

S M T W T F S

This icon indicates family-friendly fun!



<p>1</p> <p>YMCA West <i>Rip (Muscle Conditioning Class)</i> 10:30 - 11:30 am (Ages 18+)</p> <p>Kingston Fencing Club <i>Fencing Session</i> 6 - 8 pm RSVP required (All ages)</p> <p>City of Kingston Children and Family <i>Open Gym - RHCC</i> 6 - 8 pm (All ages)</p>	<p>2</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p>	<p>3</p> <p>Kingston Community Health Centres <i>Chair Yoga</i> 1 - 2 pm (Ages 13+)</p> <p>Kingston Outdoor Adventure Club <i>Bicycle ride</i> <i>Doug Fluhrer Park</i> 5 - 6:30 pm RSVP required (All ages)</p> <p>Boys and Girls Club <i>Drop-in MLSE Soccer Night</i> RHCC 6 - 8pm (Ages 13-18)</p> <p>YGK Boxing <i>Boxing Fundamentals</i> 6:30 - 8 pm RSVP required (All ages)</p>	<p>4</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> <i>Bath Rd.</i> 6 - 8pm (Ages 13-18)</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> RHCC 6 - 8pm (Ages 10-14)</p>	<p>5</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11am (Ages 13+)</p> <p>Boys and Girls Club <i>Drop-in Women's Volleyball Nights</i> RHCC 6 - 8pm (Ages 13-18)</p> <p>City of Kingston <i>Youth Night Gym & Swim</i> <i>Artillery Park</i> 8 - 9:30 pm (ages 13-24)</p>	<p>6</p> <p>Boys and Girls Club <i>Family Rec. Showcase at Bath Rd.</i> 10 am - 2 pm (All ages)</p> <p>Kingston Outdoor Adventure Club <i>Hike at Lemoine Point</i> 10 am - 12 pm RSVP required (All ages)</p> <p>Hayabusa Academy <i>Fitness Kickboxing</i> 10:05 - 10:50 am RSVP required (Ages 15+)</p> <p>Queen's Athletic Recreation Centre <i>Recreational Swim</i> 11:30 am - 1:30 pm RSVP required (All ages)</p> <p>Queen's Athletic Recreation Centre <i>Strong by Zumba</i> 2:30 - 3:30 pm RSVP required (All ages)</p> <p>Boys and Girls Club <i>Drop-in Basketball Night at RHCC</i> 6 - 8pm (Ages 13-18)</p>	
<p>7</p> <p>Kingston Ringette at the Boys and Girls Club <i>Gym Ringette Session</i> 1300 Bath Rd. 2 - 3 pm (Ages 5-14)</p> <p>Queen's Athletic Recreation Centre <i>Tempo Ride</i> 3:30 - 4:15PM RSVP required (Ages 18+)</p>	<p>8</p> <p>Innertouch <i>Therapeutic Pilates for Back Pain</i> 9:30 - 10:30am RSVP required (Age 18+)</p> <p>Kingston Fencing Club <i>Fencing Session</i> 6 - 8pm RSVP required (All ages)</p>	<p>9</p> <p>Innertouch <i>Power Walk Pilates</i> <i>Lake Ontario Park</i> 10 - 11 am RSVP required (Ages 18+)</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11am (Ages 13+)</p> <p>YMCA (Wright Cr) <i>Strong by Zumba</i> 10:30 - 11:30am (Ages 13+)</p> <p>City of Kingston <i>Youth Open Gym Time</i> <i>Artillery Park</i> 3 - 5 pm (Ages 10-24)</p> <p>Innertouch <i>Energy Pilates</i> 5 - 6 pm RSVP required (Ages18+)</p>	<p>10</p> <p>Kingston Frontenac Public Library, Rideau Heights Branch <i>Play to Learn</i> 10:30 - 11 am (For parents & children ages 2-5)</p> <p>Kingston Community Health Centres <i>Chair Yoga</i> 1 - 2 pm (Ages 13+)</p> <p>Kingston Elite All-Star Cheerleading <i>Beginners Cheerleading Workshop</i> 5:30 - 6:30pm RSVP required (Ages 4-12)</p> <p>Boys and Girls Club <i>Drop-in MLSE Soccer Night at RHCC</i> 6 - 8pm (Ages 13-18)</p> <p>Kingston Outdoor Adventure Club <i>Hike (4.3km) Lemoine Point</i> 6:30 - 7:30pm, RSVP required (All ages)</p> <p>YGK Boxing <i>Boxing Fundamentals</i> 6:30 - 8 pm RSVP required (All ages)</p>	<p>11</p> <p>Innertouch <i>Restorative and Detoxifying</i> 5 - 6 pm RSVP required (Ages 18+)</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> <i>Bath Rd.</i> 6 - 8 pm (Ages 13-18)</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> RHCH 6 - 8 pm (Ages 10-14)</p> <p>Hayabusa Academy <i>Muay Thai Kickboxing</i> 6:30 - 7:30 pm RSVP required (Ages 13+)</p>	<p>12</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p> <p>Innertouch <i>Yogalates</i> 12 - 1 pm RSVP required (Ages 18+)</p> <p>Boys and Girls Club <i>Drop-in Women's Volleyball Nights</i> RHCC 6 - 8pm (Ages 13-18)</p>	<p>13</p> <p>Boys and Girls Club <i>Drop-in Basketball Night at RHCC</i> 6 - 8 pm (Ages 13-18)</p>

