LAST CLASS CALENDAR FOR THE SPRING 2017 SESSION (as of June 1, 2017) Unless otherwise noted, all classes continue up to and including the indicated dates. VOEO1

Monday	Tuesday	Wednesday	Thursday	Friday
May 20	May 30	May 31	June 1	June 2
			Anti Inflommatory Enting Made	
			Anti-Inflammatory Eating Made Quick and Easy - Makeup	
June 5	June 6	June 7	June 8	June 9
			Thursday Total Body Fitness	
			Bootcamp	
			Body Factory	
			Kodomo (Kids') Karate (4-5 yrs)	
			Journaling Through Transitions	
			Drawing	
June 12	June 13	June 14	June 15	June 16
	Break a Sweat with Baby (4-18 mos.)	Wednesday Classical Pilates	AGM 12:00 - 2:00 p.m.	Kripalu-Inspired Hatha Yoga
			No afternoon classes	
	Start Running! Couch to 5K Running Group 9 a.m.	Total Body Fitness		French for Newcomers
	Knitting for All - And Some Crochet Too!	Wednesday Zumba	Gentle Flow Yoga and Meditation	Resilience in the Emotional Well-Being Journey
	Becoming a Manager of Your Own Life	Adult Ballet	Growing Eco-Friendly Gardeners	Mom & Tots Yoga (2-5 yrs with Mom)
	Moms & Tots Gym (2 yrs)	The Joy Circle - Makeup		Gentle Toning

	Start Running! Couch to 5K Running Group 10 a.m. Essentrics Prenatal Yoga Evening Kripalu-Inspired Hatha Yoga	Yogalates		
June 19 - Makeup	June 20 - Makeup	June 21 - Makeup	June 22 - Makeup	June 23 - Makeup
Classical Pilates	Tuesday Sweat and Tone	Busy Bees (5-12 mos. With Mom)	Mom & Tots Zumba (4-5 yrs with Mom)	Healing Meditations
My First Music Class (Babies up to 12 mos. with Mom)		Handy Woman Jane		Outdoor Stroller Fit (6 wks-18 mos.)
Mom and Baby Yoga (3 mos. To Crawlers) 10 a.m.		Mama's Movers (12-24 mos. With Mom)		Watermedia
Toddler Tunes (12-24 mos. with Mom)		Little Learners (2-4 yrs with Mom)		<i>Centre closes for the summer at 3 p.m.</i>
Converse in French - Beginners and Intermediates		Cooking: International Vegetarian		
Silly Song Sing Along (2-5 yrs with Mom)				
Mom and Baby Yoga (3 mos. To Crawlers) 11 a.m.				
Monday Sweat and Tone				
Singing Group				
How to Talk so Kids Will Listen & Listen so Kids Will Talk				
Zumba Nite				