



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

## FALL 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	11	\$50
	9:00-10:30	Mindful Eating	10	\$52
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	11	\$56
	10:00-10:45	My First Music Class (Babies up to 12 mos. with Mom)	11	\$51
	10:00-11:00	Start Running! Couch to 5K Running Group	11	\$50
	10:45-11:45	Learn to Help Them Sleep	10	\$34
	11:00-11:45	Toddler Tunes (12-24 mos. with Mom)	11	\$51
Monday P.M.	1:00-2:15	Baby Massage	7	\$31
	1:00-2:15	Monday Sweat and Tone	11	\$63
	1:00-2:45	Singing Group	10	\$76
Monday Evening	7:00-8:00	Get to Know Your Car	8	\$35
	7:00-8:00	Zumba® Nite	11	\$50
Tuesday A.M.	9:00-9:45	Break a Sweat with Baby (4-18 mos.)	12	\$41
	9:00-10:00	Build Your Own Meditation Practice	10	\$34
	9:30-11:30	Knitting for All - And Some Crochet Too!	9	\$78
	10:00-10:45	Mom & Tots Gym (2-3.5 yrs)	12	\$55
	10:50-11:50	Tuesday Sweat and Tone	12	\$55
Tuesday P.M.	2:00-3:00	Essentrics	9	\$41
Tuesday Evening	6:30-7:30	Prenatal Yoga	11	\$50
	7:45-9:00	Evening Kripalu-Inspired Hatha Yoga	11	\$63
Wednesday A.M.	8:40-9:40	Wednesday Classical Pilates	12	\$55
	9:00-9:45	Busy Bees (5-12 mos. with Mom)	11	\$56
	9:45-11:45	Exploring the World of Herbs	10	\$86
	9:50-10:50	Total Body Fitness	11	\$50
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	11	\$56
	10:55-11:55	Little Learners (2-4 yrs with Mom)	11	\$56
Wednesday P.M.	11:00-12:00	Wednesday Zumba®	12	\$55
	1:00-2:30	Adult Ballet	12	\$83
	1:00-3:00	Cooking: Once a Month Planning	10	\$86
Wednesday Evening	1:00-3:00	Journaling: Hallelujah! Letting Go	10	\$69
	6:15-7:15	Interval Training	12	\$55
	7:30-8:30	Belly Dancing	10	\$43
	7:30-9:30	Wednesday Night Book Club	8 times	\$34
Thursday A.M.	8:40-9:40	Thursday Total Body Fitness	10	\$46
	9:30-11:30	Healthy Relationships	10	\$69
	9:45-11:45	Converse in French - Beginners and Intermediates	10	\$69
	9:50-10:50	Bootcamp Fitness	12	\$55
	11:00-12:00	Body Factory	12	\$55
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	11	\$51
	1:00-3:00	Mixed Media Collage	10	\$86
	2:00-3:00	Latin Dance: Back to Basics!	10	\$43
Thursday Evening	7:00-8:15	Gentle Flow Yoga and Meditation	12	\$69
Friday A.M.	9:00-10:30	Kripalu-Inspired Hatha Yoga	9	\$62
	9:30-10:30	Outdoor Stroller Fit (6 wks-18 mos.)	11	\$50
	9:45-11:45	Beginner's French	10	\$69
	10:15-11:45	Living Wisdom Circle	10	\$52
	10:45-11:30	Mom and Baby Yoga (3 mos. to Crawlers)	11	\$38
Friday P.M.	1:00-2:15	Gentle Toning	11	\$63
	1:00-3:00	Watermedia	10	\$86

No classes October 9 (Thanksgiving) & November 10 (WIWC Event), no afternoon classes October 17 & 31 (WIWC Event).

CLASSES BEGIN September 18, 2017

Current Members: PRE-REGISTRATION Tuesday, August 29, 2017 9-11 a.m., 1-3 p.m. & 6-7 p.m.

New Members: OPEN REGISTRATION Thursday, September 7, 2017 9-11 a.m., 1-3 p.m. & 6-7 p.m.