S M T W T F S



APRIL 2019

<p>14</p> <p>City of Kingston <i>Open Gym Time</i> RHCC 1 - 3 pm (All ages)</p>  <p>City of Kingston <i>Public Skating</i> INVISTA 2:30 - 3:50 pm (All ages)</p>  <p>YMCA <i>Family Zumba</i> Wright Cr 2 - 3 pm (All ages)</p> 	<p>15</p> <p>Kingston Fencing Club <i>Fencing Session</i> 6 - 8 pm RSVP required (All ages)</p> 	<p>16</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p> <p>City of Kingston <i>Zumba</i> Artillery Park 5:15 - 6 pm (ages 15+)</p> 	<p>17</p> <p>Kingston Frontenac Public Library, Rideau Heights Branch <i>Play to Learn</i> 10:30 - 11 am (For parents & children ages 2-5)</p>  <p>YMCA West <i>Tai Chi</i> 12:00 - 1:00 pm (12:00 - 12:30 for beginners; 12:30 - 1:00 for intermediate) (Ages 18+)</p> <p>Kingston Community Health Centres <i>Chair Yoga</i> 1 - 2 pm (Ages 13+)</p> <p>Boys and Girls Club <i>Drop-in MLSE Soccer Night at RHCC</i> 6 - 8 pm (Ages 13-18)</p> <p>Kingston Outdoor Adventure Club <i>Hike K&P Trail</i> 6 - 7:30 pm, RSVP required (All ages)</p>  <p>YGK Boxing <i>Boxing Fundamentals</i> 6:30 - 8 pm, RSVP required (All ages)</p> 	<p>18</p> <p>DANCEPL3Y <i>DANCEPL3Y Program</i> Bayridge Public School 4 - 5 pm (All ages)</p>  <p>Boys and Girls Club <i>Drop-in Sports Night</i> Bath Rd. 6 - 8 pm (Ages 13-18)</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> RHCC 6 - 8 pm (Ages 10-14)</p>	<p>19</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p> <p>Boys and Girls Club <i>Drop-in Women's Volleyball Nights</i> RHCC 6 - 8 pm (Ages 13-18)</p>	<p>20</p> <p>Loyalist Gymnastics Club <i>Open Gym</i> 10 am - 12 pm (For parents & children 0-17)</p>  <p>Hayabusa Academy <i>Fitness Kickboxing</i> 10:05 - 10:50 am RSVP required (Ages 15+)</p> <p>Queen's Athletic Recreation Centre <i>Recreational Swim</i> 11:30 am - 1:30 pm RSVP required (All ages)</p>  <p>Queen's Athletic Recreation Centre <i>Strong by Zumba</i> 2:30 - 3:30 pm RSVP required (Ages 18+)</p> <p>Boys and Girls Club <i>Drop-in Basketball Night</i> RHCC 6 - 8 pm (Ages 13-18)</p>
<p>21</p> <p>Queen's Athletic Recreation Centre <i>Tempo Ride</i> 3:30 - 4:15 pm RSVP required (Ages 18+)</p>	<p>22</p> <p>Kingston Fencing Club <i>Fencing Session</i> 6 - 8 pm RSVP required (All ages)</p> 	<p>23</p> <p>City of Kingston <i>Gentle Stretch</i> INVISTA 10 - 11 am (Ages 15+)</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p>	<p>24</p> <p>Kingston Frontenac Public Library, Rideau Heights Branch <i>Play to Learn</i> 10:30 - 11 am (For parents & children ages 2-5)</p>  <p>City of Kingston <i>15-15-15 Lunch Fitness</i> Artillery Park 12:15 - 1 pm (Ages 15+)</p>	<p>25</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> Bath Rd. 6 - 8 pm (Ages 13-18)</p> <p>Boys and Girls Club <i>Drop-in Sports Night</i> RHCC 6 - 8 pm (Ages 10-14)</p>	<p>26</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p> <p>YMCA West <i>Aquafit Express</i> 12 - 1 pm (Ages 13+)</p> <p>Boys and Girls Club <i>Drop-in Women's Volleyball Night</i> RHCC 6 - 8 pm (Ages 13-18)</p>	<p>27</p> <p>Kingston Tennis Club <i>Open House</i> 11 am - 2 pm (Ages 4-17)</p> <p>Boys and Girls Club <i>Drop-in Basketball Night</i> RHCC 6 - 8 pm (Ages 13-18)</p>
<p>28</p> <p>YMCA Wright Cr <i>Healthy Kids Day!</i> 10 am - 2 pm (All ages) & DANCEPL3Y at the YMCA 2 - 2:45 pm (All ages)</p>  <p>Cataraqui Canoe Club <i>Open House</i> 1 - 3 pm (All ages)</p> 	<p>29</p> <p>DANCEPL3Y <i>DANCEPL3Y Program</i> Molly Brant Elementary School 3 - 4 pm (All ages)</p> 	<p>30</p> <p>Kingston Community Health Centres <i>Keep Well</i> 10 - 11 am (Ages 13+)</p>	<p>Kingston Community Health Centres <i>Chair Yoga</i> 1 - 2 pm (Ages 13+)</p> <p>Boys and Girls Club <i>Drop-in MLSE Soccer Night at RHCC</i> 6 - 8 pm (Ages 13-18)</p>  <p>YGK Boxing <i>Boxing Fundamentals</i> 6:30 - 8 pm; RSVP required (All ages)</p> 	<p>Hayabusa Academy <i>Muay Thai Kickboxing</i> 6:30 - 7:30 pm RSVP required (Ages 13+)</p> <p>YMCA <i>Aquafit Express</i> Wright Cr 7:30 - 8:00 pm (All ages)</p> 		



