55+ Registered Programs (Fall 2026)

Fitness & Wellness	Instructor	Dates	Excludes	Day	Time	Place	Code
Balance & Stability	Dolly	Sept 14 - Dec 14 (13)	Oct 12	Mon	3:30 - 4:30 pm	Magna 5	100373
Balance & Stability	Dolly	Sept 15 - Dec 15 (14)		Tue	3:30-4:30 pm	Magna FS	100372
Balance & Stability	Dolly	Sept 11 - Dec 18 (12)	Oct 16, 23, Dec 11	Fri	2:30 - 3:30 pm	RTRC 2	100369
BollyX	Dolly	Sept 9 - Dec 16 (15)	Oct 14,21,28	Wed	1:15 - 2:15 pm	RTRC 2	100361
BollyX	Dolly	Sept 11 - Dec 18 (12)	Oct 16, 23, Dec 11	Fri	10:15-11:15 am	RTRC 2	100366
Cardio Dance Fusion Fitness	Jeries	Sept 8 - Dec 8 (14)		Tues	8:30-9:30 am	SMP12	100411
Cardio Dance Fusion Fitness	Jeries	Sept 9 - Dec 16 (12)	Sept 16, Oct 7, 14, 21	Wed	9:35-10:30 am	NCCLH 34	100909
Cardio Dance Fusion Fitness	Jeries	Sept 10 - Dec 17 (12)	Oct 8, 15, 22	Thur	9 - 10 am	NCCLH 34	100273
Chair Pilates	Deirdre	Sept 24 - Dec 17 (14)		Thur	2:15 - 3:15 pm	SMP 5	100439
Chair Pilates	Deirdre	Sept 25 - Dec 18 (14)		Fri	2:15 - 3:15 pm	SMP 3	100440
Chair Yoga	Dolly	Sept 14 - Dec 14 (13)	Oct 12	Mon	2:15-3:15 pm	Magna 5	100374
Chair Yoga	Dolly	Sept 15 - Dec 15 (14)		Tue	2:15 - 3:15 pm	Magna FS	100371
Chair Yoga	Dolly	Sept 9 - Dec 16 (15)	Oct 14,21,28	Wed	11:30-12:30 pm	RTRC 2	100360
Chair Yoga	Dolly	Sept 10 - Dec 17 (15)	Dec 10	Thu	2:30-3:30 pm	Magna FS	100197
Chair Yoga	Annette	Sept 14 - Dec 14 (13)	Oct 12	Mon	4 - 5 pm	SMP45	100383
Chair Yoga	Annette	Sept 25 - Dec 18 (11)	Oct 16, 23	Fri	3:45-4:45 pm	RTRC 2	100384
Chair Yoga	Eliza	Sept 14 - Dec 14 (11)	Oct 12, 19, 26	Mon	10:15 - 11:15 am	RTRC 2	100446
Chair Yoga	Eliza	Sept 8 - Dec 8 (14)		Tue	11 am - 12 pm	SMP12	100450
Chair Yoga	Sue	Sept 17 - Dec 17 (14)		Thu	11 - 12 pm	SMP45	100406
Chair Yoga	Sue	Sept 25 - Dec 18 (13)		Fri	1 - 2 pm	SMP3	100407
Circl Mobility	Lia	Sept 28 - Dec 14 (10)	Oct 12, Nov 9	Mon	9:00 - 9:30 am	SMP 12	100422
Circuit Movement for Wellness	Regina	Sept 14 - Dec 14 (13)	Oct 12	Mon	5:45 - 6:15 pm	SMP12	CANC
Complete Body Tone	Jeries	Sept 14 - Dec 14 (11)	Oct 12, 19, 26	Mon	9 - 10 am	RTRC 2	100410
Complete Body Tone	Jeries	Sept 8 - Dec 8 (14)		Tues	9:45-10:45 am	SMP12	100412
Complete Body Tone	Jeries	Sept 10 - Dec 17 (12)	Oct 8, 15, 22	Thur	10:15-11:15 am	NCCLH 34	100280
DROM for Seniors	Regina	Sept 9 - Dec 9 (14)	Oct 21	Wed	4:30-5PM	SMP 4	101583
Fit & 55+	Aldrin	Oct 9 - Dec 18 (10)	Nov 20	Fri	9 – 10 am	RYC	100435
Fit & 55+	Jeries	Sept 9 - Dec 16 (12)	Sept 16, Oct 7, 14, 21	Wed	8:30-9:30 am	NCCLH 34	100414
