

SUMMARY OF SASA ACTIVITIES - WINTER 2024
11 / 12 weeks
Starting MONDAY, January 8th to Thursday, March 28th

	Time	Activity	Instructor		Cost
MONDAYS from January 8th 11 weeks (closed February 19th Family Day)	10:00 - 11:00	Qi Gong	Nataliya Gasenko	Council Chambers	\$85
	10:00 - 11:00	Osteofit	Joanne Deane	Rousseau Street level	\$85
	11:30 - 12:30	Qi Gong	Richard Booth / Nataliya Gasenko	Rousseau Street level	\$85
MONDAYS from January 22 9 weeks (closed February 19th Family Day)	1:00 to 1:50	Tai-Chi Beginner	Steve Yee	Council Chambers	\$80
	2:00 to 3:30	Tai-Chi Intermediate	Steve Yee	Council Chambers	\$90
TUESDAYS from Jan 9th 12 weeks	10:00 - 11:00	Essentrics	Nicole Thacker	Rousseau Street level	\$120
	11:15 - 12:15	Essentrics	Nicole Thacker	Council Chambers (2nd)	\$120
	11:15 - 12:15	Zumba Gold	Sheelah Finlayson	Rousseau Street level	\$95
WEDNESDAYS from Jan 10th 12 weeks	9:30 - 10:30	Yoga	Karen Weinthal	Village rm Ravine level	\$120
	10:00 - 11:00	Chair Yoga	Joanne Deane	Gemmell rm 2nd level	\$120
	10:00 - 12:00	Multi-Media Art	Bernie Hunt	Evergreen Ravine level	\$100
	10:00 - 11:00	Qi Gong	Richard Booth	Council Chambers	\$95
	11:15 - 12:15	Osteofit	Joanne Deane	Rousseau Street level	\$95
	11:30 - 12:30	Fundance	Elaine Thorne	Council Chambers	\$95
	1:00 - 2:00	Zumba Gold	Sheelah Finlayson	Rousseau Street level	\$95
THURSDAYS from Jan 11th 12 weeks	10:00 - 12:30	Multi-Media Art	Bernie Hunt	Rousseau Street level	\$120
	10:00 - 11:00	Essentrics <i>new - starting Feb 8th</i>	Nicole Thacker NEW	Village Rm Ravine Level	\$80
	11:30 - 12:30	Yoga/Pilates Fusion	Mira Stojanovic	Council Chambers	\$120
FRIDAYS from Jan 12th 11 wks (good Fri)	10:00 - 11:00	Yoga/Pilates Fusion	Mira Stojanovic	Council Chambers	\$110