Activity Locations

Boys and Girls Club

<http://www.bgckingston.ca>

Family Recreation Showcase:

Free community event! Inflatables, bouncy castles, playtime in the homestead, kids zone jungle gym, interactive sports, demos, swimming, prizes & much more!

- Sat April 6, 10am-2pm, all ages
1300 Bath Road: Frontenac Mall

Drop-in Basketball Night

Free basketball program including skill building, games and scrimmages. No experience necessary.

- Saturdays 6-8pm, Ages 13-18yrs
Rideau Heights Community Centre: 85 MacCauley St.

Drop-in MLSE Soccer Night

Free Soccer program including skill building, games and scrimmages. No experience necessary.

- Wednesdays 6-8pm, Ages 13-18yrs
Rideau Heights Community Centre: 85 MacCauley St.

Drop-in Sports Night

Each week is a new sport, designed to be fun and get everyone involved. No experience necessary.

- Thursdays 6-8pm, Ages 13-18yrs
Frontenac Mall Boys and Girls Club: 1300 Bath Rd.

Drop-in Sports Night

Each week is a new sport, designed to be fun and get everyone involved. No experience necessary.

- Thursdays 6-8pm, Ages 10-14yrs
Rideau Heights Community Centre: 85 MacCauley St.

Drop-in Women's Volleyball Nights

Free play which concentrates on skill development and confidence in play, led by a qualified volleyball coach.