Fit & 55+	Veronica	Sept 14 - Dec 14 (13)	Oct 12	Mon	1:15-2 pm	Magna FS	100091
Fit & 55+	Veronica	Sept 11 - Dec 18 (15)		Fri	1-2 pm	Magna FS	100095
Fit & 55+	Veronica	Sept 22 - Dec 15 (13)		Tue	9 – 10 am	RYC	100243
Fit & 55+	Veronica	Sept 10 - Dec 17 (15)	Oct 15, 22	Thu	8:30 - 9:30 am	RTRC 2	100246
Fit & 55+	Mary	Sept 8 - Dec 8 (13)	Sept 29	Tue	6:45 - 7:45 PM	SMP45	100428
Fit & 55+	Mary	Sept 12 - Dec 19 (15)		Sat	8:30 - 9:30 am	SMP 12	100430
FusionFIT 55+	Dolly	Sept 11 - Dec 18 (12)	Oct 16, 23, Dec 11	Fri	9 - 10 am	RTRC 2	100365
FusionFIT 55+	Dolly	Sept 9 - Dec 16 (15)	Oct 14,21,28	Wed	9 - 10 am	RTRC 2	100358
Gentle Stretch & Tone	Phoebe	Sept 10 - Dec 17 (15)		Thu	3:30-4:30pm	SMP 4	100467
Gentle Stretch & Tone	Eliza	Sept 14 - Dec 14 (11)	Oct 12, 19, 26	Mon	11:30-12:30 am	RTRC 2	100448
Gentle Stretch & Tone	Eliza	Sept 16 - Dec 16 (14)		Wed	7 - 8 pm	SMP12	100452
Gentle Stretch & Tone	Veronica	Sept 22 - Dec 15 (13)		Tue	11:30-12:30 am	RYC	100245
Hatha Yoga	Jennifer	Sept 14 - Dec 14(11)	Oct 12, 19, 26	Mon	1 - 2:30 pm	RTRC 2	100432
Hatha Yoga	Melanie	Sept 17 - Dec 17 (12)	Oct 15 & 22	Thu	1215-1:15 pm	RTRC 2	105540
Hatha Yoga	Eliza	Sept 14 - Dec 14 (13)	Oct 12	Mon	5:30-7 pm	Craft	100449
Hatha Yoga	Eliza	Sept 16 - Dec 16 (14)		Wed	5:30-6:45 pm	SMP12	100451
Knee & Hip Fitness	Gwynne	Sept 15 - Dec 8 (13)		Tue	1 - 2pm	SMP45	100388
Line Dance (Absolute Beginner)	Jillian	Sept 8 - Nov 24 (11)	Sept 29	Tue	6 - 7 pm	SMP3	100380
Line Dance (Absolute Beginner)	Dianne	Sept 14 - Nov 23 (10)	Oct 12	Mon	3 - 4 pm	SMP3	101212
Line Dance (Absolute Beginner)	Dianne	Sept 15 - Nov 17 (9)	Sept 29	Tues	4 - 5 pm	SMP3	101219
Line Dance (Beginner)	Jillian	Sept 8 - Nov 24 (11)	Sept 29	Tue	7:15-8:15 pm	SMP3	100381
Line Dance (Beginner)	Dianne	Sept 14 - Nov 23 (10)	Oct 12	Mon	1 – 2:30 pm	SMP3	101209
Line Dance (Improver)	Dianne	Sept 15 - Nov 17 (10)		Tues	2 – 3:30 pm	SMP3	101216
Line Dance (Improver)	Dianne	Sept 15 - Nov 17 (10)		Tues	7-8:30 pm	SMP12	CANC
Line Dance (Intermediate)	Jillian	Sept 16 - Nov 25 (12)		Wed	7-8:30 pm	SMP3	100382
Line Dance (Intermediate)	Dianne	Sept 14 - Nov 23 (10)	Oct 12	Mon	10-11:30 am	SMP45	101207
Line Dance (Progressive)	Dianne	Sept 14 -Nov 23 (10)	Oct 12	Mon	6-7:30 pm	SMP45	101224
Line Dance (Progressive)	Dianne	Sept 15 - Nov 17 (10)		Tues	12:15-1:45 pm	SMP3	101215
Meditation for Everyday Peace	Mukin	Sept 8 - Dec 8 (14)		Tues	11:15-12:15pm	SMP 6	100393
Mindful Breathing Practices: A path to wellness	Mukin	Sept 8 - Dec 8 (14)		Tues	10-11 am	SMP 6	100392
