



West Island Women's Centre • FALL 2023 ACTIVITY SCHEDULE

Prices include federal and provincial sales taxes where applicable.

Free Childcare is available for most daytime classes.

Monday

TIME	LOCATION	COURSE	#WKS	COST
9:00 am - 10:00	Online	Pilates	11	\$57
9:45 am - 10:45	WIWC	Monday Sweat & Tone	11	\$57
10:00 am - 12:00	WIWC	Unveiling your Passionate Core	6	\$45
11:00 am - 12:00	WIWC	Fit Mix	11	\$57
1:00 pm - 2:30	WIWC	Walking Group	14	\$0
1:00 pm - 2:00	WIWC	Pilates	11	\$57
1:00 pm - 3:00	WIWC	Converse in French for Intermediates at WIWC	12	\$0
2:45 pm - 3:45	WIWC	Gentle Yoga	11	\$57
6:00 pm - 7:00	WIWC	Belly Dancing	10	\$52
6:00 pm - 7:00	WIWC	Fall into Fitness: Outdoor Energizing Tabata	10	\$52
7:00 pm - 9:00	WIWC	Vision Board Workshop	2	\$17
7:00 pm - 9:00	WIWC	Understanding Learning Difficulties	3	\$24
7:00 pm - 9:00	Online	Dealing with Separation and Divorce	12	\$0
7:15 pm - 8:15	WIWC	HIIT with Lindsay	11	\$57

Tuesday

TIME	LOCATION	COURSE	#WKS	COST
9:30 am - 10:30	WIWC	Body Factory - Multi-Level Fitness	12	\$62
9:30 am - 11:30	Pfds	Time for Two Playgroup Pierrefonds	12	\$0
9:30 am - 11:30	Pfds	Anti-Inflammatory Eating	10	\$74
9:30 am - 11:30	WIWC	Knitting Club	10	\$94
9:45 am - 10:45	WIWC	Outdoor Stroller Fit (6 weeks to 24 months)	10	\$52
9:45 am - 10:30	WIWC	Storytime Fun with Ms. Debbie (2-4 yrs with parent)	12	\$67
10:45 am - 11:45	WIWC	Boot Camp - High Intensity	12	\$62
10:45 am - 12:00	WIWC	Baby Massage	6	\$29
11:00 am - 12:00	WIWC	11 a.m. Outdoor Stroller Fit (6 wks-24 months)	10	\$52
1:00 pm - 3:00	WIWC	Discover your Inner Pastry Chef!	9	\$85
1:00 pm - 2:30	WIWC	Unwind Your Body and Meditate	10	\$57
1:15 pm - 2:30	Pfds	Baby Massage	6	\$29
1:15 pm - 2:15	WIWC	Essentrics	12	\$62
1:30 pm - 3:00	Pfds	Converse in French - Beginner to Intermediate	12	\$0
2:00 pm - 3:00	Pfds	Pilates	12	\$62
6:30 pm - 7:30	WIWC	Zumba	12	\$62
6:30 pm - 8:00	Pfds	ADHD Parenting Workshop	3	\$18
6:30 pm - 8:00	Pfds	Converse in English - Beginner to Intermediate	12	\$0
6:30 pm - 7:30	WIWC	Evening Running Group	11	\$57
7:00 pm - 8:30	Online	Evening Kripalu-Inspired Hatha Yoga	12	\$92
7:00 pm - 9:00	Online	Healing Together	4	\$0
7:30 pm - 9:00	WIWC	Parenting Teens and Pre-Teens Support Group	8	\$0
7:30 pm - 8:30	Online	Ballet Class	12	\$62

Wednesday

TIME	LOCATION	COURSE	#WKS	COST
9:00 am - 10:00	Online	Everyday Mindfulness	6	\$24
10:00 am - 12:00	WIWC	Happiness Habits for your Creative Journal	10	\$74
10:00 am - 10:45	WIWC	Parent & Tot Creative Movement (2-4 yrs with parent)	9	\$47
10:30 am - 12:00	WIWC	Eat Well on a Budget & Vegetarian Cooking	8	\$58
11:00 am - 12:00	WIWC	Yoga Flow	12	\$62
11:15 am - 12:00	WIWC	One HIIT Wonder with Jason (outside)	10	\$39
1:00 pm - 2:30	WIWC	Adult Ballet	12	\$92
7:00 pm - 8:30	WIWC	Beginner's Ukulele	10	\$71
7:00 pm - 9:00	Online	Infertility Support Group	4	\$0
7:30 pm - 9:30	WIWC	Fiction Book Club	4	\$47



