

2022 WINTER PROGRAMMING

Class	Day & Time	Dates	# Weeks	Instructor	Cost	Location
NEW Chair yoga	Monday 6:00-6:50pm	January 24- March 28 NO CLASS February 21, March 7	8	Falak Sajan	\$60	River Heights School small gym
Drop-In Pickleball	Monday 7-8:15 pm	February 7- March 28 NO CLASS February 21, March 7	6	N/A	\$25	River Heights School large gym
Drop-In Badminton	Monday 8:30-10 pm	February 7- March 28 NO CLASS February 21, March 7	6	N/A	\$25	River Heights School large gym
ONLINE Kids Yoga	Tuesday 6-6:45pm	January 18- March 1 (no class February 22)	6	Natasha Just	\$35	ONLINE
ONLINE YinYasa Yoga	Tuesday 7-8:00pm	January 18-March 15 (No class February 22)	8	Natasha Just	\$70	ONLINE
Zumba	Tuesday 7-8pm	January 18- March 22 NO CLASS February 22	9	Paula Hand-Cortes	\$55	St.Anne's School gym
NEW Couples Social Dancing	Tuesday 7-8pm	January 18- March 15 NO CLASS February 22	8	Herb Clark	\$100/ couple	River Heights School small gym
HIIT & Sculpt Bootcamp	Wednesday 6-6:50pm	January 19- March 23 NO CLASS February 22	9	Leah McMurty	\$55	River Heights School small gym
Pilates	Wednesday 7-8pm	January 19- March 23 NO CLASS February 16, 22, March 30	8	Diane Hein	\$50	River Heights School small gym
NEW Booty Barre	Thursday 6-7pm	January 20- March 17 NO CLASS February 16, 24	7	Diane Hein	\$45	River Heights School small gym
Learn to Cross Country Ski	TBD	TBD		Bruce Simms	\$30	Upper Meewasin Trail
Winter Run Club	1-2 days per week	Wednesdays at 6pm January 12-March 30 (Weekend date TBD)	12	N/A	\$10	Locations TBD