Mobility and Core Strengthening	Aldrin	Oct 9 - Dec 18 (10)	Nov 20	Fri	10:15-11:15 am	RYC	100436
Mobility and Core Strengthening	Veronica	Sept 14 - Dec 14 (13)	Oct 12	Mon	2:15-3 pm	Magna FS	100093
Mobility and Core Strengthening	Veronica	Sept 22 - Dec 15 (13)		Tue	10:15-11:15 am	RYC	100244
Osteoporosis Exercise	Phoebe	Sept 10 - Dec 17 (15)		Thu	2:15-3:15 pm	SMP4	100443
Osteoporosis Exercise	Gwynne	Sept 15 - Dec 8 (13)		Tue	2:15-3:15 pm	SMP45	100390

Pilates	Deirdre	Sept 24 - Dec 17 (14)		Thur	1 - 2 pm	SMP 5	100437
Pilates	Melanie	Oct 2 - Dec 18 (11)	Nov 20	Fri	11:30-12:30pm	RYC	105536
Pilates	Veronica	Sept 14 - Dec 14 (13)	Oct 12	Mon	3:15-4 pm	Magna FS	100094
Pilates	Veronica	Sept 11 - Dec 18 (15)		Fri	2:15-3:15 pm	Magna FS	100096
Pilates	Veronica	Sept 10 - Dec 17 (15)	Oct 15, 22	Thu	9:45-10:45 am	RTRC 2	100247
Pilates	Deirdre	Sept 24 - Dec 17 (12)	Oct 15, 22	Thu	11 am-12 pm	RTRC 2	102861
Square Dancing - Basic	Happy Hoppers	Sept 17 - Dec 17 (14)		Thur	7:30 - 8:30 pm	SMP3	101577
Square Dancing - Mainstream	Happy Hoppers	Sept 17 - Dec 17 (14)		Thur	8:30 - 9:30 pm	SMP3	101576
Square Dancing - Plus	Happy Hoppers	Sept 17 - Dec 17 (14)		Thur	6:30 - 7:30 pm	SMP3	101578
Strength Release 1 - Seated Position	Regina	Sept 14 - Dec 14 (13)	Oct 12	Mon	4:30 - 5:30 pm	SMP12	101994
Strength Release 2 - Seated Position	Regina	Sept 9 - Dec 9 (14)	Oct 21	Wed	5:15-6:15 pm	SMP12	101584
Strong and Stable	Phoebe	Sept 10 - Dec 17 (15)		Thu	1 - 2 pm	SMP 4	100442
Strong and Stable	Phoebe	Sept 25 - Dec 18 (14)		Fri	3:30 - 4:30 pm	SMP 3	100441
Strong Bones & Balance	Gwynne	Sept 15 - Dec 8 (12)	Sept 29	Tue	3:30 - 4:30 pm	SMP45	100389
Tai Chi - Intro to Yang Style short form	Dan	Sept 9 - Dec 16 (15)		Wed	8-8:50 am	SMP 45	101580
Tai Chi - Refinements Yang Style	Dan	Sept 9 - Dec 16 (15)		Wed	9-9:50 am	SMP 45	101581
Tone, Stretch and Soothe	Mary	Sept 8 - Dec 8 (13)	Sept 29	Tue	7:50 - 8:50 PM	SMP45	100429
Tone, Stretch and Soothe	Mary	Sept 12 - Dec 19 (15)		Sat	9:45-11:00 am	SMP 12	100431
Wall Workout	Dolly	Sept 14 - Dec 14 (13)	Oct 12	Mon	1-2 pm	Magna 5	100375
Wall Workout	Dolly	Sept 15 - Dec 15 (14)		Tue	1-2 pm	Magna FS	100370
Wall Workout	Dolly	Sept 9 - Dec 16 (15)	Oct 14,21,28	Wed	2:30 - 3:30 pm	RTRC 2	100363
Wall Workout	Dolly	Sept 10 - Dec 17 (15)	Dec 10	Thu	1:15-2:15 pm	Magna FS	100196
Wall Workout	Dolly	Sept 11 - Dec 18 (12)	Oct 16, 23, Dec 11	Fri	1:15-2:15 pm	RTRC 2	100368
