

Seniors' Meeting Place Registered Programs

Register at newmarket.perfectmind.com



Fitness & Wellness	Dates	Excludes	Day	Time	Place	Code
Barre Fitness	Sep 26 to Dec 12 (12)		Thur	11:30 a.m. to 12:30 p.m.	RTRC 2	38377
BollyX Low Intensity	Sep 18 to Dec 11 (13)		Wed	9 to 10 a.m.	RTRC 2	40528
Cardio Dance Fusion Fitness	Sep 24 to Dec 10 (12)		Tues	9:30 to 10:30 a.m.	SMP 1 2	40518
Kickboxing Low-Impact	Sep 20 to Dec 13 (13)		Fri	10:15 to 11:15 a.m.	RTRC 2	40393
Chair Yoga	Sep 24 to Dec 10 (12)		Tue	11 a.m. to 12 p.m.	SMP 1 2	40383
Chair Yoga	Sep 27 to Dec 20 (13)		Fri	1 to 2 p.m.	SMP 3	40388
Chair Yoga	Sep 23 to Dec 16 (12)	Oct 14	Mon	4 to 5 p.m.	SMP 4 5	40632
Chair Yoga	Sep 26 to Dec 19 (13)		Thur	11 to 12 p.m.	SMP 4 5	40386
Chair Yoga	Oct 25 to Dec 20 (9)		Fri	3:45 to 4:45 p.m.	SMP 3	44578
Fit & 55+	Sep 26 to Dec 12 (12)		Thur	9 to 10 a.m.	RTRC 2	40510
Fit & 55+	Sep 24 to Dec 17 (13)		Tue	9 to 10 a.m.	RYC	40511
Fit & 55+	Sep 27 to Dec 20 (13)		Fri	9 to 10 a.m.	RYC	40512
Fit & 55+	Sep 16 to Dec 9 (12)	Oct 14	Mon	9:30 to 10:30 a.m.	RTRC 2	40515
Fit & 55+	Sep 24 to Dec 17 (13)		Tue	6:30 to 7:30 p.m.	SMP 1 2	40513
Fit & 55+	Sep 25 to Dec 18 (13)		Wed	8:30 to 9:30 a.m.	SMP 4 5	40514
FusionFIT 55+	Sep 20 to Dec 13 (13)		Fri	9 to 10 a.m.	RTRC 2	40529
Gentle Stretch & Tone	Sep 24 to Dec 17 (13)		Tue	10:15 to 11:15 a.m.	RYC	40395
Gentle Stretch & Tone	Sep 25 to Dec 18 (13)		Wed	7 to 8 p.m.	SMP 1 2	44584
Hatha Yoga	Sep 16 to Dec 9 (12)	Oct 14	Mon	1 to 2:30 p.m.	RTRC 2	40516
Hatha Yoga	Sep 23 to Dec 16 (12)	Oct 14	Mon	6:30 to 8 p.m.	Craft	40517
Hatha Yoga	Sep 25 to Dec 18 (13)		Wed	5:30 to 6:45 p.m.	SMP 1 2	40385
Healthy & Happy Hips	Oct 25 to Dec 20 (9)		Fri	2:30 to 3:30 p.m.	SMP 3	44580
Knee & Hip Fitness	Sep 24 to Dec 10 (12)		Tue	1 to 2 p.m.	SMP 4 5	40523
Laughter Yoga	Sep 23 to Dec 16 (12)	Oct 14	Mon	5:45 to 6:15 p.m.	SMP 1 2	41606
Laughter Yoga	Sep 25 to Dec 11 (12)		Wed	4:30 to 5 p.m.	SMP 4 5	41624
Line Dancing (Absolute Beginner)	Sep 23 to Nov 25 (9)	Oct 14	Mon	2:45 to 3:45 pm	SMP 3	40279
Line Dancing (Absolute Beginner)	Sep 24 to Nov 26 (10)		Tues	3:45 to 4:45 p.m.	SMP 3	40280
Line Dancing (Absolute Beginner)	Sept 24 to Dec 10 (12)		Tue	6 to 7p.m.	SMP 3	40278
Line Dancing (Beginner)	Sep 23 to Nov 25 (9)	Oct 14	Mon	1 to 2:30 p.m.	SMP 3	40343
Line Dancing (Beginner)	Sep 24 to Dec 10 (11)		Tue	7 to 8:30 p.m.	SMP 3	40345
Line Dancing (Improver)	Sep 24 to Nov 26 (10)		Tue	7 to 8:30 p.m.	SMP 4 5	40344
Line Dancing (Improver)	Sep 24 to Nov 26 (10)		Tues	2 to 3:30 p.m.	SMP 3	40349
Line Dancing (Progressive)	Sep 24 to Nov 26 (10)		Tues	12:15 to 1:45 p.m.	SMP 3	40347
Line Dancing (Progressive)	Sep 25 to Nov 27 (10)		Wed	7 to 8:30 p.m.	SMP 4 5	40346
Line Dancing (Intermediate)	Sep 23 to Nov 25 (9)	Oct 14	Mon	10 to 11:30 a.m.	SMP 4 5	41247
Line Dancing (Intermediate)	Sep 25 to Dec 11 (11)		Wed	7 to 8:30 p.m.	SMP 3	40348
Low-Impact Boot Camp	Sep 16 to Dec 9 (12)	Oct 14	Mon	10:45 to 11:45 a.m.	RTRC 2	40522
Men's Fitness	Sep 24 to Dec 10 (12)		Tue	11:45 a.m. to 12:45 p.m.	SMP 4 5	40530
Mobility and Core Strengthening	Sep 24 to Dec 17 (13)		Tue	11:30 a.m. to 12:30 p.m.	RYC	40526

