

# Adult 55+ Online Programs (Fall 2022)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fit &amp; 55+</b> 9:15 to 10:15 a.m. \$65 + HST Code: 145829 Sep. 19 (13 weeks)	<b>Osteoporosis Exercise</b> 3:30 to 4:30 p.m. \$70 + HST Code: 145849 Sep 20 (14 weeks)	<b>Fit &amp; 55+</b> 10 to 11 a.m. \$70 + HST Code: 145830 Sep 21 (14 weeks)	<b>Hatha Yoga</b> 10 to 11:30 a.m. \$105 + HST Code: 145853 Sep 22 (14 weeks)	
<b>Pilates with Props</b> 10:30 to 11:30 a.m. \$65 + HST Code: 145828 Sep 19 (13 weeks)	<b>Strong Bones</b> 3:30 to 4:30 p.m. \$70 + HST Code: 145841 Sep 20 (14 weeks)	<b>Total Body Conditioning</b> 11:15 to 12:15 p.m. \$70 + HST Code: 145847 Sep 21 (14 weeks)	<b>Fun Fitness For All</b> 3:30 to 4:30 p.m. \$70 + HST Code: 145851 Sep 22 (14 weeks)	
<b>Gentle Fitness</b> 11:45 to 12:45 p.m. \$65 + HST Code: 145848 Sep. 19 (13 weeks)	<b>Qi Gong</b> 2 to 3 p.m. Free Code: 145843 Sep 20 (14 weeks)			

## How to Participate in Online Programs

Download zoom (free), through <https://zoom.us/>. Once you are on the site, there are tutorials to help Using the schedule above, decide which classes you want to join.

Once you know what class(es) you want, register online at <https://play.newmarket.ca>

Be sure to use the correct registration code. All registrations must be done online.

## Online registration details

Once registered, your confirmation will provide you with a link to the classes you have chosen.

If you have registered in multiple programs, be sure you use the link in that program's confirmation,

Five minutes before the class starts, click on the link within that email, or use the ID code to enter

Your instructor will enter the call 5-10 minutes before the start time. They will allow participants into

When you join the class, be sure to identify yourself on zoom so the instructor can mark attendance