

Adult 55+ Programs

Winter 2022



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

Online Programs

Effective January 10 to February 4, 2022. Subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit & 55+ 9:30 to 10:30 a.m. \$55 + HST (11 wks) Code: 139623	Fit & 55 9:30 - 10:30 a.m. \$20 + HST (4 wks) Code: 141450	Fit & 55+ 10:30 to 11:30 a.m. \$60 + HST (12 wks) Code: 139624	Hatha Yoga 10 to 11:30 a.m. \$90 + HST (12 wks) Code: 139700	Fit & 55 9:30 - 10:30 a.m. \$20 + HST (4 wks) Code: 141451	Rise & Shine Yoga 9 to 10:30 a.m. \$90 + HST (12 wks) Code: 139701
Pilates with Props 10:45 to 11:45 a.m. \$55 + HST (11 wks) Code: 139715	Gentle Stretching 10:45 - 11:45 a.m. \$20 + HST (4 wks) Code: 141453	Hatha Yoga 7 to 8:30 p.m. \$90 + HST (12 wks) Code: 139699	Fit & 55+ 10 to 11 a.m. \$60 + HST (12 wks) Code: 139625	Pilates with Props 10:45 - 11:45 a.m. \$20 + HST (4 wks) Code: 141455	
Hatha Yoga 1 - 2:30 p.m. \$52.50 + HST (7 wks) Code: 141458	Chair Yoga 11 a.m. to 12 p.m. \$60 + HST (12 wks) Code: 139736		Strong Bones 11:15 to 12:15 p.m. \$60 + HST (12 wks) Code: 139728		
	Knee & Hip 1 to 2 p.m. \$60 + HST (12 wks) Code: 139719		Chair Yoga 11:45 - 12:45 p.m. \$20 + HST (4 wks) Code: 141460		
	Qi Gong 2 to 3 p.m. Free (12 wks) Code: 139690				
	Osteoporosis Exercise 2:15 to 3:15 p.m. \$60 + HST (12 wks) Code: 139724				
	Strong Bones 3:30 to 4:30 p.m. \$60 + HST (12 wks) Code: 139727				

Registration is available online or by calling Customer Service at 905-953-5300. Be sure to download Zoom in order to participate. You can also email seniors@newmarket.ca for an individual Zoom Help Session.

The Deadline for register (to meet minimum registration levels) is Friday January 7, 2022.