

# River Heights Community Association

## WINTER 2016 PROGRAM SCHEDULE

ALL ADULT PROGRAMS (17+) or AGES AS NOTED. Class duration varies due to several school events throughout this session.

\*Annual Membership cost is \$10. We honour all other community association memberships.

<b>Monday – 9weeks</b> <i>Begins Jan 11</i> <i>NO CLASS: Jan 18 &amp; Feb 15</i>	<b>Tuesday – 10weeks</b> <i>Begins Jan 12</i> <i>NO CLASS: Feb 16</i>	<b>Wednesday – 9weeks</b> <i>Begins Jan 13</i> <i>NO CLASS: Feb 17</i>	<b>Thursday – 10weeks</b> <i>Begins Jan 14</i> <i>NO CLASS: Feb 18</i>	<b>Friday - 7 weeks</b> <i>Begins Jan 15</i> <i>NO CLASS: Jan 29, Feb 19 &amp; Mar 4</i>
<b>Yoga – Advanced \$65</b> Sarah Junkin 6:30pm to 8pm ERHS – small gym		<b>Family Tae Kwon Do \$45</b> 6pm to 7pm ERHS – small gym 1 parent & 2 kids (ages 5 to 10yrs) <b>FULL</b>	<b>Family Yoga \$60</b> 6:15pm to 7pm ERHS – small gym 1 parent & 2 kids (ages 4 to 10yrs)	<b>Floor Hockey \$15</b> <b>Ages 4 to 6</b> 6:30pm to 7:15pm ERHS – small gym <b>FULL</b>
<b>Yoga – Beginner \$60</b> Lisa Leis 8:15pm to 9:15pm ERHS – small gym <b>FULL</b>	<b>Zumba \$35</b> Heather McDonald 7:00pm to 8:00pm ERHS – small gym	<b>Pilates on the Mat 1.0 \$55 (8weeks)</b> Diane Hein 7pm to 8pm ERHS – small gym <b>FULL</b>	<b>Zumba \$35</b> Heather McDonald 7pm to 8pm ERHS – small gym	<b>Floor Hockey \$15</b> <b>Ages 7 to 9</b> 7:15pm to 8pm ERHS – small gym
<b>Butts &amp; Guts \$30</b> K-Rush Fit 8:15pm to 9:15pm ERHS – large gym	<b>Gentle Fitness \$40</b> Mary Cheveldae 8:00pm to 9:00pm ERHS – small gym	<b>Pilates on the Mat 1.5 \$55 (8weeks)</b> Diane Hein 8pm to 9pm ERHS – small gym	<b>Butts &amp; Guts \$35</b> K-Rush Fit 8:15pm to 9:15pm ERHS – large gym	<b>Co-Ed Volleyball \$15</b> 9pm to 10:15pm ERHS – large gym
<b>Co-Ed Badminton \$15</b> 9:15pm to 10:15pm ERHS – large gym				

