

# Seniors' Meeting Place Registered Programs

Register at [newmarket.perfectmind.com](http://newmarket.perfectmind.com)



Fitness & Wellness	Dates	Excludes	Day	Time	Place	Code
Barre Fitness	Jan 9 to Mar 27 (10)	Jan 16 Feb 27	Thur	11:30 to 12:30 p.m.	RTRC 2	46785
BollyX Low Intensity	Jan 8 to Mar 26 (12)		Wed	9 to 10 a.m.	RTRC 2	46974
Cardio Dance Fusion Fitness	Jan 14 to Mar 25 (10)	Mar 4	Tues	9:30 to 10:30 a.m.	SMP 1 2	47537
Chair Yoga	Jan 6 to Mar 24 (11)	Feb 17	Mon	11:30 to 12:30 p.m.	RTRC 2	47543
Chair Yoga	Jan 13 to Mar 24 (10)	Feb 17	Mon	4 to 5 p.m.	SMP 4 5	46937
Chair Yoga	Jan 14 to Mar 25 (10)	Mar 4	Tue	11 to 12 p.m.	SMP 1 2	46927
Chair Yoga	Jan 8 to Mar 26 (12)		Wed	11:30 to 12:30 a.m.	RTRC 2	46982
Chair Yoga	Jan 16 to Mar 27 (11)		Thur	11 to 12 p.m.	SMP 4 5	46930
Chair Yoga	Jan 17 to Mar 28 (11)		Fri	1 to 2 p.m.	SMP 3	46932
Chair Yoga	Jan 17 to Mar 28 (12)		Fri	3:45 to 4:45 p.m.	SMP 3	46941
Complete Body Tone	Jan 13 to Mar 24 (10)	Feb 17	Mon	9 to 10 a.m.	RTRC 2	47550
Fit & 55+	Jan 6 to Mar 24 (11)	Feb 17	Mon	10:15 to 11:15 a.m.	RTRC 2	47542
Fit & 55+	Jan 7 to Mar 25 (11)	Mar 11	Tue	9 to 10 a.m.	RYC	47538
Fit & 55+	Jan 14 to Mar 25 (11)		Tue	6 to 7 p.m.	SMP 1 2	46988
Fit & 55+	Jan 15 to Mar 26 (11)		Wed	8:30 to 9:30 a.m.	SMP 4 5	47539
Fit & 55+	Jan 9 to Mar 27 (10)	Jan 16 Feb 27	Thur	9 to 9:45 a.m.	RTRC 2	47540
Fit & 55+	Jan 10 to Mar 28 (9)	Jan 17, 31, Mar 14	Fri	9 to 10 a.m.	RYC	47541
FusionFIT 55+	Jan 10 to Mar 28 (10)	Jan 17 Feb 28	Fri	9 to 10 a.m.	RTRC 2	46980
Gentle Stretch & Tone	Jan 7 to Mar 25 (11)	Mar 11	Tue	11:30 to 12:30 p.m.	RYC	47536
Gentle Stretch & Tone	Jan 15 to Mar 26 (11)		Wed	7 to 8 p.m.	SMP 1 2	46985
Hatha Yoga	Jan 6 to Mar 24 (11)	Feb 17	Mon	1 to 2:30 p.m.	RTRC 2	46983
Hatha Yoga	Jan 13 to Mar 24 (10)	Feb 17	Mon	6:30 to 8 p.m.	SMP CR	46926
Hatha Yoga	Jan 15 to Mar 26 (11)		Wed	5:30 to 6:45 p.m.	SMP 1 2	46936
Knee & Hip Fitness	Jan 14 to Mar 25 (11)	Feb 4, 11, 18, 25	Tue	1 to 2 p.m.	SMP 4 5	46955
Laughter Yoga	Jan 13 to Mar 24 (10)	Feb 17	Mon	5:45 to 6:15 p.m.	SMP 1 2	46944
Laughter Yoga	Jan 15 to Mar 26 (11)		Wed	4:30 to 5 p.m.	SMP 4 5	46946
Line Dancing (Absolute Beginner)	Jan 13 to Mar 17 (9)	Feb 17	Mon	2:45 to 3:45 p.m.	SMP 3	46775
Line Dancing (Absolute Beginner)	Jan 14 to Mar 18 (10)		Tues	3:45 to 4:45 p.m.	SMP 3	46778
Line Dancing (Absolute Beginner)	Jan 14 to Mar 18 (10)		Tue	6 to 7 p.m.	SMP 3	46770
Line Dancing (Beginner)	Jan 13 to Mar 17 (9)	Feb 17	Mon	1 to 2:30 p.m.	SMP 3	46774
Line Dancing (Beginner)	Jan 14 to Mar 18 (10)		Tue	7 to 8:30 p.m.	SMP 3	46780
Line Dancing (Improver)	Jan 14 to Mar 18 (10)		Tues	2 to 3:30 p.m.	SMP 3	46777
Line Dancing (Improver)	Jan 14 to Mar 18 (10)		Tue	7 to 8:30 p.m.	SMP 4 5	46779
Line Dancing (Progressive)	Jan 14 to Mar 18 (10)		Tues	12:15 to 1:45 p.m.	SMP 3	46776
Line Dancing (Progressive)	Jan 15 to Mar 19 (10)		Wed	7 to 8:30 p.m.	SMP 4 5	46782
Line Dancing (Intermediate)	Jan 13 to Mar 17 (9)	Feb 17	Mon	10 to 11:30 a.m.	SMP 4 5	46784

