



West Island Women's Centre • WINTER 2024 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	8	\$42
9:15 am - 10:00	WIWC	Busy Bees (3-6 mos with parent)	8	\$50
9:45 am - 10:45	WIWC	Monday Sweat & Tone	8	\$42
10:15 am - 11:00	WIWC	Busy Bees (6-12 mos with parent)	8	\$50
11:00 am - 12:00	WIWC	Fit Mix	8	\$42
11:15 am - 12:00	WIWC	Montessori - Independent Me (2.5-4 yrs w/ parent)	8	\$50
1:00 pm - 2:00	WIWC	Pilates	8	\$42
1:00 pm - 2:30	WIWC	Walking Group	10	\$0
1:45 pm - 3:15	WIWC	Converse in French for Intermediates	8	\$0
2:45 pm - 3:45	WIWC	Gentle Yoga	8	\$42
7:00 pm - 9:00	Online	Dealing with Separation and Divorce	9	\$0
7:15 pm - 8:15	WIWC	HIIT with Lindsay	8	\$42

Tuesday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:30	WIWC	Body Sculpting and Toning	9	\$47
9:30 am - 11:30	Pfds	Time for Two Playgroup Pierrefonds	9	\$0
9:30 am - 11:30	WIWC	Knitting Club	9	\$85
9:45 am - 10:45	WIWC	Body Factory - Multi-Level Fitness	9	\$47
10:00 am - 11:30	Pfds	Clear your Clutter from Space to Mind	6	\$38
10:00 am - 11:30	Pfds	Kombucha & Microgreen Sprouts	2	\$19
11:00 am - 12:00	WIWC	Boot Camp - High Intensity	9	\$47
11:00 am - 12:00	Pfds	Inclusive Movement & Wellness Discussion	9	\$38
1:00 pm - 3:00	Pfds	Journey of Self-Discovery	9	\$70
1:00 pm - 2:30	WIWC	Unwind Your Body and Release	9	\$50
1:00 pm - 3:00	WIWC	Discover your Inner Pastry Chef - Kitchen	9	\$88
1:15 pm - 2:30	Pfds	Baby Massage	6	\$32
1:15 pm - 2:15	WIWC	Essentrics	9	\$47
1:45 pm - 3:00	Pfds	Converse in French - Beginner	9	\$0
2:00 pm - 3:00	Pfds	Pilates	9	\$50
6:00 pm - 7:00	WIWC	Zumba	9	\$47
6:30 pm - 8:00	Pfds	Converse in English - Beginner	9	\$0
6:30 pm - 8:00	Pfds	Discover your Inner Pastry Chef!	9	\$67
6:30 pm - 7:30	WIWC	Evening Running Group	7	\$37
7:00 pm - 8:00	Pfds	Beginner's Ukulele	9	\$47
7:00 pm - 8:30	Online	Pajama Yoga	9	\$70
7:00 pm - 9:00	Online	Healing Together	3	\$0
7:30 pm - 8:30	WIWC	Self-defence with a Twist	9	\$35

Wednesday

TIME	LOCATION	COURSE	#WKS	COST
11:00 am - 12:00	WIWC	Yoga Flow	9	\$47
11:15 am - 12:00	WIWC	Outdoor Mom & Baby Fit (6 wks - 24 mos.)	9	\$36
1:00 pm - 2:30	WIWC	New Baby Conversation Group	9	\$0
1:00 pm - 2:30	WIWC	Adult Ballet	9	\$70
7:00 pm - 8:30	WIWC	Keep Playing Ukulele	9	\$64
7:30 pm - 9:30	WIWC	Fiction Book Club	6	\$30



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Thursday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:30	Online	Thursday Essentrics - Low Intensity	9	\$47
9:00 am - 10:00	Pfds	Zumba	9	\$50
9:45 am - 10:45	WIWC	Toning and Custom Fit for All	9	\$47
9:45 am - 10:45	Pfds	Tai Chi	9	\$50
10:00 am - 12:00	WIWC	Quilting Project	9	\$85
10:00 am - 12:00	Pfds	Converse in English - Intermediate to Advanced	9	\$0
10:45 am - 11:45	Pfds	Mom and Baby Exercise (6 wks-6 mths)	8	\$45
11:00 am - 11:45	WIWC	11 a.m. Sing-Along with Shannon (0 to 2½ yrs)	9	\$48
11:00 am - 12:00	WIWC	3PEAT Fitness	9	\$47
12:00 pm - 1:00	Online	Learn Canva for Personal & Business Use	9	\$44
1:00 pm - 2:00	Online	Mindfulness as Self-Care	7	\$27
1:00 pm - 3:00	WIWC	Craft & Chat	8	\$40
1:00 pm - 3:00	WIWC	Drawing	9	\$85

Friday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:15	WIWC	Friday 45 Fitness	6	\$25
9:00 am - 11:00	WIWC	Free Nourri-Source Breastfeeding Drop-In		\$0
9:00 am - 11:00	WIWC	Time for Two Playgroup Pointe-Claire	9	\$0
9:30 am - 10:30	WIWC	Fresh Air Fitness	6	\$33
10:00 am - 11:30	WIWC	Decluttering your Space	4	\$24
10:00 am - 12:00	WIWC	Vision Board Workshop	2	\$17
10:45 am - 11:45	WIWC	Mom and Baby Exercise (6 wks-6 mths)	7	\$37
11:15 am - 12:00	WIWC	Outdoor Explore (2-5 yrs with parent)	8	\$50
1:00 pm - 3:00	WIWC	Musical Experiential Group	8	\$76
1:00 pm - 3:00	WIWC	55 Up! Women's Group	9	\$0
1:00 pm - 3:00	WIWC	Women's Circle	5	\$38
5:30 pm - 6:30	WIWC	Dance Fusion	8	\$42

Saturday

TIME	LOCATION	COURSE	#WKS	COST
8:30 am - 9:30	WIWC	Postnatal Yoga	6	\$36
8:45 am - 9:30	WIWC	Monkey & Me: Active Fun (2 yrs with parent)	8	\$43
9:00 am - 10:00	WIWC	Nordic Walk	8	\$42
9:45 am - 10:45	WIWC	Prenatal Yoga	8	\$45
9:50 am - 10:35	WIWC	Monkey & Me: Active Fun (3-4 yrs with parent)	8	\$43
10:00 am - 11:30	WIWC	The Art of Islamic Pattern Design	8	\$58
10:00 am - 11:30	WIWC	Empowering Motherhood	8	\$45
11:00 am - 11:45	WIWC	Hip Hop (4 - 5 yrs)	8	\$43
11:00 am - 12:00	WIWC	Saturday Yoga Flow	8	\$45

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

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

Online Online classes are on Zoom