



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

## SPRING 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	7	\$35
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	7	\$43
	10:00-11:30	Managing Diabetes	7	\$38
	10:00-12:00	Mindful Mondays	6	\$43
	11:00-11:45	Mom and Baby Yoga (3 to 7 mos.)	7	\$26
Monday P.M.	1:00-2:00	Self-Defence	7	\$25
	1:00-2:15	Monday Sweat and Tone - Medium/High Intensity	7	\$44
	1:00-2:45	Singing Group	7	\$56
Monday Evening	7:00-9:00	Paper Crafting 101	7	\$65
	7:30-8:45	Evening Adult Ballet	6	\$37
Tuesday A.M.	9:00-9:45	Mom & Tots Gym (2-3.5 yrs)	8	\$41
	9:30-11:30	Knitting for All	9	\$83
	9:45-11:15	Guided Meditation Based on Somatic Awareness	9	\$48
	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)	8	\$41
	2:00-3:00	Essentrics - Low Intensity	8	\$40
Tuesday Evening	6:10-7:10	Evening Fresh Air Fitness - Medium/High Intensity	8	\$40
	6:15-7:15	Zumba® Nite - Medium Intensity	9	\$45
	7:15-8:15	Start Running! Couch to 5K - Medium Intensity	8	\$40
	7:30-9:00	Evening Kripalu-Inspired Hatha Yoga	9	\$68
Wednesday A.M.	8:40-9:40	Core Pilates - Low Intensity	9	\$45
	9:00-9:45	Singing With Mom (12 to 36 mos.)	8	\$41
	9:30-10:30	Natural Alternatives for Daily Life	9	\$42
	9:50-10:50	Total Body Fitness - Medium/High Intensity	8	\$40
	10:00-11:30	Creating Digital Photo Albums and Movies	9	\$62
	11:00-12:00	Wednesday Zumba® - Medium Intensity	9	\$45
Wednesday P.M.	1:00-2:30	Adult Ballet	8	\$60
Wednesday Evening	6:30-7:30	Interval Training - Medium/High Intensity	9	\$45
	7:30-9:30	Wednesday Night Book Club	2	\$10
Thursday A.M.	8:40-9:40	Thursday Essentrics - Low Intensity	8	\$40
	9:30-11:30	Awakening to Your Life Purpose	8	\$58
	9:45-11:45	Converse in French - Beginners and Intermediates	8	\$58
	9:50-10:50	Bootcamp Fitness - Medium/High Intensity	8	\$40
	10:30-11:30	Outdoor Stroller Fit (6 wks-18 mos.) - Medium Intensity	8	\$40
	11:00-12:00	Body Factory - Medium Intensity	8	\$40
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	8	\$41
	1:00-3:00	Add Colour to Your Journaling	8	\$58
	1:00-3:00	Mixed Media Collage	7	\$65
	2:00-3:00	Tai Chi	8	\$40
Thursday Evening	6:00-7:30	Digital Photography	9	\$62
	7:00-8:15	Therapeutic Gentle Hatha Yoga and Meditation	9	\$57
	7:00-9:00	Conversation en français	9	\$65
Friday A.M.	9:00-9:45	Busy Bees (5-12 mos. with Mom)	8	\$46
	9:00-10:30	Kripalu-Inspired Hatha Yoga	8	\$60
	9:30-10:30	Fresh Air Fitness Friday - Medium/High Intensity	8	\$40
	9:45-11:45	Beginner's French	8	\$58
	10:00-10:45	Mama's Movers (12-24 mos. with Mom)	8	\$46
	10:45-11:30	Mom and Baby Yoga (6 to 12 mos.)	8	\$31
	10:55-11:55	Little Learners (2-4 yrs with Mom)	8	\$46
Friday P.M.	1:00-2:15	Gentle Toning - Low Intensity	8	\$50
	1:00-3:00	Watermedia	8	\$74

There are no classes April 19 (Good Friday), April 22 (Easter Monday), and May 20 (Victoria Day). There are no afternoon classes May 14 (WIWC event) and no daytime classes June 13 (WIWC event).

CLASSES BEGIN April 15, 2019

Current Members: PRE-REGISTRATION Monday, March 11, 2019 In-person from 7-8 p.m. and online starting at 7 p.m.

New Members: OPEN REGISTRATION Monday, March 18, 2019 In-person from 7-8 p.m. and online starting at 7 p.m.

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