

# Seniors' Meeting Place Registered Programs

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



Fitness & Wellness	Dates	Excludes	Day	Time	Place	Code
Balance & Stability	Sept 12 to Dec 19 (15)		Fri	1:15 to 2:15 p.m.	SMP 6	70614
Balance & Stability	Sept 11 to Dec 18 (15)		Thur	2:30 to 3:30 p.m.	Magna FS	70593
Barre Fitness	Oct 2 to Dec 19 (12)		Thur	12:15 to 1:15 p.m.	RTRC 2	66955
BollyX Low Intensity	Oct 1 to Dec 17 (12)		Wed	9 to 10 a.m.	RTRC 2	66968
Cardio Dance Fusion Fitness	Sept 9 to Dec 9 (14)		Tues	9:45 to 10:45 a.m.	SMP12	67208
Cardio Dance Fusion Fitness	Sept 11 to Dec 18 (13)	Oct. 9, Oct 30	Thur	9 to 10 a.m.	CCLH 2	67507
Chair Pilates	Sept 18 to Dec 18 (14)		Thur	2:15 to 3:15 p.m.	SMP 5	67501
Chair Yoga	Oct 1 to Dec 17 (12)		Wed	11:30 a.m. to 12:30 p.m.	RTRC 2	67299
Chair Yoga	Sept 29 to Dec 8 (10)	Oct 13	Mon	10:15 to 11:15 a.m.	RTRC 2	67295
Chair Yoga	Sept 9 to Dec 9 (14)		Tue	11 a.m. to 12 p.m.	SMP12	67298
Chair Yoga	Sept 18 to Dec 18 (14)		Thur	11 a.m. to 12 p.m.	SMP 4 5	67291
Chair Yoga	Oct 3 to Dec 19 (12)		Fri	1 to 2 p.m.	SMP 3	67292
Chair Yoga	Sept 8 to Dec 15 (15)	Oct 13	Mon	4 to 5 p.m.	SMP 4 5	67288
Chair Yoga	Sept 12 to Dec 19 (15)		Fri	3:45 to 4:45 p.m.	SMP 4	67289
Circl Mobility	Sept 8 to Dec. 15 (14)	Oct 13	Mon	7:45 to 8:30 p.m.	SMP 4 5	67532
Circl Mobility	Sept 10 to Dec 17 (15)		Wed	2:30 to 3:15 p.m.	SMP 4	67531
Circuit Movement for Wellness	Sept 8 to Dec 15 (14)	Oct 13	Mon	5:45 to 6:15 p.m.	SMP 1 2	67222
Complete Body Tone	Sept 29 to Dec 15 (11)	Oct 13	Mon	9 to 10 a.m.	RTRC 2	67204
Complete Body Tone	Sept 11 to Dec 18 (13)	Oct. 9, Oct 30	Thur	10:15 to 11:15 a.m.	CCLH 2	67506
Complete Body Tone	Sept 9 to Dec 9 (14)		Tues	8:30 to 9:30	SMP 1 2	67206
Dip & Design Paint Night	Sep 18, 2025		Thur	6 to 9 p.m.	SMP 1 2	66951
Dip & Design Paint Night	Dec 4, 2025		Thur	6 to 9 p.m.	SMP 1 2	66952
Drawing (Beginner)	Sept 15 to Dec 8 (12)	Oct 13	Mon	1 to 2:30 p.m.	SMP 6	67502
DROM for Seniors	Sept 10 to Dec 17 (15)		Wed	4:30 to 5 p.m.	SMP 5	67225
Fit & 55+	Sept 8 to Oct 6 (5)		Mon	1 to 1:45 p.m.	Magna FS	70412
Fit & 55+	Sept 5 to Oct 24 (8)		Fri	1 to 2 p.m.	Magna FS	70436
Fit & 55+	Oct 21 to Dec 16 (9)		Tue	9 to 10 a.m.	RYC	67300
Fit & 55+	Oct 2 to Dec 18 (12)		Thur	8:30 to 9:30 a.m.	RTRC 2	67302
Fit & 55+	Oct 31 to Dec 19 (8)		Fri	9 to 10 a.m.	RYC	67301
Fit & 55+	Sept 9 to Dec 16 (15)		Tue	5:45 to 6:45 p.m.	SMP 4 5	67303
Fit & 55+	Sept 13 to Dec 20 (15)		Sat	9 to 10 a.m.	SMP 1 2	67305
Fit & 55+	Sept 10 to Dec 17 (15)		Wed	8:30 to 9:30 a.m.	SMP 4 5	67306
FusionFIT 55+	Oct. 3 to Dec 19 (12)		Fri	9 to 10 a.m.	RTRC 2	
Gentle Stretch & Tone	Oct 21 to Dec 16 (9)		Tue	11:30 a.m. to 12:30 p.m.	RYC	
Gentle Stretch & Tone	Sept 29 to Dec 8 (10)	Oct 13	Mon	11:30 a.m. to 12:30 p.m.	RTRC 2	

