

Group Exercise Class Fees		
	MM = Monthly Members	TM: Therapeutic Members
Monday Classes	\$90	\$180
Tues / Wed / Thurs Classes	\$96	\$192
Full Circle Fitness (Monthly Members Only)	\$90	Not Available

Monthly Membership Fees to the Wagman Centre are \$30 / month, and include access to all Drop-in Gym times. Monthly members enjoy a 50% discount off class fees.

HOLIDAY CLOSURES
Monday, Feb. 18: Family Day
Friday, April 19: Good Friday
Friday, April 26: Passover



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:30am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop-in Gym	9:30am - 12:00pm Drop-in Gym	9:30am - 12:00pm Drop in Gym	9:30am - 12:00pm Drop in Gym	
9:30am - 10:15am Cardio Strength Circuit					
10:15pm - 11:00am Full Circle Fitness <b>NEW!</b>		10:15am - 11:00am Full Circle Fitness <b>NEW!</b>		10:15am - 11:00am Full Circle Fitness <b>NEW!</b>	11:00 am – 2:00pm Drop-in Gym
12:00pm - 1:00pm Stroke Survivors	12:00pm - 1:00pm Movement & More	12:00pm - 1:00pm Stroke Survivors	12:00pm - 1:00pm Movement & More <b>NEW!</b>		
1:15pm - 2:15pm Stroke Survivors	1:00pm - 2:00pm Chairobics	1:15pm - 2:15pm Stroke Survivors	1:15pm - 2:15pm Therapeutic Yoga		
	1:15pm - 2:15pm Therapeutic Yoga				
2:30pm - 4:00pm Drop In Gym	2:30pm - 4:00pm Drop-in Gym	2:30pm - 4:00pm Drop-in Gym	2:30pm - 4:00pm Drop In Gym	2:00pm - 4:00pm Drop-in Gym	

<p><b>STROKE SURVIVORS:</b> A safe and effective exercise class that was developed for participants who have experienced stroke, brain injury, MS, and other conditions, and who are experiencing balance and mobility challenges.</p>	<p><b>CARDIO STRENGTH CIRCUIT:</b> A land based fitness class that uses a variety of equipment to improve your cardio and muscle strength. Led by a qualified fitness instructor to ensure proper form and safety.</p>	<p><b>THERAPEUTIC YOGA:</b> A relaxing style of yoga that is intended to be healing and nurturing for the body with a focus on improved breathing techniques and mind / body awareness.</p>	<p><b>MOVEMENT AND MORE:</b> This safe, gentle and fun exercise class is designed for people living with Parkinson's disease. The focus is on balance, flexibility, and strength exercises, with an aim to improving their capacity to perform Activities of Daily Living.</p>	<p><b>CHAIROBICS:</b> Is an enjoyable form of exercise, and is specifically designed for those who move with greater ease in or with the support of a chair. Each class is designed to work the joints and muscles to increase flexibility, strength, balance and coordination.</p>	<p><b>FULL CIRCLE FITNESS:</b> Designed for the active senior, this class covers all the bases - balance, mobility, strength, flexibility, and posture, and spinal stability. Full Circle Fitness is offered for Monthly Members only.</p>
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