# Seniors' Meeting Place Registered Programs

Register at [newmarket.perfectmind.com](http://newmarket.perfectmind.com)



Line Dancing (Intermediate)	Jan 15 to Mar 19 (10 )		Wed	7 to 8:30 p.m.	SMP 3	46783
Low Impact Kickboxing	Jan 10 to Mar 28 (10 )	Jan 17 Feb 28	Fri	10:15 to 11:15 a.m.	RTRC 2	46981
Men's Fitness	Jan 14 to Mar 25 (11 )		Tue	11:45 a.m. to 12:45 p.m.	SMP 4 5	47544
Mobility & Core Strengthening	Jan 7 to Mar 25 (11)	Mar 11	Tue	10:15 to 11:15 p.m.	RYC	47531
Mobility & Core Strengthening	Jan 10 to Mar 28 (9)	Jan 17, 31, Mar 14	Fri	11:30 to 12:30 p.m.	RYC	47532
Osteoporosis Exercise	Jan 14 to Mar 25 (11)	Feb 4, 11, 18, 25	Tue	2:15 to 3:15 p.m.	SMP 4 5	46951
Osteoporosis Exercise	Jan 16 to Mar 27 (11)		Thur	2:15 to 3:15 p.m.	SMP 4 5	46953
Pilates	Jan 9 to Mar 27 (10)	Jan 16 Feb 27	Thur	10 to 10:45 a.m.	RTRC 2	47533
Pilates	Jan 10 to Mar 28 (9)	Jan 17, 31, Mar 14	Fri	10:15 to 11:15 a.m.	RYC	47534
Pilates & Chill	Jan 13 to Mar 24 (10)	Feb 17	Mon	6:30 to 7:30 p.m.	SMP 4 5	46924
Square Dancing - Basic	Jan 16 to May 8 (17)		Thur	7:30 to 8:30 p.m.	SMP 3	47547
Square Dancing - Mainstream	Jan 16 to May 8 (17)		Thur	8:30 to 9:30 p.m.	SMP 3	47548
Square Dancing - Plus	Jan 16 to May 8 (17)		Thur	6:30 to 7:30 p.m.	SMP 3	47545
Strength Release 1 - Seated	Jan 13 to Mar 24 (10)	Feb 17	Mon	4:30 to 5:30 p.m.	SMP 1 2	46960
Strength Release 2 - Seated	Jan 15 to Mar 26 (11)		Wed	5:15 to 6:15 p.m.	SMP 4 5	46964
Strong and Stable	Jan 16 to Mar 27 (11)		Thur	1 to 2 p.m.	SMP 4 5	46959
Strong Bones & Balance	Jan 14 to Mar 25 (11 )	Feb 4, 11, 18, 25	Tue	3:30 to 4:30 p.m.	SMP 4 5	46958
Tai Chi (Yang) Refinements	Jan 15 to Mar 26 (11)		Wed	11 to 12 p.m.	SMP 4 5	47549
Tone, Stretch and Sooth	Jan 14 to Mar 25 (11)		Tue	7:15 to 8:15 p.m.	SMP 1 2	49246
Yoga Flow	Jan 8 to Mar 26 (12)		Wed	10:15 to 11:15 a.m.	RTRC 2	46975
Yoga Flow	Jan 10 to Mar 28 (10)	Jan 17 Feb 28	Fri	11:30 a.m. to 12:30 p.m.	RTRC 2	46977
Zumba	Jan 18 to Mar 29 (11)		Sat	9 to 9:45 a.m.	SMP 4 5	46766
Zumba Gold	Jan 13 to Mar 24 (10)	Feb 17	Mon	9to 9:45 a.m.	SMP 4 5	46767
Zumba Gold	Jan 16 to Mar 27 (11)		Thur	10 to 10:45 a.m.	SMP 4 5	46769
Zumba Toning	Jan 15 - Mar 26 (11)		Wed	10 to 10:45 a.m.	SMP 4 5	46768

