

Dancercise

We've planned this course using the principles and components of a Fitness Class and just the combination of dance-oriented movements to slim, tone and limber the body and create a vibrant sense of well-being.

THORNHILL

E.J. Sands P.S.
Wednesday, 8:00 - 9:00 p.m.
Sept. 26 - Dec. 12

RICHMOND HILL

'Y' Centre
Monday, 9:00 - 10:00 p.m.
Sept. 24 - Dec. 17 (omit Oct. 8)
or
Thursday, 10:30 - 11:30 a.m.
Sept. 27 - Dec. 13

AURORA

Aurora Senior P.S.
Tuesday, 7:30 - 8:30 p.m.
Sept. 25 - Dec. 11

STOUFFVILLE

St. Mark's Separate School
Thursday, 8:30 - 9:30 p.m.
Sept. 27 - Dec. 13
\$30.00 (12 weeks - 12 sessions)

Co-ed Fitness

Full cardiovascular training for men and women, together with stretching and calisthenics.

RICHMOND HILL

'Y' Centre
Thursday, 7:00 - 8:00 p.m.
Sept. 27 - Dec. 13

THORNHILL

Johnsview Village P.S.
Friday, 7:00 - 8:00 p.m.
Sept. 28 - Dec. 14
\$25.00 (12 weeks - 12 sessions)

Yoga

Nothing better to improve flexibility, muscle tone, respiration, mind control and relaxation. Once again under the leadership of Annette Munro.

RICHMOND HILL

'Y' Centre
Tuesday, 8:00 - 9:00 p.m.
Sept. 25 - Dec. 11

Thursday, 9:30 - 10:30 a.m.
Sept. 27 - Dec. 13

AURORA

Aurora High School
Wednesday, 8:00 - 9:15 p.m.
Sept. 26 - Dec. 12
\$35.00 (12 weeks - 12 sessions)

STOUFFVILLE

St. Mark's Separate School
Thursday, 7:15 - 8:15 p.m.
Sept. 27 - Dec. 13

Badminton

Fun for singles or couples; a place to play your favourite sport. Our instructor will be on hand to give some help. There are showers available — bring your own towel and soap.

THORNHILL

Woodland Senior P.S.
Thursday, 7:00 - 8:00 p.m. (Instructional)
8:00 - 10:00 p.m. (Recreational)
Sept. 27 - Dec. 13