



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	Gym	FC	Zumba	10	\$50
	6:30 pm - 7:30	Outside	FC	Evening Running Group	9	\$45
	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	Online	PDF	Restorative Yoga	10	\$75
	7:00 pm - 8:30	Gym	PD	Mixed Martial Arts for Self Defense	10	\$55
	7:00 pm - 8:30	Upstairs	SI	Keep Playing Ukulele	8	\$56
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
	1:30 pm - 2:30	Gym	FC	Zumba	10	\$50
	7:00 pm - 9:00	Upstairs	SI	Digital Photography: Lighting and Interior Photography	10	\$92
	7:00 pm - 8:00	Online	FC	Ballet for Beginners	10	\$50
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

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



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DAY	TIME	Location	Type	COURSE	#WKS	COST
Saturday	10:45 am - 11:45	Gym	PDF	Prenatal Yoga	10	\$50

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