Online Fitness	Dates	Excludes	Day	Time	Place	Code
Qi Gong	Jan 14 to Mar 25 (11)		Tue	2 to 3 p.m.	Zoom	46765
Hatha Yoga	Jan 9 to Mar 27 (12)		Thu	10 to 11:30 a.m.	Zoom	46925

# Seniors' Meeting Place Registered Programs

Register at [newmarket.perfectmind.com](http://newmarket.perfectmind.com)



Art Classes	Dates	Excludes	Day	Time	Place	Code
Story of My Life (Journaling)	Jan 15 to Mar 19 (10)		Wed	7 to 8:30 p.m.	SMP CR	48352
Exp. Acrylic Mixed Media	Jan 15 to Mar 26 (11)		Thu	9 a.m. to 12 p.m.	SMP 1 2	46763
Watercolour (Beginner)	Jan 15 to Mar 26 (11)		Thu	1 to 4 p.m.	SMP 1 2	46764
Acrylic Fine Art (Beginner)	Jan 16 to Mar 6 (8)		Wed	9 a.m. to 12 p.m.	SMP 1 2	46970
Acrylic Fine Art (Advanced)	Jan 16 to Mar 6 (8)		Wed	1 to 4 p.m.	SMP 1 2	46972
Watercolour (Intermediate)	Jan 17 to Mar 28 (10)	Feb 14	Wed	9 a.m. to 12 p.m.	SMP 1 2	46986
Life Drawing	Jan 13 to Mar 24 (8)	Feb 17	Thur	7 to 9 p.m.	SMP 1 2	46987

Art Workshops	Dates	Excludes	Day	Time	Place	Code
Mixed Media Winter Deer	Jan 15 (1 to 4p.m.) & Jan 22 (1 to 3p.m.)		Wed		SMP 4	47551
Vibrant Alcohol Ink Cards	Jan 29, 2025		Wed	1 to 4 p.m.	SMP 4	47552
Acrylic Mixed Media Elegance	Feb 5 (1 to 4p.m.) & Feb 12 (1 to 3p.m.)		Wed		SMP 4	47556
Mixed Media Trivet	Feb 26, 2025		Wed	1 to 4 p.m.	SMP 4	47553
Mixed Media Autumn Glow Birch	Mar 5, 2025		Wed	1 to 4 p.m.	SMP 4	47554
Alcohol Ink Flower Cards	Mar 19, 2025		Wed	1 to 4 p.m.	SMP 4	47555
Charcuterie Board	March 20 2024	Feb 17	Thur	10 to 12 p.m.	SMP 1 2	47560
Hobbit House Treasure Box	March 27 2024		Thur	10 to 12 p.m.	SMP 1 2	47561

**RYC - Recreation Youth Centre and telMAX Indoor Skate Park (56 Charles Street)**

**SMP - Newmarket Seniors' Meeting Place (474 Davis Drive)**

**RTRC - Ray Twinney Recreation Complex (100 Eagle Street West)**

**Hall 1, 2, 3, 4 - Community Centre and Lions Hall (200 Doug Duncan Drive)**

**Zoom - Online classes using Zoom**