



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

## WINTER 2023 COURSE LIST



Prices include federal and provincial sales taxes where applicable.

Free Childcare is available for most daytime classes.

DAY	TIME	Location	Type	COURSE	#WKS	COST
Monday	9:00 am - 10:00	Online	FC	Pilates	10	\$50
	9:30 am - 10:30	Outside	PD	Mom and Baby Walking Group	8	\$29
	9:30 am - 10:30	Gym	FC	Monday Sweat and Tone	10	\$50
	9:30 am - 11:30	Upstairs	SI	Learn to use Canva	10	\$92
	10:45 am - 11:30	Gym	FC	Mom & Baby Stretch and Strength (6 Weeks-6 Months)	10	\$37
	1:00 pm - 2:00	Gym	FC	Pilates	10	\$50
	7:00 pm - 8:30	Online	PD	Nutrition for ADD and ADHD	10	\$55
Tuesday	9:30 am - 10:30	Gym	FC	Body Factory High Intensity	10	\$50
	9:30 am - 11:30	Upstairs	SI	Knitting Club	10	\$92
	10:30 am - 12:00	Online	PD	Get Unstuck - Drop the Habits That Drain You	8	\$43
	10:45 am - 12:00	Childcare 2	PD	Baby Massage	6	\$27
	10:45 am - 11:45	Gym	FC	Boot Camp - High Intensity	10	\$50
	1:00 pm - 2:30	Upstairs	PD	Unwind Your Body and Meditate	7	\$38
	1:15 pm - 2:15	Gym	FC	Essentrics	10	\$50
	6:30 pm - 7:30	Outside	FC	Evening Running Group	9	\$45
	6:30 pm - 7:30	Gym	FC	Zumba	10	\$50
	7:00 pm - 8:30	Online	PDF	Evening Kripalu-Inspired Hatha Yoga	10	\$75
	7:30 pm - 8:30	Online	FC	Ballet Class - Balletvolution	10	\$50
Wednesday	8:45 am - 9:45	Online	FC	ELDOA Flow Stretching	10	\$50
	9:15 am - 10:00	Gym	CC	9:15 A.M. Sing-Along with Shannon (0 to 2 ½ Yrs)	10	\$50
	9:30 am - 11:00	Upstairs	PD	Doing the Work: A Self Healing Journey	10	\$55
	10:15 am - 11:00	Gym	CC	10:15 A.M. Sing-Along with Shannon (2 ½ to 5 Yrs )	10	\$50
	11:15 am - 12:00	Gym	CC	11:15 A.M. Sing-Along with Shannon (0 to 2 ½ Yrs )	10	\$50
	1:00 pm - 2:30	Gym	FC	Adult Ballet	10	\$75
	7:00 pm - 8:30	Upstairs	SI	Keep Playing Ukulele	8	\$56
	7:00 pm - 8:30	Gym	PD	Mixed Martial Arts for Self Defense	10	\$55
7:00 pm - 8:30	Online	PDF	Restorative Yoga	10	\$75	
Thursday	8:30 am - 9:30	Online	FC	Thursday Essentrics - Low Intensity	10	\$50
	9:45 am - 10:45	Gym	FC	Toning and Custom Fit for all Levels and Ages	10	\$50
	10:30 am - 12:00	Online	PD	Mindfulness	8	\$43
	11:00 am - 12:00	Gym	FC	3PEAT Fitness	10	\$50
	1:00 pm - 3:00	Upstairs	SI	Watercolour – Exploring Still Life	6	\$56
	7:00 pm - 8:00	Online	FC	Ballet for Beginners	10	\$50
	7:00 pm - 9:00	Upstairs	SI	Digital Photography: Lighting and Interior Photography	10	\$92
Friday	8:45 am - 9:45	Outside	FC	Fresh Air Fitness Friday	10	\$50
	10:00 am - 11:00	Outside	FC	Continue Learning to Run	10	\$50
	11:15 am - 12:00	Gym	CC	Tots & Parents Creative Dance (2-4 Yrs)	10	\$50
Saturday	8:30 am - 9:30	Online	FC	Essentrics	10	\$50
	9:30 am - 10:30	Gym	PDF	Hatha Yoga and Meditation	10	\$50
	10:45 am - 11:45	Gym	PDF	Prenatal Yoga	10	\$50

No classes from March 6 until March 11 (March break).

Classes begin January 9, 2023

Registration begins in-person and online on Friday, December 2 at 9:00 a.m.

www.wiwc.ca      11 Rodney Ave. (Vincennes Parking Lot Entrance) POINTE-CLAIRE, QC      514-695-8529