



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

SPRING 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	8	\$37
	9:30-10:30	Self-Defence	8	\$28
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	8	\$44
	10:00-10:45	My First Music Class (Babies up to 12 mos. with Mom)	8	\$39
	10:00-11:00	Running Group - Medium/High Intensity	8	\$37
	11:00-11:45	Mom and Baby Yoga (3 mos. to Crawlers)	8	\$28
	11:00-11:45	Toddler Tunes (12-24 mos. with Mom)	8	\$39
	Monday P.M.	1:00-2:15	Baby Massage	7
1:00-2:15		Monday Sweat and Tone - Medium/High Intensity	8	\$46
1:00-2:45		Singing Group	8	\$61
Monday Evening	7:00-8:00	Zumba® Nite - Medium Intensity	8	\$37
Tuesday A.M.	9:00-9:45	Mom & Tots Gym (2-3.5 yrs)	8	\$39
	9:30-11:30	Knitting for All - And Some Crochet Too!	8	\$69
	9:30-11:30	Self-Care Through Creative Journaling	8	\$55
	10:00-10:45	Break a Sweat with Baby (4-18 mos.) - Low Intensity	8	\$28
	10:55-11:55	Tuesday Sweat and Tone - Medium/High Intensity	8	\$37
	Tuesday P.M.	1:00-1:45	Children's Creative Movement (3-5 yrs)	7
2:00-3:00		Essentrics - Low Intensity	7	\$32
Tuesday Evening	6:15-7:15	Start Running! Couch to 5K - Medium/High Intensity	9	\$41
	6:30-7:30	Prenatal Yoga	9	\$41
	7:00-8:30	Growing Eco-Friendly Gardeners	9	\$58
	7:45-9:00	Evening Kripalu-Inspired Hatha Yoga	9	\$52
Wednesday A.M.	8:40-9:40	Core Pilates - Low Intensity	9	\$41
	9:00-9:45	Busy Bees (5-12 mos. with Mom)	9	\$48
	9:50-10:50	Total Body Fitness - Medium/High Intensity	9	\$41
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	9	\$48
	10:00-11:00	Natural Alternatives for Daily Life	8	\$35
	10:55-11:55	Little Learners (2-4 yrs with Mom)	9	\$48
	11:00-12:00	Wednesday Zumba® - Medium Intensity	9	\$41
Wednesday P.M.	1:00-2:30	Adult Ballet	9	\$62
	1:00-3:00	Cooking: Summer BBQ and Side Dishes	9	\$78
	1:00-3:00	Powerful Practices for Positive Change	8	\$55
	1:00-3:00	What Do You Wanna-Do	7	\$48
Wednesday Evening	6:15-7:15	Interval Training - Medium/High Intensity	9	\$41
	7:30-8:30	Belly Dancing	9	\$39
	7:30-9:30	Wednesday Night Book Club	2 times	\$9
Thursday A.M.	8:40-9:40	Thursday Essentrics - Low Intensity	8	\$37
	9:30-11:30	The Art of Communication	8	\$55
	9:45-11:45	Converse in French - Beginners and Intermediates	8	\$55
	9:50-10:50	Bootcamp Fitness - Medium/High Intensity	8	\$37
	11:00-12:00	Body Factory - Medium Intensity	8	\$37
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	8	\$39
	1:00-3:00	Drawing	8	\$69
	2:00-2:45	My First Music Class Thursday (Babies up to 12 mos. with Mom)	8	\$39
Thursday Evening	6:30-8:30	Introduction to Coding: HTML & CSS	9	\$78
	7:00-8:15	Hatha Yoga and Meditation	9	\$52
Friday A.M.	9:00-10:00	Fitness - Take it Outside! - Medium Intensity	9	\$41
	9:00-10:30	Kripalu-Inspired Hatha Yoga	9	\$62
	9:45-11:45	Beginner's French	6	\$41
	10:00-11:30	What Hidden Motives Determine Our Behaviours	9	\$46
	10:30-11:30	Outdoor Stroller Fit (6 wks-18 mos.) - Medium Intensity	9	\$41
	10:45-11:30	Friday Mom and Baby Yoga (3 mos. to Crawlers)	9	\$31
Friday P.M.	1:00-2:15	Gentle Toning - Low Intensity	9	\$52
	1:00-3:00	Watermedia	9	\$78

No daytime classes April 17 and June 14, and no afternoon classes May 15. No classes May 21 (Victoria Day).

CLASSES BEGIN April 16, 2018

Current Members: PRE-REGISTRATION Tuesday, March 13, 2018 1-3 p.m. & 6-7 p.m.

New Members: OPEN REGISTRATION Thursday, March 22, 2018 1-3 p.m. & 6-7 p.m.