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Gentle Stretch & Tone	Sept 10 to Dec 10 (14)		Wed	7 to 8 p.m.	SMP12	
Hatha Yoga	Sept 29 to Dec 15 (11)	Oct 13	Mon	1 to 2:30 p.m.	RTRC 2	
Hatha Yoga	Sept 8 to Dec 8 (13)	Oct 13	Mon	6:30 to 8 p.m.	SMP	
Hatha Yoga	Sept 10 to Dec 10 (14)		Wed	5:30 to 6:45p.m.	SMP 1 2	
Knee & Hip Fitness	Sept 9 to Dec 9 (14)		Tue	1 to 2 p.m.	SMP 4 5	
Line Dance (Absolute Beginner)	Sept 8 to Nov 17 (10)	Oct 13	Mon	2:45 to 3:45	SMP 3	
Line Dance (Absolute Beginner)	Sept 9 to Nov 18 (11)		Tues	3:45 to 4:45 p.m.	SMP 3	
Line Dance (Beginner)	Sept 8 to Nov 17 (10)	Oct 13	Mon	1 to 2:30 p.m.	SMP 3	
Line Dance (Improver)	Sept 9 to Nov 18 (11)		Tues	2 to 3:30 p.m.	SMP 3	
Line Dance (Improver)	Sept 9 to Nov 18 (11)		Tue	7 to 8:30 p.m.	SMP 1 2	
Line Dance (Intermediate)	Sept 8 to Nov 19 (10)	Oct 13	Mon	10 to 11:30 a.m.	SMP 4 5	
Line Dance (Progressive)	Sept 9 to Nov 18 (11)		Tues	12:15 to 1:45	SMP 3	
Line Dancing (Absolute Beginner)	Sept 9 to Dec 16 (14)	Dec 2	Tue	6 to 7 p.m.	SMP 3	
Line Dancing (Beginner)	Sept 9 to Dec 16 (14)	Dec 2	Tue	7 to 8:30 p.m.	SMP 3	
Line Dancing (Intermediate)	Sept 10 to Dec 17 (14)	Dec 3	Wed	7 to 8:30 p.m.	SMP 3	
Line Dancing (Progressive)	Sept 10 to Nov 19 (11)		Wed	7 to 8:30 p.m.	SMP 4 5	
Low Impact Kickboxing	Oct. 3 to Dec 19 (12)		Fri	10:15 to 11:15 a.m.	RTRC 2	
Mobility and Core Strengthening	Sept 8 to Oct 6 (5)		Mon	2 to 2:45 p.m.	Magna FS	
Mobility and Core Strengthening	Oct 21 to Dec 16 (9)		Tue	10:15 to 11:15 a.m.	RYC	
Mobility and Core Strengthening	Oct 31 to Dec 19 (8)		Fri	11:30 a.m. to 12:30 p.m.	RYC	
Osteoporosis Exercise	Sept 9 to Dec 9 (14)		Tue	2:15 to 3:15 p.m.	SMP 4 5	
Osteoporosis Exercise	Sept 12 to Dec 19 (15)		Fri	2:15 to 3:15 p.m.	SMP 3	
Osteoporosis Exercise	Sept 11 to Dec 18 (15)		Thur	2:15 to 3:15	SMP4	
Pilates	Sept 8 to Oct 6 (5)		Mon	3 to 3:45 p.m.	Magna FS	
Pilates	Sept 5 to Oct 24 (8)		Fri	2:15 to 3 p.m.	Magna FS	
Pilates	Oct 2 to Dec 18 (12)		Thur	9:45 to 10:45 a.m.	RTRC 2	
Pilates	Oct 31 to Dec 19 (8)		Fri	10:15 to 11:15 a.m.	RYC	
Pilates	Sept 18 to Dec. 18 (14)		Thur	1 to 2 p.m.	SMP 5	
Pilates & Chill	Sept 8 to Dec 15 (14)	Oct 13	Mon	6:30 to 7:30 p.m.	SMP 4 5	
Square Dancing - Basic	Sept 11 to Dec 18 (15)		Thur	7:30 to 8:30 p.m.	SMP 3	
Square Dancing - Mainstream	Sept 11 to Dec 18 (15)		Thur	8:30 to 9:30 p.m.	SMP 3	
Square Dancing - Plus	Sept 11 to Dec 18 (15)		Thur	6:30 to 7:30 p.m.	SMP 3	
Strength Release 1 - Seated Position	Sept 8 to Dec 15 (14)	Oct 13	Mon	4:30 to 5:30 p.m.	SMP 1 2	
Strength Release 2 - Seated Position	Sept 10 to Dec 17 (15)		Wed	5:15 to 6:15 p.m.	SMP 5	
Strong & Stable	Sept 12 to Dec 19 (15)		Fri	3:30 to 4:30 p.m.	SMP 3	
Strong and Stable	Sept 11 to Dec 18 (15)		Thur	1 to 2 p.m.	SMP 4	