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Thursday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:30	Online	Thursday Essentrics - Low Intensity	12	\$62
9:15 am - 10:00	WIWC	9:15 a.m. Sing-Along With Shannon (0 to 2½ yrs)	12	\$60
9:30 am - 10:30	Pfds	Latin Dance with Shere	12	\$62
9:30 am - 11:30	Pfds	Café Pause-Maman	12	\$0
9:45 am - 10:45	Pfds	Empowerment from Inside Out	10	\$38
9:45 am - 10:45	WIWC	Toning and Custom Fit for All	12	\$62
10:00 am - 12:00	WIWC	Quilting for Beginners	10	\$94
10:15 am - 11:00	WIWC	10:15 a.m. Sing-Along with Shannon (2½ to 5 yrs)	12	\$60
10:45 am - 11:45	Pfds	Mom and Baby Stretch and Strength (6 weeks-6 months)	12	\$62
11:00 am - 12:00	WIWC	3PEAT Fitness	12	\$62
11:15 am - 12:00	WIWC	11:15 a.m. Sing-Along with Shannon (0 to 2½ yrs)	12	\$60
12:00 pm - 1:30	Online	Create Your Own Marketing Designs	10	\$71
1:00 pm - 3:00	WIWC	Art from the Heart	10	\$94
1:00 pm - 3:00	Pfds	Healthy Relationships Coaching/Support Group	8	\$0
1:30 pm - 2:30	WIWC	Latin Dance with Shere	12	\$62
1:30 pm - 2:30	Pfds	Freestyle Full Body Workout	12	\$62
6:00 pm - 7:00	WIWC	Tai Chi	10	\$52
7:00 pm - 8:00	WIWC	Beginner's Spanish	10	\$48
7:00 pm - 9:00	WIWC	Digital Photography: Master your Vision	10	\$94
7:15 pm - 8:15	Online	New Moms Yoga and Exercise	11	\$57

Friday

TIME	LOCATION	COURSE	#WKS	COST
9:00 am - 11:00	WIWC	Time for Two Playgroup Pointe-Claire	12	\$0
9:00 am - 10:00	WIWC	Fresh Air Fitness Friday	11	\$57
9:30 am - 11:30	WIWC	Free Nourri-Source Breastfeeding Drop-In		\$0
10:00 am - 11:30	WIWC	Clear your Clutter from Space to Mind	6	\$35
10:00 am - 11:00	WIWC	Yoga for Pelvic Wellness	11	\$57
10:15 am - 11:15	WIWC	From Couch to 5K	11	\$57
11:15 am - 12:00	WIWC	AbsMobility	12	\$47
1:00 pm - 3:00	WIWC	Women's Circle	10	\$74
1:00 pm - 3:00	WIWC	55 Up! Women's Group	14	\$0
2:00 pm - 3:00	WIWC	Inclusive Movement & Wellness Discussion	9	\$35
5:30 pm - 6:30	WIWC	Dance Fusion	12	\$62

Saturday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:30	WIWC	Introduction to Hatha Yoga	11	\$57
8:45 am - 9:30	WIWC	Monkey & Me: Active Fun (2 yrs with parent)	11	\$56
9:00 am - 10:00	WIWC	Fall into Fitness: Outdoor Energizing Tabata	11	\$57
9:45 am - 10:45	WIWC	Hatha and Flow Fusion	11	\$57
9:50 am - 10:35	WIWC	Monkey & Me: Active Fun (3-4 yrs old with parent)	11	\$56
10:00 am - 11:30	WIWC	The Art of Islamic Pattern Design	10	\$71
11:00 am - 12:00	WIWC	Prenatal Yoga	11	\$57

WIWC West Island Women's Centre • 11 Rodney (entrée Vincennes entrance), Pointe-Claire, QC, H9R 4L8

Pfds Emmanuel Evangelical Baptist Church • 4902 Saint-Charles Blvd, Pierrefonds, QC, H9H 3E3

PCP Projet Communautaire de Pierrefonds • 116 Rue Cartier, Roxboro, QC, H8Y 1G8

Online Online classes are on Zoom