Yoga Flow	Dolly	Sept 9 - Dec 16 (15)	Oct 14,21,28	Wed	10:15-11:15 am	RTRC 2	100359
Yoga Flow	Dolly	Sept 11 - Dec 18 (12)	Oct 16, 23, Dec 11	Fri	11:30-12:30 pm	RTRC 2	100367
Yoga Flow	Annette	Sept 9 - Dec 16 (12)	Sept 16, Oct 7, 14, 21	Wed	11 am - 12 pm	NCCLH 34	100910
Zumba	Karina	Sept 15 - December 15 (11)	Oct 20 & 27	Tues	5:00- 5:45 pm	RTRC 1	CANC
Zumba Gold	Baiba	Sept 14 - Dec 7 (12)	Oct 12	Mon	9- 9:45 am	SMP45	100385
Zumba Gold	Baiba	Sept 10 - Dec 10 (14)		Thu	10-10:45 am	SMP45	100387
Zumba Gold Toning	Lia	Sept 28 - Dec 14 (10)	Oct 12, Nov 9	Mon	8:00 - 8:45 am	SMP 12	100421
Zumba Toning	Baiba	Sept 9 - Dec 9 (14)		Wed	10-10:45 am	SMP45	100386
Online Fitness	**Instructor**	**Dates**	**Excludes**	**Day**	**Time**	**Place**	**Code**
Hatha Yoga	Jennifer	Sept 17 - Dec 17 (14)		Thu	10-11:30 am	Zoom	100434
Qi Gong	Saundra	Sept 8 - Dec 8 (14)		Tue	2 - 3 pm	Zoom	100313
Art Classes	**Instructor**	**Dates**	**Excludes**	**Day**	**Time**	**Place**	**Code**
Acrylic Fine Art (Advanced)	Cori	Sept 24 - Nov 26 (10)		Thu	1 - 4 pm	SMP 12	100402
Acrylic Fine Art (Beginner)	Cori	Sept 24 - Nov 26 (10)		Thu	9 – 12 pm	SMP 12	100394
Dip & Discover Paint Night	Anni	Sept 30 2026 (1)		Wed	6 - 9 pm	SMP 12	101600
Dip & Discover Paint Night	Anni	Dec 2 2026 (1)		Wed	6 - 9 pm	SMP 12	101601
Drawing (Beginner)	Matt	Sept 9 - Dec 9 (14)		Wed	11:30- 1pm	SMP 4	100415
Drawing to Watercolour Intermediate	Matt	Sept 9 - Dec 9 (14)		Wed	1:30 - 3PM	SMP 4	CANC
Life Drawing Intermediate	Will	Oct 26 - Dec 14 (8)	Oct 12	Mon	7 - 9 pm	SMP12	100391
Watercolour Focus	Anni	Sept 22 - Nov 24 (10)		Tues	5-8 pm	SMP CR	101579
Watercolour Fundamentals 1	Mahtab	Sept 9 - Nov 18 (11)		Wed	9 -12 pm	SMP 12	CANC
Watercolour Fundamentals 2	Mahtab	Sept 9 - Nov 18 (11)		Wed	1 - 4 pm	SMP12	100242
Watercolour Intermediate/Advanced	Fiona	Sept 25 - Nov 27 (8)	Nov 6, 13	Fri	9 am - 12 pm	SMP12	100408
Watercolour Intermediate/Advanced	Fiona	Sept 25 - Nov 27 (8)	Nov 6, 13	Fri	1 - 4 pm	SMP6	100409
Write Your Way Home – Journaling for Joy & Insight	Mukin	Sept 16 - Dec 9 (13)		Wed	10 am - 11:30 am	SMP 12	101582

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

Sept 14 2026

Facility Abbreviations

SMP	Newmarket Seniors' Meeting Place	474 Davis Drive
Magna FS	Magna Fitness Studio	800 Mulock Drive
RYC	Recreation Youth Centre & Skate Park	56 Charles Street
RTRC	Ray Twinney Recreation Complex	100 Eagle Street W
NCCLH	Community Centre & Lions Hall	200 Doug Duncan Dr
Zoom	Online Classes using Zoom	
Zoom	Online Classes using Zoom	