



SPIN & SPIN/TRX

F'Ab Ride

14 years and up
Ride your way to F'abulous abs. This 40 minute ride class is followed by 15 minutes of intensive abdominal work and a 5 minute stretch. Guaranteed to get you in gear. All fitness levels welcome. No classes Apr 14, 15, 17 & May 22.

Instructor: Glenn Hascarl



Monday, Wednesday & Friday
9:00 - 10:00 am Fitness Annex
Mar 27 - May 12 #1246
\$133 + gst
May 15 - Jun 30 #1247
\$140 + gst

Instructors: Leanne Gray & Jennifer Barth

Tuesdays & Thursdays
5:30 - 6:30 pm Fitness Annex
Mar 28 - May 11 #1256
May 16 - Jun 29 #1257
\$98 + gst

Instructor: Jennifer Barth

Saturdays
9:30 - 10:30 am Fitness Annex
Apr 1 - May 13 #1258
\$42 + gst
May 27 - Jun 24 #1259
\$35 + gst

Mom and Babe Spin **NEW!**

16 years and up
Get back into fitness and bring your babe to Spin! This baby friendly class allows you to sweat and spin through a 45min workout followed by 15min of stretching, all while being able to attend to your baby's needs. Moms must be 6 weeks post-partum and have seen their doctor/midwife. Pre-mobile babies in a car seat only please. Moms with kids in school welcome too! No classes Apr 17 & May 22.

Instructor: Dana Dixon

Mondays
Mar 27 - May 8 #1262
May 15 - Jun 26 #1263
12:00 - 1:00 pm Fit Annex
\$42 + gst

TRX Suspension Training

14 years and up
The TRX suspension training phenomenon is a new category of exercise for athletes and beginners of all abilities that leverages your bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously. Improve your fitness and strength - no one will be left behind! No classes Apr 17 & May 22.

Instructor: Glenn Hascarl

Mondays & Wednesdays
Mar 27 - May 10 #1245
May 15 - Jun 28 #1251
6:45 - 7:45 pm Fitness Annex
\$91 + gst

Spin It!

14 years and up
This is an ever changing, fast paced, challenging class! No matter if you're a beginner or an advanced spinner, you'll love it! No classes Apr 17.

Instructor: Paul Healey

Mondays & Wednesdays
Mar 27 - May 10 #1260
5:30 - 6:30 pm Fitness Annex
\$91 + gst

Great Start Spin

14 years and up
Fire up your day with an energetic 45 minute spin class. As the sun rises, so will your heart rate. Work with resistance and speed to get your heart pounding and muscles burning.

Instructor: Leanne Gray

Tuesdays & Thursdays
Mar 28 - May 11 #1254
May 16 - Jun 29 #1255
6:15 - 7:00 am Fitness Annex
\$98 + gst

Spin & Core

14 years and up
Power and spin your way through a 40min spin class and finish with an intense 15min core workout! Come join us after school is finished and get your workout out of the way!

Instructor: Laurel Dickson

Tuesdays & Thursdays
Mar 28 - May 11 #1229
May 16 - Jun 29 #1230
4:30 - 5:15 pm Fitness Annex
\$98 + gst

Spin + TRX Combo

14 years and up
The best of both worlds! It's 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX cables followed by 10 minutes of stretching.

Instructor: Glenn Hascarl

Tuesdays & Thursdays
Mar 28 - May 11 Fit Annex
9:00 - 10:00 am #1244
6:45 - 7:45 pm #1242
7:50 - 8:50 pm #1243
May 16 - Jun 29 Fit Annex
9:00 - 10:00 am #1248
6:45 - 7:45 pm #1249
7:50 - 8:50 pm #1250
\$98 + gst



Childminding or Preschool programs available during these classes. See page 12.





ZUMBA & DRUMMING

Zumba Gold

55 years and up
Designed for older, active participants with easy-to-follow Zumba choreography that focuses on range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. It's a zesty mix of all the elements of fitness: cardio, conditioning, flexibility and balance! No class May 3.

Instructor: Gloria Grieve



Wednesdays
Mar 29 - Jun 28 #1232
9:00 - 10:00 am MP Hall

Zumba Core & Stretch

14 years and up
Zumba Core and Stretch is designed to help improve core strength and overall flexibility necessary for good balance, posture and stability. A Zumba warmup is followed with core work and then 30 min of head to toe full body stretch to beautiful music. Please bring your own yoga mat and towel. No class May 4.