- Fridays 6-8pm, Ages 13-18yrs
Rideau Heights Community Centre: 85 MacCauley St.

Cataraqi Canoe Club

613-546-7542

<http://cataraquicanoe.ca>

info@cataraquicanoe.ca

Boathouse, 1 Cataraqi St.

Open House:

We will take a hike along the K&P Urban Trail, along with a tour of our club boathouse, refreshments and an introduction to our club and its activities. The hike will be approximately 4km in total, more if participants are interested/able. Paved trail but wear sturdy footwear.

- Sun April 28, 1-3 pm, all ages

City of Kingston

613-546-4291 x1700, 1800 or 1900

www.CityofKingston.ca

recreationprograms@cityofkingston.ca

Children and Family Open Gym:

- Mon April 1, 6-8pm, all ages
Rideau Heights Community Centre, 85 MacCauley St

Youth Night Gym and Swim:

- Fri April 5, 8-9:30 pm, (ages 13-24 yrs)
Artillery Park Aquatic Centre, 382 Bagot St

Youth Open Gym Time:

- Tue April 9, 3-5 pm, (ages 10-24 yrs)
Artillery Park Aquatic Centre, 382 Bagot St

Public Skating:

- Sun April 14, 2:30-3:50 pm, (all ages)
INVISTA Centre, 1350 Gardiners Rd

Open Gym Time:

- Sun April 14, 1:00-3:00 pm, (all ages)
Rideau Heights Community Centre, 85 MacCauley St

Zumba:

- Tue April 16, 5:15-6pm, (ages 15yrs+)
Artillery Park Aquatic Centre, 382 Bagot St

Gentle Stretch:

- Tue April 23, 10:00-11:00am, (ages 15yrs+)
INVISTA Centre, 1350 Gardiners Rd

15-15-15 Lunch Fitness:

- Wed April 24, 12:15-1:00pm, (ages 15yrs+)
Artillery Park Aquatic Centre, 382 Bagot St

DANCEPL3Y

416-948-7896

<http://www.dancepl3y.com>

carolyntrepanier3@gmail.com

DANCEPL3Y

An innovative and award-winning program that allows participants to explore simple movements from Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk and more! The unique interACTIVE class style is paired with a positive coaching philosophy where everyone can claim their "Bubble of Awesome". There are only 3 Rules of PLAY: Be Positive. Be Fun. Be Yourself. Specifically designed to promote positive mental health, and get participants to sweat happy!

- Thurs April 18, 4-5pm, all ages
Bayridge Public School
- Sun April 28, 2-3pm, all ages
Kingston YMCA (100 Wright Crescent)
- Mon April 29, 3-4pm, all ages
Molly Brant Elementary School

Hayabusa Academy

613-484-5455

<http://hayabusa-academy.com>

677 Innovation Dr

RSVP Required: janet@hayabusa-academy.com

Fitness Kickboxing:

A high intensity cardio class with punching & kicking heavy bags, partner drills & circuits. We provide equipment.

- Sat, Apr 6, 10:05-10:50 am (ages 15+)
- Sat, Apr 20, 10:05-10:50 am (ages 15+)

Muay Thai Kickboxing:

A fundamental class, perfect for beginners. We provide equipment.

- Thu Apr 11, 6:30-7:30 pm (ages 13+)
- Thu April 25, 6:30-7:30 pm (ages 13+)

InnerTouch Fitness & Wellness Centre

613-539-4625

<http://www.innertouch.ca>

4071 Bath Rd

RSVP required: innertouchfitness@gmail.com

Therapeutic Pilates for Back Pain:

Alleviate back, neck and shoulder pain. Improve strength, flexibility and body alignment.

- Mon April 8, 9:30-10:30am, (ages 18+)

Energy Pilates:

Cardio "HIIT" style workout using Pilates movements. Tone up without bulking up.

- Tue April 9, 5-6pm, (ages 18+)

Power Walk Pilates:

Use 90% of your body's muscles. Take the pressure off your joints (hip, knee, back and foot).

- Tue April 9, 10-11 am, (ages 18+) (Lake Ontario Pk)

Restorative and Detoxifying:

Foam roller-based recovery, stretching and detoxifying. Release your inner stress, achieve your inner stretch.