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Strong Bones & Balance	Sept 9 to Dec 9 (14)		Tue	3:30 to 4:30	SMP 4 5	
Strong Steps: Fall Prevention Essentials	Sept 12 to Dec 19 (15)		Fri	2:15 to 3:15 P.m.	SMP 6	
Strong Steps: Fall Prevention Essentials	Sept 11 to Dec 18 (15)		Thur	1:15 to 2:15 p.m.	Magna FS	
Tai Chi - Intro to Yang Style short form	Sept 10 to Dec 17 (13)	Oct 8, Oct 29	Wed	10 to 11 a.m.	CCLH 2	
Tai Chi - Refinements Yang Style	Sept 10 to Dec 17 (13)	Oct 8, Oct 29	Wed	11:15 a.m. to 12:15 p.m.	CCLH 2	
Tone, Stretch and Sooth	Sept 9 to Dec 16 (15)		Tue	7 to 8 p.m.	SMP 4 5	
Tone, Stretch and Sooth	Sept 13 to Dec 20 (15)		Sat	10:15 to 11:15 a.m.	SMP 1 2	
Yoga Flow	Oct 1 to Dec 17 (12)		Wed	10:15 to 11:15 a.m.	RTRC 2	
Yoga Flow	Oct. 3 to Dec 19 (12)		Fri	11:30 a.m. to 12:30 p.m.	RTRC 2	
Zumba	Sept 13 to Dec 20 (15)		Sat	9 to 9:45 a.m.	SMP 4 5	
Zumba / Yoga Fusion	Sept 10 to Dec 17 (15)		Wed	3:30 to 4:15 p.m.	SMP 4	
Zumba Gold	Sept 8 to Nov 17 (10)	Oct 13	Mon	9 to 9:45 a.m.	SMP 4 5	
Zumba Gold	Sept 11 to Nov 20 (11)		Thur	10 to 10:45 a.m.	SMP 4 5	
Zumba Toning	Sept 10 to Nov 19 (11)		Wed	10 to 10:45 a.m.	SMP45	
Zumba Toning	Sept 8 to Dec. 15 (14)	Oct 13	Mon	8:30 to 9:15 a.m.	SMP 12	
Zumba Toning	Sept 10 to Dec 17 (15)		Wed	1:30 to 2:15 p.m.	SMP 4	

Online Fitness	Dates	Excludes	Day	Time	Place	Code
Qi Gong	Sept 9 to Dec 16 (15)		Tue	2 to 3 p.m.	Zoom	66771
Hatha Yoga	Sept 11 to Dec 18 (15)		Thur	10 to 11:30 a.m.	Zoom	67287

Art Classes	Dates	Excludes	Day	Time	Place	Code
Acrylic Fine Art (Advanced)	Sept 11 to Nov 27 (12)		Thur	1 to 4 p.m.	SMP 1 2	66937
Acrylic Fine Art (Beginner)	Sept 11 to Nov 27 (12)		Thur	9 a.m. to 12 p.m.	SMP 1 2	66936
Dip & Design Paint Night	Sep 18, 2025		Thur	6 to 9 p.m.	SMP 1 2	66951
Dip & Design Paint Night	Dec 4, 2025		Thur	6 to 9 p.m.	SMP 1 2	66952
Drawing (Beginner)	Sept 15 to Dec 8 (12)	Oct 13	Mon	1 to 2:30 p.m.	SMP 6	67502
Life Drawing	Oct 20 to Dec 8 (8)		Mon	7 to 9 p.m.	SMP 1 2	66948
Paint & Express! Acrylic Art for the Soul	Sept 17 to Nov 19 (10)		Wed	9 a.m. to 12 p.m.	SMP 1 2	66935
The Story of My Life (Journaling)	Sept 17 to Nov 19 (10)	Oct 8	Wed	7 to 8:30 p.m.	SMP	67508
Watercolour Essentials Beginner	Sept 17 to Nov 19 (10)		Wed	1 to 4 p.m.	SMP 1 2	66934
Watercolour Essentials Intermediate	Sept 19 to Nov 21 (10)		Fri	9 a.m. to 12 p.m.	SMP 1 2	66947
Watercolour: Big Florals: Glazes & Washes	Nov 6 to 27 (4)		Thur	6 to 8:30 p.m.	SMP 1 2	66954
Watercolour: Wet-in-Wet Landscape	Oct 2 to 23 (4)		Thur	6 to 8:30 p.m.	SMP 1 2	66953

Updated August 6, 2024