

Adult 55+ In Person Registered Programs (Fall 2022)



Member fees below. Non-Member Residents add \$10. Non-Member Non-Residents add \$30 + HST.
Please take note of the location of your program. A \$5 RAS surcharge will be added to each registration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 9 to 9:45 a.m. Sep 19 to Dec 12 48 + HST (12 wks) NSMP Halls 4 & 5 Code: 144738	Fit & 55+ 9:15 to 10:15 a.m. Sep 20 to Dec 13 \$65 + HST (13 wks) RYC Gym Code: 144727	Experimental Acrylic Mixed Media (Beg) 9 a.m. to 12 p.m. Sep 21 to Dec 7 NSMP - Halls 1 & 2 \$180 + HST (12 wks) Code: 145857	Fit & 55+ 9:15 to 10:15 a.m. Sep 22 to Dec 15 \$60 + HST (12 wks) NCCLH - Hall 1 Code: 144732	Watercolour (Inter.) 9 a.m. to 12 p.m. Sep 23 to Nov 25 NSMP - Halls 1 & 2 \$150 + HST (10 wks) Code: 144851	Zumba Gold 9 to 9:45 a.m. Sep 24 to Dec 17 52 + HST (13 wks) RYC Gym Code: 144741
Line Dancing (Int.) 10 to 11:30 a.m. Sep 19 to Dec 12 \$90 + HST (12 wks) NSMP - Hall 4 & 5 Code: 144822	Gentle Stretching 10:30 to 11:30 a.m. Sep 20 to Dec 13 \$65 + HST (13 wks) RYC Gym Code: 144733	Zumba Toning 10 to 10:45 a.m. Sep 21 to Dec 14 52 + HST (13 wks) NSMP Halls 4 & 5 Code: 144739	Zumba Gold 10 to 10:45 a.m. Sep 22 to Dec 15 52 + HST (13 wks) NSMP Halls 4 & 5 Code: 144740	Fit & 55+ 9:15 to 10:15 a.m. Sep 23 to Dec 16 \$65 + HST (13 wks) RYC Gym Code: 144728	Hatha Yoga 9 to 10:30 a.m. Sep 24 to Dec 17 \$97.50 + HST (13 wks) NSMP Halls 1 & 2 Code: 144854
Line Dancing (Beginner) 1 to 2:30 p.m. Sep 19 to Dec 12 \$90 + HST (12 wks) NSMP - Hall 3 Code: 144818	Sweatin to the Oldies 11:45 to 12:45 pm Sep 20 to Dec 13 \$65 + HST (13 wks) RYC Gym Code: 144734	Painting with Soft Pastels 1 to 4 p.m. Sep 21 to Nov 23 NSMP - Halls 1 & 2 \$150 + HST (10 wks) Code: 144841	Acrylic Art - Beginner 9 a.m. to 12 p.m. Sep 15 to Dec 1 NSMP - Halls 1 & 2 \$150 + HST (10 wks) Code: 144849	Pilates with Props 10:30 to 11:30 a.m. Sep 23 to Dec 16 \$65 + HST (13 wks) RYC Gym Code: 144736	
Hatha Yoga 1 to 2:30 p.m. Sep 19 to Dec 12 \$90 + HST (12 wks) RTRC MP Room Code: 144721	Line Dancing (Prog.) 12:15 to 1:45 p.m. Sep 20 to Dec 13 \$97.50 + HST (13 wks) NSMP - Hall 3 Code: 144824	Hatha Yoga 5:30 to 6:45 p.m. Sep 21 to Dec 14 \$81.25 + HST (13 wks) NSMP Halls 1 & 2 Code: 144722	Strong Bones & Balance 10:30 to 11:30 a.m. Sep 22 to Dec 15 \$60 + HST (12 wks) NCCLH - Hall 1 Code: 144735	Sweatin to the Oldies 11:45 to 12:45 p.m. Sep 23 to Dec 16 \$65 + HST (13 wks) RYC Gym Code: 144737	
Abstract Explorations 1 to 4 p.m. Sep 19 to Dec 12 NSMP - Craft Room \$180 + HST (12 wks) Code: 145856	Knee and Hip Fitness 1 to 2 p.m. Sep 20 to Dec 13 \$65 + HST (13 wks) NSMP Halls 4 & 5 Code: 144833	Line Dancing (Int.) 7 to 8:30 p.m. Sep 21 to Dec 14 \$97.50 + HST (13 wks) NSMP - Hall 4 & 5 Code: 144823	Chair Yoga 11 a.m. to 12 p.m. Sep 22 to Dec 15 \$65 + HST (13 wks) NSMP Halls 4 & 5 Code: 144826		
Happy Hoppers (Beg.) 7 to 8:15 p.m. Sep 19 to Dec 5 NSMP - Hall 3 \$61 + HST (11 wks) Code: 145710	Yin Yoga 1 to 2:30 p.m. Sep 20 to Nov 8 \$60 + HST (8 wks) RTRC MP Room Code: 145860	Line Dancing (Prog.) 7 to 8:30 p.m. Sep 21 to Dec 14 \$97.50 + HST (13 wks) NSMP - Hall 4 & 5 Code: 144825	Gentle Stretching 11:45 to 12:45 p.m. Sep 22 to Dec 15 \$60 + HST (12 wks) NCCLH - Hall 1 Code: 145859		
Happy Hoppers (Main.) 8:15 to 9:30 p.m. Sep 19 to Dec 5 NSMP - Hall 3 \$61 + HST (11 wks) Code: 145711	Line Dancing (Imp.) 2 to 3:30 p.m. Sep 20 to Dec 13 \$97.50 + HST (13 wks) NSMP - Hall 4 & 5 Code: 144820		Strong & Stable 1 to 2 p.m. Sep 22 to Dec 15 \$65 + HST (13 wks) NSMP Halls 4 & 5 Code: 145858		
	Osteoporosis Exercise 2:15 to 3:15 p.m. Sep 20 to Dec 13 \$65 + HST (13 wks) NSMP Halls 4 & 5 Code: 144828		Acrylic Art (Inter.) 1 to 4 p.m. Sep 15 to Dec 1 NSMP - Halls 1 & 2 \$150 + HST (10 wks) Code: 144850		
	Line Dancing (Beg) 7 to 8:30 p.m. Sep 20 to Dec 13 \$97.50 + HST (13 wks) NSMP - Hall 3 Code: 144819		Osteoporosis Exercise 2:15 to 3:15 p.m. Sep 22 to Dec 15 \$65 + HST (13 wks) NSMP Halls 4 & 5 Code: 144829		
	Line Dancing (Imp.) 7 to 8:30 p.m. Sep 20 to Dec 13 \$97.50 + HST (13 wks) NSMP - Hall 4 & 5 Code: 144821		Happy Hoppers (Plus) 7 to 9:30 p.m. Sep 22 to Dec 1 NSMP - Hall 3 \$82.50 + HST (11 wks) Code: 145712		

www.newmarket.ca/adults55+

RYC: Recreation Youth Centre & Sk8 Park (56 Charles Street)

NCCLH: Newmarket Community Centre & Lions Hall (200 Doug Duncan Drive)

RTRC: Ray Twinney Recreation Complex (100 Eagle Street West)

Subject to change at any time.

Updated Sept 8, 2022