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Mobility and Core Strengthening	Sep 27 to Dec 20 (13)		Fri	11:30 a.m. to 12:30 p.m.	RYC	40527
Osteoporosis Exercise	Sep 24 to Dec 10 (12)		Tue	2:15 to 3:15 p.m.	SMP 4 5	40520
Osteoporosis Exercise	Sep 26 to Dec 19 (13)		Thur	2:15 to 3:15 p.m.	SMP 4 5	40521
Pilates	Sep 26 to Dec 12 (12)		Thur	10:15 to 11:15 a.m.	RTRC 2	40394
Pilates	Sep 27 to Dec 20 (13)		Fri	10:15 to 11:15 a.m.	RYC	40396
Pilates & Chill	Sep 23 to Nov 25 (9)	Oct 14	Mon	7 to 8 p.m.	SMP 4 5	40542
Square Dancing - Basic	Sep 26 to Dec 12 (12)		Thur	7:30 to 8:30 p.m.	SMP 3	41187
Square Dancing - Mainstream	Sept 26 to Dec 12 (12)		Thur	8:30 to 9:30 p.m.	SMP 3	41188
Square Dancing - Plus	Sep 26 to Dec 12 (12)		Thur	6:30 to 7:30 p.m.	SMP 3	41184
Strength Release 1	Sep 25 to Dec 11 (12)		Wed	11:30 a.m. to 12:30 p.m.	RTRC 2	41603
Strength Release 1	Sep 23 to Dec 16 (12)	Oct 14	Mon	4:30 to 5:30 p.m.	SMP 1 2	41604
Strength Release 1	Sep 25 to Dec 11 (12)		Wed	5:15 to 6:15 p.m.	SMP 4 5	41605
Strong and Stable	Sep 26 to Dec 19 (13)		Thu	1 to 2 p.m.	SMP 4 5	40525
Strong Bones & Balance	Sep 24 to Dec 10 (12)		Tue	3:30 to 4:30 p.m.	SMP 4 5	44556
Tai Chi (Yang Style)	Sep 25 to Dec 18 (13)		Wed	11 to 12 p.m.	SMP 4 5	40352
Yoga Flow	Sep 18 to Dec 11 (13)		Wed	10:15 to 11:15 a.m.	RTRC 2	40384
Zumba	Sep 21 to Dec 21 (14)		Sat	9 to 9:45 a.m.	SMP 4 5	40277
Zumba Gold	Sep 23 to Dec 16 (12)	Oct 14	Mon	9 to 9:45 a.m.	SMP 4 5	40392
Zumba Gold	Sep 26 to Dec 19 (13)		Thu	10 to 10:45 a.m.	SMP 4 5	40390
Zumba Toning	Sep 25 to Dec 18 (13)		Wed	10 to 10:45 a.m.	SMP 4 5	40389
Online Fitness	Dates	Excludes	Day	Time	Place	Code
Hatha Yoga	Sep 19 to Dec. 19 (14)	Nov 21 Nov 28	Thur	11:30 a.m. to 12:30 p.m.	Zoom	40537
Qi Gong	Oct 8 to Dec 17 (14)		Tue	9 to 10 a.m.	Zoom	40275
Art Classes	Dates	Excludes	Day	Time	Place	Code
Abstract Alcohol Ink (Matting)	Nov 20 (1)		Wed	1 to 4 p.m.	SMP 4	40531
Acrylic Fine Art (Advanced)	Sep 26 to Nov 28 (10)		Thu	1 to 4 p.m.	SMP 1 2	40369
Acrylic Fine Art (Beginner)	Sep 26 to Nov 28 (10)		Thu	9 a.m. to 12 p.m.	SMP 1 2	40367
Acrylic Mixed Media - Dragonfly	Dec 4 2024 (1)		Wed	1 to 5 p.m.	SMP 4	40612
Christmas Sparkle & Ink Ornament	Nov 27 (1)		Wed	1 to 4 p.m.	SMP 4	40533
Exp. Acrylic Mixed Media	Sep 25 to Nov 27 (10)		Wed	9 a.m. to 12 p.m.	SMP 1 2	40273
Holiday Centrepiece Workshop	Dec 5 (1)		Thur	10 a.m. to 12 p.m.	SMP 1 2	41796
Life Drawing (Beginner)	Oct 21 to Dec 16 (9)		Mon	7 to 9 p.m.	SMP 1 2	40379
Soft Pastels (Beginner)	Sept 25 to Nov 13 (8)		Wed	1 to 4 p.m.	SMP 4	40363
Watercolour (Beginner)	Sep 25 to Nov 27 (10)		Wed	1 to 4 p.m.	SMP 1 2	40274
Watercolour (Intermediate)	Sep 27 to Dec 6 (10)	Nov 15	Fri	9 a.m. to 12 p.m.	SMP 1 2	40378