Instructor: Gloria Grieve

Tuesdays
Mar 28 - Jun 27 #1238
10:15 - 11:15 am MP Hall



Thursdays
Mar 30 - Jun 29 #1239
9:00 - 10:00 am MP Hall

Zumba Toning

14 years and up
This calorie-torching, strength-training dance fitness-party uses Macarena-like toning sticks to sculpt arms, abs, glutes and thighs. This workout is perfect for rhythm makers and enthusiasts to sculpt their bodies naturally while having a total blast. No classes Apr 14 & May 5.

Instructor: Gloria Grieve



Fridays
Mar 31 - Jun 30 #1236
9:00 - 10:00 am MP Hall

Drums Alive

14 years and up
Ease stress while exercising your mind and body. Drumming on large exercise balls while moving and dancing to great music will have your heart pumping and your spirit soaring! No class Apr 17 & May 22.

Instructor: Gloria Grieve

Mondays
Mar 27 - Jun 26 #1234
10:00 - 11:00 am Gym A

Zumba

14 years and up
Zumba is fitness infused with Latin rhythms, international dance, and popular music designed for all ages. The music will inspire and spice up your fitness routine allowing you to sweat and tone your way to a healthier mind and body. They don't call Zumba 'exercise in disguise' for nothin'! No classes Apr 22 & May 4.

Instructor: Gloria Grieve

Tuesdays
Mar 28 - Jun 27 #1235
5:30 - 6:30 pm MP Hall

Instructor: Milena Spratt

Thursdays
Mar 30 - Jun 29 #1237
5:30 - 6:30 pm MP Hall

Instructor: Gloria Grieve

Saturdays
Apr 1 - Jun 24 #1233
9:30 - 10:30 am MP Hall

All Zumba programs are drop-in programs.
\$6.50/Drop-in or
10 visit card available,
note price varies by age.

OLDER ADULT FITNESS

Post Stroke Rehabilitation FAME class

Join a community-based Fitness And Mobility Exercise (FAME) program developed for people who have experienced a stroke and have some standing and walking ability. Lead by a qualified Instructor, participate in exercise that will improve mobility, cardiovascular fitness, arm and hand function. Register in the class best suited to your abilities and goals. A physiotherapy mobility assessment is required. No class May 22.

Instructor: Jill Nelson

Level 1
Participants with limited mobility and caregiver must attend.
Mondays
Apr 24 - Jun 19 #1274
12:30 - 1:30 pm MP Hall
\$96 + gst

Level 2
Participants who are independently mobile without a walking aid.
Wednesdays
Apr 26 - Jun 21 #1275
12:30 - 1:30 pm MP Hall
\$108 + gst





OLDER ADULT FITNESS

Take Heart and Breathe Well Exercise Program

Exercise and education program for clients with chronic conditions led by qualified instructors. Includes improving muscular strength and cardiovascular endurance, balance, flexibility and functional training to improve daily quality of life. Education topics may include exercise prescription, nutrition, goal setting, mindfulness, stress management, medication and more. Subsidy available for those with low income, sponsored by the Comox Valley Health Care Foundation. Call 250-339-2255 or email cvcwpw@gmail.com for more information. Physician referral is required and can be picked up at the front desk.

Instructor: Susan Simo

Saturdays
Apr 22 - Jun 24 #1170
12:00 - 3:00 pm MP Hall
\$380 + gst

PWR!Moves Parkinson's Wellness and Balance Recovery

For those living with Parkinson's Disease or have balance or mobility challenges, PWR!Moves will help you recover loss of function and strength. PWR!Moves are research-based exercises designed to use large amplitude movements with a concentrated effort, to complete muscle activation for daily activities. Participants must be independently mobile and have a physician's signed approval note upon registration. No class May 22.

Instructor: Jill Nelson

Mondays & Wednesdays
Apr 24 - Jun 21 #1273
2:00 - 3:00 pm MP Hall
\$144 + gst

Beneficial Blast – C

55 years and up
Who would like to join Steve Thomson and Joyce Leong who have a combined 25 plus years experience training mature adults in a new intermediate level fitness class? This one hour class will use a variety of different equipment and styles to enhance your agility, strength, balance, core and be very beneficial to all the activities that life sends your way. Don't miss out on this opportunity to join the best fitness class for mature adults in the valley. Results are guaranteed! Masterful cueing and appropriate regressions and progressions will be given for any issues that need to be addressed. No class Apr 14.

