



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

WINTER 2018 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 - Low Intensity	9	\$41
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	9	\$48
	10:00-10:45	My First Music Class (Babies up to 12 mos. with Mom)	9	\$43
	10:00-11:00	Keep Running... In the Winter! - Medium/High Intensity	8	\$37
	11:00-11:45	Mom and Baby Yoga (3 mos. to Crawlers)	9	\$31
	11:00-11:45	Toddler Tunes (12-24 mos. with Mom)	9	\$43
Monday P.M.	1:00-2:15	Monday Sweat and Tone - Medium/High Intensity	9	\$52
	1:00-2:45	Singing Group	9	\$68
	1:00-3:00	Exploring Your Self with SoulCollage®	9	\$78
Monday Evening	7:00-8:00	Zumba® Nite - Medium Intensity	9	\$41
Tuesday A.M.	9:00-9:45	Break a Sweat with Baby (4-18 mos.) - Low Intensity	10	\$34
	9:30-11:30	Knitting for All - And Some Crochet Too!	10	\$86
	10:00-10:45	Mom & Tots Gym (2-3.5 yrs)	10	\$47
	10:00-12:00	The Body Confidence Method	8	\$55
	10:55-11:55	Tuesday Sweat and Tone - Medium/High Intensity	10	\$46
Tuesday P.M.	1:00-1:45	Children's Creative Movement (3-5 yrs)	9	\$43
	2:00-3:00	Essentrics - Low Intensity	9	\$41
Tuesday Evening	6:30-7:30	Prenatal Yoga	10	\$46
	7:00-9:00	A Great Evening in Spanish	10	\$86
	7:45-9:00	Evening Kripalu-Inspired Hatha Yoga	10	\$58
Wednesday A.M.	8:40-9:40	Core Pilates - Low Intensity	10	\$46
	9:00-9:45	Busy Bees (5-12 mos. with Mom)	10	\$52
	9:45-11:45	Handy Woman Jane	10	\$86
	9:50-10:50	Total Body Fitness - Medium/High Intensity	10	\$46
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	10	\$52
	10:55-11:55	Little Learners (2-4 yrs with Mom)	10	\$52
	11:00-12:00	Wednesday Zumba® - Medium Intensity	10	\$46
Wednesday P.M.	1:00-2:30	Adult Ballet	10	\$69
	1:00-2:30	Financial Literacy 101	10	\$52
	1:00-3:00	Cooking: Comfort from the Old Country	10	\$86
	1:00-3:00	Creative Journaling: Exploring the Narrative	9	\$62
Wednesday Evening	6:15-7:15	Interval Training - Medium/High Intensity	10	\$46
	7:30-9:30	Wednesday Night Book Club	5 times	\$21
Thursday A.M.	8:40-9:40	Thursday Essentrics - Low Intensity	9	\$41
	9:30-11:30	Midlife Makeover	9	\$62
	9:45-11:45	Converse in French - Beginners and Intermediates	9	\$62
	9:50-10:50	Bootcamp Fitness - Medium/High Intensity	9	\$41
	11:00-12:00	Body Factory - Medium Intensity	9	\$41
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	9	\$43
	1:00-3:00	Mixed Media Collage	10	\$86
	2:00-3:00	Latin Dance: Back to Basics!	9	\$39
Thursday Evening	7:00-8:15	Hatha Yoga and Meditation	10	\$58
Friday A.M.	9:00-10:30	Kripalu-Inspired Hatha Yoga	9	\$62
	9:45-11:45	Beginner's French	9	\$62
	10:00-12:00	Learning to Live More Mindfully & With Self-Compassion	9	\$62
	10:45-11:30	Mom & Tots Yoga (4-5 yrs)	9	\$48
Friday P.M.	1:00-2:15	Gentle Toning - Low Intensity	9	\$52
	1:00-2:15	Living the Meditation Experiment	6	\$26
	1:00-3:00	Watermedia	9	\$78

No classes during March 5 - March 9 (Spring Break), March 1st morning classes (WIWC event), March 30 (Good Friday), and April 2 (Easter)
CLASSES BEGIN January 15, 2018

Current Members: PRE-REGISTRATION Tuesday, November 28, 2017 1-3 p.m. & 6-7 p.m.

New Members: OPEN REGISTRATION Thursday, December 7, 2017 1-3 p.m. & 6-7 p.m.