



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



SPRING 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 - 9:45	Upstairs	CC	Read & Create with Denise (ages 2-4 years with parent)	6	\$34
	9:00 am - 10:00	Online	FC	Pilates	5	\$25
	9:45 am - 10:45	Gym	FC	Monday Sweat and Tone	7	\$35
	10:00 am - 10:45	Upstairs	CC	Busy Bees (3 to 12 months with parent)	6	\$34
	11:00 am - 12:00	Gym	FC	Fit Mix	5	\$25
	1:00 pm - 2:00	Gym	FC	Pilates	5	\$25
	6:00 pm - 7:00	Outside	FC	Body On Fire with Lindsay (outside)	6	\$31
	7:00 pm - 9:00	Online	PD	Anti-Aging and Nutrition	6	\$43
	7:00 pm - 8:30	Upstairs	PD	Discover Your Passion for Work	6	\$33
	7:15 pm - 8:15	Gym	FC	HIIT with Lindsay	6	\$31
Tuesday	9:30 am - 10:30	Gym	FC	Body Factory - Multi-Level Fitness	8	\$40
	9:30 am - 11:30	Childcare 2	SI	Knitting Club	8	\$74
	10:00 am - 11:00	Outside	FC	Outdoor Stroller Fit (6 weeks to 24 months)	6	\$31
	10:45 am - 11:45	Gym	FC	Boot Camp High Intensity	8	\$40
	10:45 am - 12:00	Upstairs	PD	Baby Massage	6	\$27
	11:00 am - 12:00	Outside	FC	Outdoor Stroller Fit (6 weeks to 24 months)	6	\$31
	1:00 pm - 2:30	Upstairs	PD	Unwind Your Body and Meditate	8	\$43
	1:15 pm - 2:15	Gym	FC	Essentrics	8	\$40
	6:30 pm - 7:30	Outside	FC	Evening Running Group	7	\$35
	6:30 pm - 7:30	Gym	FC	Zumba	8	\$40
	7:00 pm - 8:30	Online	PDF	Evening Kripalu-Inspired Hatha Yoga	8	\$60
	7:30 pm - 8:30	Online	FC	Ballet Class Balletvolution	8	\$40
Wednesday	9:15 am - 10:00	Gym	CC	9:15 A.M. Sing-Along With Shannon (0 to 2½ yrs)	8	\$41
	10:15 am - 11:00	Gym	CC	10:15 a.m. Sing-Along with Shannon (2½ to 5 yrs)	8	\$41
	10:30 am - 12:00	Upstairs	SI	Watercolour Club	8	\$56
	11:15 am - 12:00	Gym	CC	11:15 a.m. Sing-Along with Shannon (0 to 2½ yrs)	8	\$41
	11:15 am - 12:15	Outside	FC	One HIIT Wonder with Jason (outside)	8	\$40
	12:00 pm - 1:00	Online	SI	Create Your Own Marketing Designs	6	\$28
	1:00 pm - 2:30	Gym	FC	Adult Ballet	8	\$60
	4:30 pm - 5:30	Outside	CC	Learn to Bike	6	\$45
	7:00 pm - 8:30	Online	PDF	Restorative Yoga	8	\$60
		7:00 pm - 8:30	Upstairs	SI	Keep Playing Ukulele	8
Thursday	8:30 am - 9:30	Online	FC	Thursday Essentrics - Low Intensity	8	\$40
	9:45 am - 10:45	Gym	FC	Toning and Custom Fit for all Levels and Ages	8	\$40
	10:00 am - 11:30	Upstairs	SI	Sing, Sing, Sing	8	\$56
	10:00 am - 12:00	Kitchen	SI	Dinnertime Simplified - Corbeille de Pain Workshop	1	\$10
	11:00 am - 12:00	Gym	FC	3PEAT Fitness	8	\$40
	1:00 pm - 3:00	Upstairs	SI	Learn Watercolours	8	\$74
	1:00 pm - 2:00	Online	PD	Connect Together and Meditate	8	\$29
	1:30 pm - 2:30	Gym	FC	Zumba	8	\$40
	5:30 pm - 6:30	Gym	FC	Belly Dancing	8	\$40
		7:00 pm - 9:00	Upstairs	SI	Digital Photography: Lighting and Exterior Photography	8
Friday	9:00 am - 10:00	Outside	FC	Fresh Air Fitness Friday	6	\$31
	10:00 am - 11:30	Upstairs	SI	Clear your Clutter from Space to Mind	6	\$42
	10:15 am - 11:15	Gym	PDF	Physio Yoga	8	\$40
	10:15 am - 11:15	Outside	FC	Continue Learning to Run	6	\$31
Saturday	8:30 am - 9:30	Online	FC	Essentrics	7	\$35
	8:30 am - 9:30	Gym	FC	Dance Fusion	7	\$35
	9:45 am - 10:45	Upstairs	PDF	Hatha Yoga and Meditation	7	\$35
	9:45 am - 10:45	Childcare 2	CC	Create Art with Rachele (6-8 yrs with parent)	7	\$50
	9:45 am - 10:30	Gym	CC	Mini Gym with Parent (3 to 4 yrs)	7	\$38
	10:45 am - 11:30	Gym	CC	Mini Gym with Parent (2 to 3 yrs)	7	\$38
		11:00 am - 12:00	Upstairs	PDF	Prenatal Yoga	7

Registration begins in-person and online on Friday, March 10 at 9:00 a.m.

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