Instructor: Steve Thomson & Joyce Leong

Fridays
Mar 31 - Jun 30 #1491
10:30 - 11:30 am Gym B
\$111 + gst

Senior Circuit Training 50+

50 years and up
Protect your bone density, improve your balance and increase your flexibility in this strength training program to prevent and even reverse some of the signs of aging. A doctor's written approval may be required.

Instructor: Glenn Hascarl

Tuesdays & Thursdays
Mar 28 - May 11 #1252
May 16 - Jun 29 #1253
10:30 - 11:30 am Fit Studio
\$98 + gst

FITNESS PROGRAMS

Determination Boot Camp – C

16 years and up
RIP it up! Train like an athlete! Be ready for a challenge in this intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, plyometrics, partner drills, core strength, and much more will be addressed in this well developed boot camp. No classes Apr 14 & 17.

Instructor: Steve Thomson

Monday, Wednesday & Fridays
5:15 - 6:30 pm Gym B
Mar 27 - May 17 #1485
2 x week \$240 + gst
3 x week \$315 + gst
May 24 - Jun 23 #1486
2 x week \$150 + gst
3 x week \$210 + gst

Early Riser Boot Camp – C

16 years and up

Instructor: Steve Thomson
Tuesdays & Thursdays
6:15 - 7:15 am Gym B
Mar 28 - May 18 #1487
\$225 + gst
May 23 - Jun 29 #1488
\$180 + gst

Strength & More

14 years and up
This challenging program is designed for all around fitness: strength, core, cardio, flexibility, agility, balance and coordination. Utilize a variety of freestanding equipment customized to your ability level. Improve your mobility and endurance for health, independence and fully-functioning longevity. No class May 9.

Instructor: Joyce Leong

Tuesdays & Thursdays
Mar 28 - Jun 29 #1291
10:00 - 11:00 am Gym B
Drop-in \$6.50 or 10 visit card






Abs and Stretch – C

16 years and up

A perfect combination of abdominal exercises and lower extremity stretches. This 60 minute class is designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help out that low back issue you may have. If you don't get enough abdominal work and lower body stretching done in your current workout routine give this challenging yet popular class a try there will be progressions and regressions dependant on ability level.

Instructor: Steve Thomson

 Tuesdays
 Mar 28 - Jun 27 #1489
 9:00 - 10:00 am MP #2
 \$154 + gst



www.determination-fitness.com

Stability and Mobility – C

16 years and up

Come and join Steve Thomson... for a class dedicated to enhancing your Stability and Mobility. To accomplish this, we must work the core muscles that support the trunk. Also, we must create stability and mobility in the major joints of the body. This one hour intermediate level class will place emphasis on static and dynamic core work with mobility and stretching exercises intermixed with some cardio. It'll leave you feeling tight in all the right places and create better movement patterns for a body that moves more freely. No class May 9.

Instructor: Steve Thomson

Tuesdays
 Mar 28 - Jun 27 #1490
 6:00 - 7:00 pm Gym B
 \$133 + gst

Forever Fit

16 years and up

This well rounded workout focuses on balance and functional training along with cardio and strength work. Using bands and handweights, the class takes into consideration body conditioning exercises as well as challenging exercises for the more fit. This class is a great moderate workout for the beginner, challenging for the fit senior and a great option for someone looking to stay fit and be active! No class Apr 14, 17, May 3, 5 & 22.

Instructor: Janice & Ruth

Mondays, Wednesdays &
 Fridays
 Mar 27 - Jun 30 #1290
 10:15 - 11:15 am MP Hall
 Drop-in \$6.50

POUND® Fitness

14 years and up

POUND® transforms drumming into an incredibly effective way of working out. Get fit to music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring your own Yoga mat. No class May 9.

Instructor: Meghan Hunt

Tuesdays
 Apr 4 - Jun 20 #1768
 7:30 - 8:15pm Gym A
 \$59 + gst




HIIT Training – C

16 years and up

In this unique EXPRESS class, personal trainer Alicia Fennell will guide you through a series of high intensity intervals with body weight alone. Short and long bursts of plyometrics and calisthenics target all your body parts and give you the months effective cardio workout in the shortest amount of time. No classes Apr 14, 17 & May 22.

