

Seniors' Meeting Place

Registered Programs

Register at newmarket.perfectmind.com



Fitness & Wellness	Date	Day	Time	Excludes	Location	Code
BollyX Low Intensity	Jul 24 to Aug 28	Wed	9 to 10 a.m.		SMP 1&2	32830
Cardio Dance Fusion Fitness	Jul 23 to Aug 27	Tues	9:30 to 10:30 a.m.		SMP 1&2	32848
Cardio Kickboxing 55+	Jul 26 to Aug 30	Fri	10:15 to 11:15 a.m.		SMP 1&2	32841
Fit & 55+	Jul 23 to Aug 27	Tues	6:30 to 7:30 pm		SMP 1&2	32860
Fit & 55+	Jul 24 to Aug 28	Wed	8:30 to 9:30 p.m.		SMP 4&5	32854
Fit & 55+	Jul 25 to Aug 29	Thur	9 to 10 a.m.		SMP 4&5	33706
Fit & 55+	Jul 26 to Aug 30	Fri	9 to 10 a.m.		SMP 4&5	33130
FusionFIT 55+	Jul 26 to Aug 30	Fri	9 to 10 a.m.		SMP 1&2	32840
Knee & Hip Fitness	Jul 23 to Aug 27	Tues	1 to 2 p.m.		SMP 4&5	33121
Line Dancing (Absolute Beginner)	Jul 22 to Aug 19	Mon	2:45 to 3:45 p.m.	Aug 5	SMP 3	32732
Line Dancing (Absolute Beginner)	Jul 23 to Aug 20	Tues	6 to 7 p.m.		SMP 3	32755
Line Dancing (Beginner)	Jul 22 to Aug 19	Mon	1 to 2:30 pm	Aug 5	SMP3	32736
Line Dancing (Beginner)	Jul 23 to Aug 20	Tues	7 to 8:30 p.m.		SMP3	32758
Line Dancing (Improver)	Jul 23 to Aug 20	Tues	7 to 8:30 p.m.		SMP 4&5	32746
Line Dancing (Improver)	Jul 23 to Aug 20	Tues	2 to 3:30 p.m.		SMP 3	32743
Line Dance (Progressive)	Jul 23 to Aug 20	Tues	12:15 to 1:45 p.m.		SMP 3	32742
Line Dancing (Progressive)	Jul 24 to Aug 21	Wed	7 to 8:30 p.m.		SMP 4&5	32750
Line Dancing (Intermediate)	Jul 22 to Aug 19	Mon	10 to 11:30 a.m.	Aug 5	SMP 4&5	32740
Line Dancing (Intermediate)	Jul 24 to Aug 21	Wed	7 to 8:30 p.m.		SMP 3	32761
Osteoporosis Exercise	Jul 23 to Aug 27	Tues	2:15 to 3:15 p.m.		SMP 4&5	33122
Osteoporosis Exercise	Jul 25 to Aug 29	Thur	2:15 to 3:15 p.m.		SMP 4&5	32843
Pilates	Jul 24 to Aug 28	Wed	10 to 11 a.m.		SMP 4&5	36105
Pilates	Jul 25 to Aug 29	Thur	10 to 11 a.m.		SMP 4&5	36106
Seated Yoga	Jul 23 to Aug 27	Tues	11 a.m. to 12 p.m.		SMP 1&2	33711
Seated Yoga	Jul 25 to Aug 29	Thur	1 to 2 p.m.		SMP 1&2	33712
Strong and Stable	Jul 25 to Aug 29	Thur	1 to 2 p.m.		SMP 4&5	32845
Strong Bones & Balance	Jul 25 to Aug 29	Thur	10:15 to 11:15 a.m.		SMP 4&5	33707
Strong Bones & Balance	Jul 26 to Aug 30	Fri	10:15 to 11:15 a.m.		SMP 4&5	33135
Yoga Flow	Jul 24 to Aug 28	Wed	10:15 to 11:15 a.m.		SMP 1&2	32835
Zumba	Jul 22 to Aug 26	Mon	9 to 9:45 a.m.	Aug 5	SMP 4&5	32852

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Online Fitness	Date	Day	Time	Excludes	Location	Code
Qi Gong	Jul 2 to Aug 27	Tue	2 to 3 p.m.		Zoom	33125
Hatha Yoga	Jul 8 to Aug 26	Mon	1 to 2:30 p.m.	Aug 5	Zoom	33127
Hatha Yoga	Jul 4 to Aug 29	Thur	10 to 11:30 a.m.		Zoom	33126

Art Classes	Date	Day	Time	Excludes	Location	Code
Soft Pastels	Jul 24 to Aug 7	Wed	1 to 4 p.m.		Hall 4	33700
Soft Pastels	Aug 14 to Aug 28	Wed	1 to 4 p.m.		Hall 4&5	33701
Drawing Portraits (Beginner)	Jul 22 to Aug 19	Mon	1 to 2:30 p.m.	August 5	Craft Room	33703
The Process of Portraiture (Intermediate)	Jul 22 to Aug 19	Mon	3 to 5 p.m.	August 5	Craft Room	33705

RYC - Recreation Youth Centre and telMAX Indoor Skate Park (56 Charles Street)

SMP - Newmarket Seniors' Meeting Place (474 Davis Drive)

RTRC - Ray Twinney Recreation Complex (100 Eagle Street West)

Hall 1, 2, 3, 4 - Community Centre and Lions Hall (200 Doug Duncan Drive)