



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

FALL 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	11	\$55
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	11	\$59
	10:00-10:45	My First Music Class (Babies up to 12 mos. with Mom)	11	\$54
	10:00-11:00	Morning Running Group - Medium/High Intensity	10	\$51
	10:00-11:30	Guided Meditation Based on Somatic Awareness	9	\$48
	11:00-11:45	Mom and Baby Yoga (3 to 7 mos.)	11	\$42
Monday P.M.	11:00-11:45	Toddler Tunes (12-24 mos. with Mom)	11	\$54
	1:00-2:15	Baby Massage	6	\$27
	1:00-2:15	Monday Sweat and Tone - Medium/High Intensity	11	\$69
Monday Evening	1:00-2:45	Singing Group	9	\$73
	7:00-9:00	Paper Crafting 101	7	\$65
	7:30-8:45	Evening Adult Ballet	11	\$69
Tuesday A.M.	9:00-9:45	Mom & Tots Gym (2-3.5 yrs)	12	\$58
	9:30-11:30	Craft and Chat	10	\$48
	10:00-10:45	Break a Sweat with Baby (4-18 mos.) - Low Intensity	12	\$45
	10:00-12:00	Mindful Journaling	10	\$72
	10:55-11:55	Tuesday Sweat and Tone - Medium/High Intensity	12	\$60
Tuesday P.M.	1:00-1:45	Children's Creative Movement (3-5 yrs)	10	\$50
	2:00-3:00	Essentrics - Low Intensity	10	\$51
Tuesday Evening	6:15-7:15	Evening Running Group - Medium/High Intensity	10	\$51
	6:15-7:15	Zumba® Nite - Medium Intensity	12	\$60
	7:30-9:00	Evening Kripalu-Inspired Hatha Yoga	12	\$91
Wednesday A.M.	8:40-9:40	Core Pilates - Low Intensity	12	\$60
	9:50-10:50	Total Body Fitness - Medium/High Intensity	10	\$51
	11:00-12:00	Wednesday Zumba® - Medium Intensity	12	\$60
Wednesday P.M.	1:00-1:45	Yo Hablo Español - Spanish for Preschoolers	12	\$63
	1:00-2:30	Adult Ballet	12	\$91
	1:00-2:30	Nutrition After 40	10	\$55
Wednesday Evening	6:15-7:15	Interval Training - Medium/High Intensity	11	\$55
	7:30-8:30	Belly Dancing	9	\$42
	7:30-9:30	Wednesday Night Book Club	8 times	\$36
Thursday A.M.	8:40-9:40	Thursday Essentrics - Low Intensity	12	\$60
	9:30-11:30	The Art of Letting Go	10	\$72
	9:45-11:45	Converse in French - Beginners and Intermediates	10	\$72
	9:50-10:50	Bootcamp Fitness - Medium/High Intensity	12	\$60
	11:00-12:00	Body Factory - Medium Intensity	12	\$60
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	12	\$58
	1:00-3:00	Drawing	10	\$92
	1:00-3:00	Learning to Live More Mindfully & With Self-Compassion	10	\$72
Thursday Evening	7:00-8:15	Hatha Yoga and Meditation	12	\$75
	7:00-8:30	The ESL Conversation Club	10	\$55
	7:00-9:00	The Long & Short of It: The Art of Crafting Short Stories	10	\$92
Friday A.M.	9:00-9:45	Busy Bees (5-12 mos. with Mom)	11	\$59
	9:00-10:00	Start Running! Couch to 5K - Medium/High Intensity	10	\$51
	9:00-10:30	Kripalu-Inspired Hatha Yoga	11	\$83
	9:45-11:45	Beginner's French	9	\$65
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	11	\$59
	10:30-11:30	Outdoor Stroller Fit (6 wks-18 mos.) - Medium Intensity	11	\$55
	10:45-11:30	Mom and Baby Yoga (6 to 12 mos.)	11	\$42
	10:55-11:55	Little Learners (2-4 yrs with Mom)	11	\$59
Friday P.M.	1:00-2:15	Gentle Toning - Low Intensity	11	\$69
	1:00-3:00	Watermedia	9	\$83

There are no afternoon classes on October 16 and 30 and no classes on October 8 (Thanksgiving) and November 9 (WIWC event).

CLASSES BEGIN September 17, 2018

Current Members: PRE-REGISTRATION Tuesday, August 28, 2018 In person: 9-11 a.m.; 1-3 and 6-7 p.m. Online: Starting at 9 a.m.

New Members: OPEN REGISTRATION Thursday, September 6, 2018 In person: 9-11 a.m.; 1-3 and 6-7 p.m. Online: Starting at 9 a.m.