Instructor: Alicia Fennell

 Mondays, Wednesdays &
 Fridays
 Mar 29 - Jun 28 #1541
 9:00 - 9:30 am Gym A
 1 x week \$125 + gst/14
 2 x week \$219 + gst/28
 3 x week \$249 + gst/37

Mommy Moves

16 years and up

Get back into fitness in this baby friendly class. Build your strength, increase your endurance and meet new moms in the community during this fun, upbeat bootcamp style class. Moms must be 6 weeks post-partum and seen their doctor/midwife. Moms with kids in school welcome too! No class May 9

Instructor: Dana Dixon

Tuesdays & Thursdays
 10:30 - 11:15 am Gym A
 Mar 28 - May 11 #1264
 \$91 + gst
 May 16 - Jun 29 #1265
 \$98 + gst





Cardio Core Conditioning – C Kickboxing Module

14 years and up
Take charge of your health with this interval exercise program taught to music. A unique combination of step fitness cardio and resistance equipment change weekly to ensure maximum effectiveness. Practical nutritional strategies give you that extra edge to meet your fitness and weight management goals. This instructor led non-intimidating group fitness environment rapidly develops cardio, strength and flexibility. No classes Apr 17 & May 9 & 22.

Instructor: Destinee Barrow

Mondays & Wednesdays
Apr 3 – Jun 4 Gym A
5:15 – 6:15pm #1539
Tuesdays & Thursdays
Apr 4 - Jun 15
9:00 – 10:00 am #1540
1 x week \$105.00 + gst
2 x week \$170.00 + gst
10 punch pass \$110 + gst



Cardio Blast

16 years and up
Get ready for a quick pace, cardio blast, fitness class! Expect your lunch break to be filled with spinning, ab workouts, tabata and HIIT exercises. A variety of activities will keep you energized and getting fit!



Instructor: Dana Dixon

Tuesdays
Mar 28 - May 09 #1266
May 16 - Jun 20 #1267
11:40 am - 12:20 pm Fit Annex
\$49 + gst

Box Fit

14 years and up
Ready for a challenge of a different and exciting workout? Get up early and come workout in a kickboxing circuit style class involving punches, target practice, heavy bag use and other exercises to get you fit and having fun! No classes Apr 17 & May 22.

Instructor: Laurel Dickson

Mondays & Wednesdays
Mar 27 - May 10 #1168
May 15 - Jun 28 #1169
6:15 - 7:00 am MP Hall
\$91 + gst

Kettle Bell

16 years and up
Try something different! A fun, skilled based workout that will provide whole body strength and cardiovascular conditioning in one workout! These workouts will help you build a strong, dynamic core and get you fitter than you ever imagined.

Instructor: Adam Morden

Wednesdays
Apr 5 - May 24 #1322
6:45 - 7:45 pm Room A
\$56 + gst

Foam Roller Stability and Massage

14 years and up
Blend strength, stretching, relaxation and massage techniques to roll the stress away. Improve your posture, core stability, strength, mobility and revitalize your balance and flexibility. Massage and soothe tired muscles, release tension throughout your body and leave feeling refreshed and relaxed! No class Apr 19.

Instructor: Gwen Frankowski

Wednesdays
Apr 12 - May 31 #1472
10:30 - 11:30 am Room B
\$49 + gst

YOGA

Gwen's Hatha Yoga

16 years and up
Blend breath, alignment and awareness with poses that stretch and strengthen the body. Increase physical strength and improve body alignment, focus, balance and flexibility. Leave feeling refreshed & relaxed. No classes Apr 14 & May 12.

Instructor: Gwen Frankowski

Fridays
Mar 31 - Jun 23 #1471
12:00 - 1:00 pm Room B
\$84 + gst

Gwen's Yoga Core

16 years and up
A fun, upbeat ab and core workout with yoga, incorporating strength, balance and flexibility. Improve body awareness of muscle imbalance and areas of tightness, gain balance, strength, focus and overall awareness of body alignment. Have fun and smile while doing your favourite yoga poses. Suitable for all fitness levels! No classes Apr 14, 15, May 12 & 13.