- Thu April 11, 5:00-6:00pm, Ages 18+

Yogalates:

Yogalates is a core-focused class that pulls from the ancient asanas of yoga as well as the core centered movement of Pilates.

- Fri April 12, 12-1pm, (ages 18+)

Kingston Community Health Centres

613-542-2949

<http://www.kchc.ca>

coreya@kchc.ca

263 Weller Ave

Chair Yoga:

A gentle chair yoga class. Great for newcomers to yoga, and for those who don't want to get down on the ground. Benefits can include improved flexibility, mindfulness, stress relief, and increased strength.

- Wednesdays, 1-2pm, ages 13+

Keep Well:

A gentle exercise class, great for improving strength, endurance, flexibility, balance, and coordination. Activities can be done seated or standing. Perfect for anyone who does not want or can't participate in more intense classes. A great social opportunity too.

- Tuesdays and Fridays, 10-11am, ages 13+

Kingston Elite All-Star Cheerleading

613-331-0373

<http://www.kingstonelitecheer.com>

7B - 785 Sir John A. MacDonald Blvd.

RSVP Required: kingstonelitecheer@yahoo.ca

Beginners Cheerleading Workshop:

A free beginners workshop to introduce children who have never done cheerleading the fundamentals of stunting, tumbling, jumps, and dance.

- Wed April 10, 5:30-6:30pm, (for children 4-12)

Kingston Fencing Club

613-547-5580

<http://www.kingstonfencingclub.ca>

83 Terry Fox Drive Unit 4

RSVP required: info@kingstonfencingclub.ca

Fencing Session:

Participant will actually fence during the class. (Wear long sweat/ track pants, t-shirt, indoor running shoes, and bring a bottle of water).

- Mon April 1, 6-8pm, all ages
- Mon April 8, 6-8pm, all ages
- Mon April 15, 6-8pm, all ages
- Mon April 22, 6-8pm, all ages

Kingston Frontenac Public Library

613-549-8888

<http://www.kfpl.ca>

bpeters@kfpl.ca

Rideau Heights Branch- 85 MacCauley St

Play to Learn:

Move your body! Jump, skip, hop and more in our active program, Play to Learn. Through play-based activities and interactive books, children two years and up will develop physical confidence.

- Wed April 10, 10:30-11 am, parents & children (ages 2-5)
- Wed April 17, 10:30-11 am, parents & children (ages 2-5)
- Wed April 24, 10:30-11 am, parents & children (ages 2-5)

Kingston Outdoor Adventure Club

613-483-1312

<http://kingstonoutdooradventureclub.ca>

RSVP required: *see below*

Bicycle Ride:

Doug Fluhrer Park, Wellington St

Bike ride on K&P Trail from Doug Fluhrer Park. Bring helmet, water and bicycle.

- Wed April 3, 5-6:30 pm, all ages

RSVP to: lylerobinson@yahoo.com

Hike (4.3km):

Lemoine Point Conservation Area, 1440 Coverdale Dr
Hike along 4.3 kilometer loop trail located near the lake.

- Sat April 6, 10am-12pm, all ages

RSVP to: bill@canadakicks.com

- Wed April 10, 6:30-7:30 pm, all ages

RSVP to: michael.janiec@kos.net

Hike:

K&P Trail, 180 Binnington Court Trailhead

Walk west for about 45 minutes before turning around to head back to the trailhead.

- Wed April 17, 6:00-7:30 pm, all ages

RSVP to: dshalladay@gmail.com

Kingston Ringette Association

613-483-9533

<http://www.kingstonringette.com>

krafundamentals@gmail.com

1300 Bath Rd (Boys & Girls Club)

Free Gym Ringette Session:

For ages 5-14 years. There will be 1 hour of fun in the gym, followed by an opportunity to have your questions answered. Gym ringette is a

great intro to a fantastic sport typically played on ice! Helmets with face protection is required during scrimmages, please bring one with you! If you do not have one let us know and we can try to assist. Sticks and rings are provided along with a lot of fun! See you there!

Register at: www.cometryringette.ca

- Sun April 7, 2:00-3:30 pm

Kingston Tennis Club

613-542-2467

<http://www.kingstontennisclub.com>

andrevska@gmail.com

45 Napier St, Kingston

Open House:

A chance for kids to try tennis. Activities, games and a free BBQ!

