

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

January 10 to the end of March, 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	Qi Gong 2 to 3 p.m. Free (12 wks) Code: 139690	Zumba Toning 10 to 10:45 a.m. \$16 + HST (4 wks) Code: 141484	Hatha Yoga 10 to 11:30 a.m. \$90 + HST (12 wks) Code: 139700	Fit & 55 9:30 to 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	Osteoporosis Exercise 2:15 to 3:15 p.m. \$60 + HST (12 wks) Code: 139724	Fit & 55+ 10:30 to 11:30 a.m. \$60 + HST (12 wks) Code: 139624	Fit & 55+ 10 to 11 a.m. \$60 + HST (12 wks) Code: 139625	Pilates with Props 10:45 to 11:45 a.m. \$20 + HST (4 wks) Code: 141455	
Hatha Yoga 1 to 2:30 p.m. \$52.50 + HST (7 wks) Code: 141458	Strong Bones 3:30 to 4:30 p.m. \$60 + HST (12 wks) Code: 139727		Chair Yoga 11:45 to 12:45 p.m. \$20 + HST (4 wks) Code: 141460		
			Osteoporosis Exercise 2:15 to 3:15 p.m. \$20 + HST (4 wks) Code: 141471		

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 programs above are currently running, and are accepting late registrations.

Adult 55+ Programs

Winter 2022



Fees below are for Members. 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.

In Person Programs

Effective February & March, 2022. Subject to change at any time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold 9 to 9:45 a.m. \$28 + HST (7 wks) NSMP - Halls 1 & 2 Code: 141482	Fit & 55+ 9:30 to 10:30 a.m. \$40 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141448	Drawing 9 a.m. -12 p.m. \$102 + HST (8 wks) NSMP Halls 1 & 2 Code: 141485	Zumba Gold 9 to 9:45 a.m. \$32 + HST (8 wks) NSMP - Halls 1 & 2 Code: 141481	Watercolour (Int) 9 to 12 p.m. \$102 + HST (8 wks) NSMP - Halls 1 & 2 Code: 141470	Zumba 9 to 9:45 a.m. \$28 + HST (7 wks) RTRC - Lounge 3 Code: 141492
Line Dancing (Intermediate) 10 to 11:30 a.m. \$52.50 + HST (7 wks) NSMP - Halls 4 & 5 Code: 141477	Gentle Stretch 10:45 to 11:45 a.m. \$40 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141452	Zumba Toning 10 to 10:45 a.m. \$32 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141483	Chair Yoga 11 a.m. to 12 p.m. \$40 + HST (8 wks) NSMP - Halls 1 & 2 Code: 141462	Fit & 55+ 9:30 to 10:30 a.m. \$35 + HST (7 wks) RTRC - Andrin (2) Code: 141449	
Line Dancing (Beginner) 1 to 2:30 p.m. \$52.50 + HST (7 wks) NSMP - Hall 3 Code: 141473	Line Dancing (Progressive) 12:15 to 1:45 p.m. \$60 + HST (8 wks) NSMP - Hall 3 Code: 141479	Acrylic & Mixed Media Art 12:30-3:30 p.m. \$102 + HST (8 wks) NSMP Halls 1 & 2 Code: 141469	Painting with Pastels 12:30 to 3:30 p.m. \$76.50 + HST (6 wks) NSMP - Halls 1 & 2 Code: 139632 Begins Feb 26	Pilates with Props 10:45 to 11:45 a.m. \$35 + HST (7 wks) RYRC - Andrin (2) Code: 141454	
	Line Dancing (Improver) 2 to 3:30 p.m. \$60 + HST (8 wks) NSMP - Hall 3 Code: 141475		Osteoporosis Exercise 2:15 to 3:15 p.m. \$40 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141472		
			Line Dancing (Beginner) 6:45 to 7:45 p.m. \$40 + HST (8 wks) NSMP - Hall 3 Code: 141474		
			Line Dancing (Improver) 6:45 to 7:45 p.m. \$40 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141476		
			Line Dancing (Intermediate) 8 to 9 p.m. \$40 + HST (8 wks) NSMP - Hall 3 Code: 141478		
			Line Dancing (Progressive) 8 to 9 p.m. \$40 + HST (8 wks) NSMP - Halls 4 & 5 Code: 141480		

newmarket.ca/adults55+

Newmarket Seniors' Meeting Place (NSMP) 474 Davis Drive
Ray Twinney Recreation Complex (RTRC) 100 Eagle Street West

Updated January 11, 2022