba	Karina	April 18- June 27 (10)	April 25	Sat	9 – 9:45 am	SMP45	82956
Zumba Gold	Baiba	April 13- June 22 (11)	May 18	Mon	9- 9:45 am	SMP45	83306
Zumba Gold	Baiba	April 16 - June 25 (11)		Thu	10-10:45 am	SMP45	83312
Zumba Toning	Baiba	April 15 - June 24 (11)		Wed	10-10:45 am	SMP45	83307
Online Fitness		Dates	Excl.	Day	Time	Place	Code
Hatha Yoga	Jen	April 9 - June 25 (12)		Thu	10-11:30 am	Zoom	83271
Qi Gong	Saundra	April 7 - June 22 (11)		Tue	2 - 3 pm	Zoom	82955
Art Classes		Dates	Excl.	Day	Time	Place	Code
Acrylic Fine Art (Advanced)	Cori	April 16 - May 28 (7)		Thu	1 - 4 pm	SMP 12	83327
Acrylic Fine Art (Beginner)	Cori	April 16 - May 28 (7)		Thu	9 – 12 pm	SMP 12	83326
Creative Acrylics: Relax, Paint, and Enjoy	Mahtab	April 15 - June 24 (11)		Wed	9 -12 pm	SMP 12	CANC
Dip & Discover Paint Night	Anni	April 15 (1)		Wed	6 - 9 pm	SMP CR	76495
Dip & Discover Paint Night	Anni	June 11 (1)		Thu	6 - 9 pm	SMP 12	83377
Drawing (Beginner)	Matt	April 15 - June 24 (11)		Wed	11:30- 1pm	SMP 4	82951
Drawing to Watercolour Intermediate	Matt	April 15 - June 24 (11)		Wed	1:30 - 3PM	SMP 4	CANC
Life Drawing	Will	April 13 - June 8 (8)	May 18	Mon	7 - 9 pm	SMP12	83299
Watercolour Essentials Beginner	Mahtab	April 15 - June 24 (11)		Wed	1 - 4 pm	SMP12	82953
Watercolour Focus: Paint Daffodils	Anni	April 14 - April 21 (2)		Tues	5-8 pm	SMP CR	CANC
Watercolour Focus: Paint Tulips	Anni	April 16 - April 23 (2)		Thu	6-9 pm	SMP 12	CANC
Watercolour Focus: White in Watercolour Daisies	Anni	June 9 - June 23 (3)		Tues	5-8 pm	SMP CR	83378
Watercolour Intermediate/Advanced	Fiona	April 17 - May 29 (6)	May 15	Fri	9 am - 12 pm	SMP12	83265
Watercolour Intermediate/Advanced	Fiona	April 17 - May 29 (6)	May 15	Fri	1 - 4 pm	SMP6	83266
Write Your Way Home – Journaling for Joy & Insight	Mukin	April 30 - June 25 (8)	June 11	Thur	4:30 - 6:30 pm	SMP12	89198

*Locations, times and instructors may be subject to change.

Updated April 24