Instructor: Gwen Frankowski

Fridays
Mar 31 - Jun 23 #1469
1:15 - 2:15 pm Room C
Saturdays
Apr 1 - Jun 24 #1470
10:45 - 11:45 am MP Hall
\$84 + gst

Gwen's Flow Yoga

16 years and up
Welcoming all levels, flow through Yoga poses to increase physical strength through alignment, balance and flexibility. Regular practice will see improvements in focus, body alignment, and overall strength. Leave feeling refreshed, revitalized and relaxed. No class Apr 19.

Instructor: Gwen Frankowski

Wednesdays
Mar 29 - Jun 21 #1468
9:15 - 10:15 am Room B
\$87 + gst



**Tanya's Hatha Yoga - C**

10 years and up

This is an active yoga class for beginners and returning students, designed to improve balance, flexibility and strength while reducing tension and stress. Various options will be given so that you can work at a level that suits you, however the pace may not be appropriate for people seeking a gentle yoga practice. New time!

Instructor: Tanya Sedunow

Thursdays

Mar 30 - Jun 8 #1349

5:30 - 6:45 pm Room C

\$109 + gst

Tanya's Gentle Yoga - C

10 years and up

If you are new to yoga, or enjoy a gentler pace, this class is for you. Release stiff joints, improve circulation, increase strength, stamina, flexibility, release tension, relieve stress and learn simple ways to relax in everyday life. Vary your options to work at a pace that suits you, accommodating health concerns or physical limitations.

Instructor: Tanya Sedunow

Thursdays

Mar 30 - Jun 8 #1343

7:00 - 8:30 pm Room C

\$121 + gst

Restorative Yoga

16 years and up

Restorative yoga is a very gentle practice involving the use of props to allow the body to feel totally supported. Relax and release with sustained, gentle postures. Suitable for everyone, especially those recovering from injury or illness and looking to regain their strength.

Instructor: Akiko Schima

Thursdays

Apr 6 - Jun 15 #1350

5:30 - 7:00 pm Room B

\$121 + gst

Iyengar Yoga Level 1 - C

16 years and up

Iyengar Yoga practices precision and alignment to help with mobility, equanimity and vitality. Jane combines her internationally recognized certification with great understanding of the body after 30 years as an R.M.T. Classes are created to be both challenging and fun. Participants must be able to get up from the floor by themselves. No classes Apr 14, 17 & May 22.

Instructor: Jane Stedman

Mondays

Apr 3 - Jun 5 #1346

4:30 - 6:00 pm Room C

\$88 + gst

Tuesdays

Apr 4 - May 30 #1347

9:00 - 10:30 am Room C

\$99 + gst

Fridays

Apr 7 - Jun 2 #1345

9:00 - 10:30 am Room C

\$88 + gst

All contract Yoga drop-in
\$13.50
if space allows.

Iyengar Yoga Level 2 - C

16 years and up

Students must have completed a min. of 2 level 1 sessions or have understanding of Iyengar Yoga. Level 2 emphasizes planned sequencing, timing, use of props and added fun challenges. Jane's Iyengar certification is recognized nationally and internationally. No classes Apr 17 and May 22.

Instructor: Jane Stedman

Mondays

Apr 3 - Jun 5 #1344

9:00 - 10:30 am Room C

\$88 + gst

Wednesdays

Apr 5 - May 31 #1348

7:00 - 8:30 pm Room C

\$99 + gst

Birgit's Seniors Yoga - Gentle Beginnings - C

55 years and up

A great place to begin for Seniors who are new and/or have physical limitations. This Yoga practice modifies traditional poses with a focus on posture and balance using many props.

Instructor: Birgit Nilson

Tuesdays

Mar 28 - May 30 #1478

11:00 am - 12:15 pm Room C

\$105 + gst

Birgit's Seniors' Yoga - C

55 years and up

Traditional poses are modified to accommodate the older adult and relaxation and breathing exercises end each practice. Releasing stiff joints, improving mobility, stamina and flexibility are the benefits of this practice. No class Apr 14.

Instructor: Birgit Nilson

Wednesdays

Mar 29 - May 31 #1476

10:30 - 11:45 am Room C

\$105 + gst

Fridays

Mar 31 - Jun 2 #1477

10:45 am - 12:00 pm Rm C

\$95 + gst

Birgit's Gentle Flow Yoga - C

16 years and up

A gentler approach to a style of Yoga that encourages a lot of movement. We will attempt to accommodate any physical limitations you may have. Beginners are welcome!

