



WEST ISLAND WOMEN'S CENTRE/CENTRE DES FEMMES WEST ISLAND

SPRING 2017 COURSE LIST



Prices include federal and provincial sales taxes where applicable.

Free Childcare is available for most daytime classes.

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	8:45-9:45	Classical Pilates	7	\$32
	9:00-9:45	My First Music Class (Babies up to 12 mos. with Mom)	7	\$36
	10:00-10:45	Mom and Baby Yoga (3 mos. to Crawlers) 10 a.m.	7	\$24
	10:00-10:45	Toddler Tunes (12-24 mos. with Mom)	7	\$36
	10:00-12:00	Converse in French - Beginners and Intermediates	7	\$48
	11:00-11:45	Mom and Baby Yoga (3 mos. to Crawlers) 11 a.m.	7	\$24
Monday P.M.	1:00-2:15	Monday Sweat and Tone	7	\$40
	1:00-2:30	Singing Group	7	\$45
Monday Evening	7:00-9:00	How to Talk so Kids Will Listen & Listen so Kids Will Talk	7	\$48
	7:30-8:30	Zumba® Nite	7	\$32
Tuesday A.M.	9:00-9:45	Break a Sweat with Baby (4-18 mos.)	8	\$28
	9:00-10:00	Start Running! Couch to 5K Running Group 9 a.m.	8	\$37
	9:30-11:30	Knitting for All - And Some Crochet Too!	8	\$69
	9:45-11:45	Becoming a Manager of Your Own Life	8	\$55
	10:00-10:45	Mom & Tots Gym (2-3.5 yrs)	7	\$36
	10:00-11:00	Start Running! Couch to 5K Running Group	8	\$37
	11:00-12:00	Tuesday Sweat and Tone	8	\$37
Tuesday P.M.	1:15-2:15	Essentrics	7	\$32
Tuesday Evening	6:30-7:30	Prenatal Yoga	9	\$41
	7:45-9:00	Evening Kripalu-Inspired Hatha Yoga	9	\$52
Wednesday A.M.	8:40-9:40	Wednesday Classical Pilates	9	\$41
	9:00-9:45	Busy Bees (5-12 mos. with Mom)	9	\$48
	9:45-11:45	Handy Woman Jane	9	\$78
	9:50-10:50	Total Body Fitness	8	\$37
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	9	\$48
	11:00-12:00	Little Learners (2-4 yrs with Mom)	9	\$48
	11:00-12:00	Wednesday Zumba®	9	\$41
Wednesday P.M.	1:00-2:30	Adult Ballet	9	\$62
	1:00-3:00	Cooking: International Vegetarian	9	\$78
Wednesday Evening	1:00-3:00	The Joy Circle	8	\$55
	7:30-8:45	Yogalates	9	\$52
	7:30-9:30	Wednesday Night Book Club	2 times	\$9
Thursday A.M.	8:40-9:40	Thursday Total Body Fitness	6	\$28
	9:45-11:45	Anti-Inflammatory Eating Made Quick and Easy	6	\$41
	9:50-10:50	Bootcamp Fitness	8	\$37
	11:00-12:00	Body Factory	8	\$37
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	8	\$39
	1:00-2:30	Journaling Through Transitions	8	\$41
	1:00-3:00	Drawing	8	\$69
	2:00-2:45	Mom & Tots Zumba® (4-5 yrs)	7	\$36
Thursday Evening	7:00-8:15	Gentle Flow Yoga and Meditation	9	\$52
	7:00-8:30	Growing Eco-Friendly Gardeners	9	\$58
Friday A.M.	9:00-10:00	Healing Meditations	9	\$31
	9:00-10:30	Kripalu-Inspired Hatha Yoga	9	\$62
	10:00-12:00	French for Newcomers	9	\$62
	10:30-12:00	Resilience in the Emotional Well-Being Journey	9	\$46
	10:40-11:25	Mom & Tots Yoga (2-5 yrs)	9	\$43
	10:45-11:45	Outdoor Stroller Fit (6 wks-18 mos.)	9	\$41
Friday P.M.	1:00-2:15	Gentle Toning	9	\$52
	1:00-3:00	Watermedia	9	\$78

Monday classes start one week late on April 24. No daytime classes April 25 & June 15, no afternoon classes May 16, no classes May 22 (Victoria Day).

CLASSES BEGIN April 18, 2017

Current Members: PRE-REGISTRATION Tuesday, March 14, 2017 1-3 P.M. & 6:45-7:45 P.M.

New Members: OPEN REGISTRATION Thursday, March 23, 2017 1-3 P.M. & 6:45-7:45 P.M.