

**Fall 2011**  
**Fitness Program Registration Form**  
**Note: Registration is on a First Come Basis**

CHECK THE NEWSLETTER/WEBSITE FOR DETAILED INFORMATION ON THE CLASSES (RE; DATE AND TIMES)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ ( ) Member ( ) Non-Member  
 Any Recent Changes in Address or Phone Number ? ( ) Yes ( ) No

<b>Fitness Programs</b>	<b>Day(s)</b>	<b>Members</b>	<b>Non-Members</b>	<b>Total</b>
<b>Muscle Motivation</b>	Mondays	\$65.00	\$85.00	
<b>Muscle Motivation</b>	Wednesdays	\$65.00	\$85.00	
<b>Yoga</b>	Mondays	\$65.00	\$85.00	
<b>Pilates</b>	Tuesdays	\$65.00	\$85.00	
<b>Tai Chi</b>	Wednesdays	\$65.00	\$85.00	
<b>Sit &amp; Fit</b>	Thursdays	\$65.00	\$85.00	
<b>Improve your Balance</b>	Tuesdays	\$45.00	\$65.00	
<b>Co-ed Circuit Training</b>	Fridays	\$65.00	\$85.00	
<b>Zumba Gold</b>	Mondays	\$65.00	\$85.00	
<b>Zumba Gold</b>	Tuesdays	\$65.00	\$85.00	
<b>Zumba Toning</b>	Wednesdays	\$65.00	\$85.00	
<b>Home Exercise Program (CHEX)</b>	September 29		\$10.00	
<b>Square Dancing</b>	Wednesdays	\$10.00		
<b>Hall Walking</b>	Daily	\$5.00		
<b>Membership</b>		\$25.00		

Total Amount \_\_\_\_\_  
 Amount Paid \_\_\_\_\_ Cash: \_\_\_\_\_ Cheque: \_\_\_\_\_ Date Paid \_\_\_\_\_

Cheques should be made out to: Charleswood Senior Centre Inc., Municipal Building, 5006 Roblin Blvd., Winnipeg MB R3R 0G7

## **PROGRAM & SPECIAL EVENTS REGISTRATION**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Member ( ) Non-Member ( )

<b>Cards Etc:</b>	<b>Days</b>	<b>Members</b>	<b>Non-Members</b>
<b>Bridge</b>	Thursdays	\$15.00 Members Only (Year)	
<b>Cribbage</b>	Tuesdays	\$15.00 Members Only (Year)	
<b>Inter Bridge Lessons</b>	Wed	\$25.00	\$35.00
<b>Canasta</b>	Wednesdays	\$15.00 (Year)	
<b>Rummoli</b>	2nd Thursday	\$5.00 (Year)	
<b>Texas Hold'em</b>	4th Thursday	\$5.00 (Year)	
<b>Fun Bingo</b>	Last Monday	\$5.00 (Year)	

<b>Art Classes</b>	<b>Days</b>	<b>Members</b>	<b>Non-Members</b>
<b>Painting &amp; Drawing</b>	Mondays	\$65.00	\$85.00

<b>Games</b>	<b>Days</b>	<b>Members</b>	<b>Non-Members</b>
<b>Bocce</b>	Fridays	\$5.00 (Year)	
<b>Carpet Bowling</b>	Mondays	\$5.00 (Year)	
<b>Badminton</b>	Thursdays	\$10.00 (Year)	
<b>Nintendo Wii</b>	3rd Friday	\$5.00 (Year)	

<b>Hobbies</b>	<b>Days</b>	<b>Members</b>	<b>Non-Members</b>
<b>Book Club</b>	3rd Thursday	\$5.00	
<b>Harmonica (Beginners)</b>	Wednesdays	\$35.00	\$45.00
<b>Harmonica (Intermed)</b>	Wednesdays	\$35.00	\$45.00

<b>Special Events</b>	<b>Days</b>	<b>Members</b>	<b>Non-Members</b>
<b>Get Them While They're Hot</b>	Wed, Sept. 21	\$3.00	
<b>Girl's Night Out</b>	Thurs, Oct. 13	\$15.00	\$25.00
<b>Halloween Breakfast</b>	Mon, Oct. 31	\$7.00	

### **Social Card Programs for September and October**

- September 30, Travelogue
- October 3, Charleswood Café
- October 6, Lunch & Learn
- October 7, Matinee
- October 13, Watching the Salt
- October 17, Casino Trip
- October 24, Scotia Bank Presents
- October 28, Travelogue

<b>Membership</b>	\$25.00
<b>Social Punch Card</b>	\$10.00

**Total Amount:** \_\_\_\_\_

**Amount Paid:** \_\_\_\_\_ **Cash:** \_\_\_\_\_ **Cheque:** \_\_\_\_\_ **Date Paid:** \_\_\_\_\_

**Cheques should be made out to: Charleswood Senior Centre Inc.**