Instructor: Birgit Nilson

Tuesdays

Mar 28 - May 30 #1479

9:00 - 10:15 am Room B

Thursdays

Mar 30 - Jun 1 #1480

10:45 am - 12:00 pm Room C

\$105 + gst



**Birgit's Hatha Yoga - C**

16 years and up
An ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome.

Instructor: Birgit Nilson

Tuesdays
Mar 28 - May 30 #1482
5:45 - 7:00 pm Room C
Wednesdays



Mar 29 - May 31 #1483
9:00 - 10:15 am Room C
\$105 + gst

Birgit's Gentle Yoga and Meditation - C

16 years and up
This practice begins with a gentle approach to yoga poses and leaves more time for a meditation practice and relaxation. Bring your favorite blanket and pillow to get comfy. Beginners are welcome!

Instructor: Birgit Nilson

Tuesdays
Mar 28 - May 30 #1481
7:15 - 8:30 pm Room C
\$105 + gst

Birgit's Hatha Flow Yoga - C

16 years and up
If you enjoy lots of movement at a faster pace, try Hatha Flow Yoga. Poses are put into sequence and we finish with relaxation and quiet time. Beginners are welcome!

Instructor: Birgit Nilson

Thursdays
Mar 30 - Jun 1 #1484
9:00 - 10:30 am Room C
\$110 + gst

Mom and Baby Yoga

16 years and up
A wonderful class for you and your little one to participate together in the healing and relaxing practice of Yoga. Engage together in exercises to help baby's development while you release tension, rebuild strength and connect with your child. Open to all mothers 6 weeks post delivery. Please bring a blanket for your little one. No previous yoga experience required.

Instructor: Sue McGiffin

Thursdays
Apr 6 - May 18 #1321
1:00 - 2:00 pm Room B
\$89 + gst

PRESCHOOLERS**Childminding**

2 months - 5 years
Let us take care of your little ones while you take care of yourself! Mom or dad must stay in the building during the session. No program on school or statutory holidays. No sessions Apr 14, 17 & May 22.

Instructors: Crystal & Andi

Monday, Wednesday & Fridays
Mar 27 - Jun 28
8:45 - 10:45 am Room A
\$3/child; \$5.50/2 children
Drop-ins or punch cards available.

Diaper Gym

1 month - 3 years
Developmentally, a baby's first few years are remarkable, so don't miss a minute! Share the challenges of this age with other parents while your infant explores our safe and stimulating environment. Facilitated free play, circle time and lots of fun for everyone is what Diaper Gym is all about. No class Apr 14.

Tuesdays & Fridays
Mar 28 - Jun 27
9:15 - 10:00 am Gymnastics
Drop-in \$5 10 Visit Card \$45

Kindergym

1 month - 5 years
Calling all little ones and their parents! Come in out of the rain and enjoy all that our toys have to offer! Run, play, shoot, score and be active while enjoying plasma cars, soccer, basketball and an area for little ones to crawl and play. Complete this great morning with some structured circle time of songs and exciting stories.

Instructors: Karen & Katie

Wednesdays
Mar 29 - Jun 28
10:45 - 12:00 pm Gym A
Drop-in \$5

Teeter Tots

2 - 5 years
Every physical skill learned at this age has a huge ripple effect on a child's physical, mental and social development. Invest a few minutes each week with your child and reap a lifetime of rewards. Supervised free play, circle time and lots of fun make Teeter Tots the place to be! No class Apr 14.

Tuesdays & Fridays
Mar 28 - Jun 27
10:15 - 11:15 am Gymnastics
Drop-in \$5 10 Visit Card \$45

Treefrog Music Together™ - C

Birth - 5 years
Join in the beloved Music Together™ program! Start with music & movement, percussion & play and move on to build joy and confidence in music-making that carries over into your home and child's life. CD and songbook let you bring the music home. \$45 materials fee due to Instructor at first class. No classes Apr 14, 17 or May 22.

Instructor: Kazimea Sokil

Mondays
Apr 3 - Jun 19 #1500
10:15 - 11:00 am Room B
Fridays
Mar 31 - Jun 9 #1501
9:30 - 10:15 am Room B
\$135/1st child; \$90/2nd child;
siblings under 9 months free