



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

WINTER 2019 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	10	\$50
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	10	\$55
	10:00-10:45	My First Music Class (Babies up to 12 mos. with Mom)	10	\$50
	10:00-11:30	Eating to Move	10	\$55
	11:00-11:45	Mom and Baby Yoga (3 to 7 mos.)	10	\$37
	11:00-11:45	Toddler Tunes (12-24 mos. with Mom)	10	\$50
Monday P.M.	1:00-2:15	Monday Sweat and Tone - Medium/High Intensity	10	\$63
	1:00-2:45	Singing Group	10	\$81
Monday Evening	6:00-8:00	Intro to Photoshop CS for Digital Images	9	\$83
	7:30-8:45	Evening Adult Ballet	8	\$50
Tuesday A.M.	9:00-9:45	Mom & Tots Gym (2-3.5 yrs)	9	\$46
	9:30-11:00	Guided Meditation Based on Somatic Awareness	9	\$48
	9:30-11:30	Knitting for All	9	\$83
	10:00-10:45	Break a Sweat with Baby (4-18 mos.) - Low Intensity	9	\$34
	10:55-11:55	Tuesday Sweat and Tone - Medium/High Intensity	9	\$45
Tuesday P.M.	1:00-1:45	Children's Creative Movement (3-5 yrs)	7	\$38
	2:00-3:00	Essentrics - Low Intensity	9	\$45
Tuesday Evening	6:15-7:15	Evening Winter Work OUT! - Medium/High Intensity	8	\$40
	6:15-7:15	Zumba® Nite - Medium Intensity	10	\$50
	7:00-9:00	Conversation en français	10	\$72
	7:30-9:00	Evening Kripalu-Inspired Hatha Yoga	10	\$75
Wednesday A.M.	8:40-9:40	Core Pilates - Low Intensity	10	\$50
	9:00-9:45	Singing With Mom (18 to 36 mos.)	9	\$46
	9:50-10:50	Total Body Fitness - Medium/High Intensity	10	\$50
	10:00-11:30	Essentials of Interior Decoration	10	\$70
	10:00-11:30	Professional Photo Editing on the Go	9	\$62
	11:00-12:00	Wednesday Zumba® - Medium Intensity	10	\$50
Wednesday P.M.	1:00-2:30	Adult Ballet	10	\$75
	1:00-3:00	Easing Depression Through Paper and Pen	10	\$72
Wednesday Evening	6:30-7:30	Interval Training - Medium/High Intensity	8	\$40
	7:30-9:00	Yes, Let's: A Beginner's Guide to Improv	10	\$70
	7:30-9:30	Wednesday Night Book Club	5	\$22
	8:00-9:00	Prenatal Fitness - Low Intensity	10	\$50
Thursday A.M.	8:40-9:40	Thursday Essentrics - Low Intensity	9	\$45
	9:30-11:30	Boundary Boot Camp - Get Your Life in Shape	9	\$65
	9:45-11:45	Converse in French - Beginners and Intermediates	8	\$58
	9:50-10:50	Bootcamp Fitness - Medium/High Intensity	9	\$45
	11:00-12:00	Body Factory - Medium Intensity	9	\$45
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	10	\$50
	1:00-3:00	Drawing	10	\$92
	1:00-3:00	Reminiscence: Sharing Our Life Stories	9	\$65
	2:00-3:00	Tai Chi	10	\$50
Thursday Evening	7:00-8:15	Hatha Yoga and Meditation	10	\$63
Friday A.M.	9:00-9:45	Busy Bees (5-12 mos. with Mom)	10	\$55
	9:00-10:30	Kripalu-Inspired Hatha Yoga	10	\$75
	9:45-11:45	Beginner's French	10	\$72
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	10	\$55
	10:00-11:00	Winter Work OUT! - Medium/High Intensity	8	\$40
	10:45-11:30	Mom and Baby Yoga (6 to 12 mos.)	10	\$37
	10:55-11:55	Little Learners (2-4 yrs with Mom)	10	\$55
Friday P.M.	1:00-2:15	Gentle Toning - Low Intensity	10	\$63
	1:00-3:00	Parenting Highly Sensitive Children	9	\$65
	1:00-3:00	Watermedia	7	\$65

There are no classes March 4 to 8 (March Break) and no morning classes on March 14 (WIWC event).

CLASSES BEGIN January 14, 2019

Current Members: PRE-REGISTRATION Monday, November 26, 2018 In-person from 7-8 p.m. and online starting at 7 p.m.

New Members: OPEN REGISTRATION Monday, December 3, 2018 In-person from 7-8 p.m. and online starting at 7 p.m.