- Sat April 27, 11am-2pm, Children & youth (ages 4-17)

Loyalist Gymnastics Club

613-634-5532

<http://loyalistgymnastics.ca>

recdirector@loyalistgymnastics.ca

1396 Bath Rd

Open Gym:

Open gym for families. An introduction to gymnastics!

- Sat April 20, 10am-12pm, families with children & youth (ages 0-17)

Queen's Athletics & Recreation Centre

613-533-6000 x75012

www.gogaelsgo.com

284 Earl St, Kingston, ON

RSVP required for fitness classes the Friday before by 1pm & pickup bracelet at customer service front desk: Bambrick@queensu.ca

Tempo Ride:

(Studio 2 – Located on Level 2)

This indoor cycling class is a cardio challenge with varying speeds and resistance levels, sprint drills, and more! This class is great for beginner to advanced participants because participants set their own resistance levels.

- Sun April 7, 3:30-4:15pm, (18+)
- Sun April 21, 3:30-4:15pm, (18+)

Recreational Swim:

Check in with customer service front desk.

(ARC Pool, Lower Level 1)

Come enjoy a dip in the pool at the ARC! This session is shared with lessons and other programming. Diving boards will only be opened at the discretion of the head lifeguard. The deep end is usually unavailable at this time due to programming. For the pool schedule please visit:

www.gogaelsgo.com/aquatics

- Sat April 6, 11:30-1:30 pm, (all ages)
- Sat April 20, 11:30-1:30 pm, (all ages)

Strong by Zumba:

(Studio 1 – Located on level 2)

Train to the beat! This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

- Sat April 6, 2:30-3:30 pm, (18+)
- Sat April 20, 2:30-3:30 pm, (18+)

YGK Boxing

613-483-8882

<http://www.ygkboxing.com>

550 Cataraqui Woods Drive

RSVP required: ygkboxing@gmail.com

Boxing Fundamentals:

Open workout teaching boxing fundamentals. Come and see how YGK Boxing operates on a weekly basis with the workouts and learn how to use the equipment properly. Great chance to meet the coaches, see the facility, and ask questions regarding YGK Boxing. All are welcome!

- Wed April 3, 6:30-8pm, (all ages)
- Wed April 10, 6:30-8pm, (all ages)
- Wed April 17, 6:30-8pm, (all ages)
- Wed April 24, 6:30-8pm, (all ages)

YMCA of Kingston

613-546-2647

<http://Kingston.ymca.ca>

jennyfer_randall@kingston.ymca.ca

YMCA Healthy Kids Day:

YMCA 100 Wright Crescent

Enjoy FREE activities from a variety of partners.

- Sun April 28, 10am-2pm (all ages)

Strong by Zumba:

YMCA 100 Wright Crescent

A mix of high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout. Discover the athlete within you; feel the force, the energy and get fit!

- Tues April 9, 10:30-11:30 am, (ages 13 and up)

Family Zumba:

YMCA 100 Wright Crescent

Designed for anyone looking to get their sweat on either solo or with friends and family. All ages!

- Sun, April 14, 2-3pm, (all ages)

Rip (Muscle Conditioning Class):

YMCA West, 945 Progress Ave

Grab a bar or weights and get ready for an hour of fun and muscle conditioning fitness. High reps and great music.

- Mon April 1, 10:30-11:30 am, (ages 18 and up)

Tai Chi:

YMCA West, 945 Progress Ave

Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movement for the beginner or intermediate participant, and is a great way to reduce stress.

- Wed April 17, 12-1pm, (ages 18 and up)
 - Tai chi Beginner 12-12:30pm
 - Tai Chi Intermediate 12:30-1pm

Aquafit Express:

A high energy, shallow/deep water workout designed to increase your heart rate and get you moving. Resistance exercises and cardio training in the water, for a low impact total body workout for even the strongest swimmer. Equipment use optional. Suitable for all fitness levels.

(YMCA 100 Wright Crescent)

- Tues April 25, 7:30-8:00 pm, (all ages)
- (Y West, 945 Progress Ave)
- Fri April 26, 12-1pm, (ages 13 and up)