

INTRODUCING our WINTER CLASSES



3375 Spruce DR SW

EXERCISE	DAY	TIME	START DATE	\$
Pickleball	Monday	10-11:30am	Jan 9th	\$50 memb/\$80 non
Belly Dancing	Monday	10:15-11:15am	Jan 15th	\$70 memb/\$100 non
Line Dancing	Monday	12-1pm	Jan 8th *	\$84 memb/\$114 non
Pilates	Monday	6-7pm– evening	Jan 15th	\$70 memb/\$100 non
Balance Core and More	Tuesday	12:15-1pm	Jan 9th *	\$50 memb/\$80 non
Yoga	Tuesday	1:15-2:15pm	Jan 9th	\$50 memb/\$80 non
Zumba Gold	Tuesday	1:15-2pm	Jan 9th	\$50 memb/\$80 non
Qi Gong	Tuesday	2:30-3:30pm	Jan 16th	\$50 memb/\$80 non
Balance Core and More	Thursday	11:30-12:15am	Jan 8th *	\$50 memb/\$80 non
Dance to be Fit	Thursday	6-7pm—evening	Jan 18th **	\$50 memb/\$80 non
Brain Gymnastics	Thursday	1:30—2:15 pm	Jan 11th	\$50 memb/\$80 non
Rhythm and Moves	TBD	TBD	TBD	FREE
ART				
Water Colour	Mondays	12:30-3pm	Jan 8th	\$186 memb/\$216 non
Paper Tole	Thursdays	9:30-11:30am	Jan 11th	\$113 memb/\$143 non
Mixed Media ART	Thursdays	9:30 & 12pm	Jan 11th	\$162 memb/\$192 non
Mixed Media ART	Thursdays	6:30-8pm- evening	Jan 11th	\$162 memb/\$192 non
BRIDGE				
Bridge Intermediate	Wednesdays	1-3pm	Jan 10th	\$90 memb/\$120 non
Advanced Bridge	Thursday	1-3pm	Jan 11th	\$90 memb/\$120 non

ALL EXERCISE PROGRAMS ARE 10 SESSIONS EXCEPT FOR MARKED CLASSES * 12 SESSIONS AND ** 11 SESSIONS
 For more information please contact the office at 403.246.0390 or info@bowcliffseniors.org.
 Anyone needing financial assistance please contact the office.