

# WINTER FITNESS SCHEDULE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
First class Jan 12 Last class Mar 30 No classes Feb 16	First class Jan 13 Last class Mar 31	First class Jan 14 Last class Apr 1	First class Jan 15 Last class Apr 2	First Class Jan 16 Last Class Mar 27 No class Apr 3
Weight Training 9:15 am (Pete) <b>Gym</b> Zumba 9:15am (Emilie) <b>MPR</b>	HIIT 9:00 am (Pete) <b>Gym &amp; MPR</b>	Total Body Fitness 9:00 am (Eleanor) <b>Gym</b> Stretch Class 9:00 am (Debby) <b>MPR</b>	Zumba 9:00 am (Emilie) <b>Gym &amp; MPR</b>	Weight Training 9:15 am (Pete) <b>Gym</b>
Weight Training 10:30 am (Pete) <b>Gym &amp; MPR</b>	Balance & Conditioning 10:15 am (Pete) <b>Gym &amp; MPR</b>	Sit & Fit - <b>Gym</b> 10:15 am (Eleanor) Chair Yoga 10:15 am (Debby) <b>MPR</b>	Total Body Fitness 10:15 am (Eleanor) <b>GYM</b> Chair Dance 10:15 am (Erv) <b>MPR</b>	Dynamic Movement 10:30 am (Pete) <b>Gym</b>
Stretch Class 11:45 am (Debby) <b>Gym &amp; MPR</b>	Sit & Fit 11:30 am (Alan) <b>Gym &amp; MPR</b>	Bone Building Health & Muscle Strength 11:30 am (Erv) <b>Gym &amp; MPR</b>	Functional Fitness 11:30 am (Erv) <b>Gym</b> Sit & Fit 11:30 pm (Alan) <b>MPR</b>	Fit & Tall 11:45 am (Claudia) <b>Gym</b> Last day March 13
Line Dancing 1:00 pm (Carole) <b>Gym &amp; MPR</b>	Gentle Yoga 12:45 pm (Mary Lou) <b>Gym &amp; MPR</b>	Restorative Yoga 12:45 pm (Mary Lou) <b>Gym</b>	Barre 12:45 pm (Claudia) <b>Gym</b> Last day March 12 Pilates 12:45 pm (Alan) <b>MPR</b>	
			PACE 2:00 pm (Claudia) <b>Gym</b> Last day March 12	
Barre 5:30 pm (Tracy) <b>Gym</b>	Yin Yoga 5:30 pm (Mary Lou) <b>Gym</b>			All fitness classes are 1 hour.

PICKLEBALL AT WESTDALE COMMUNITY CENTRE TUESDAYS, WEDNESDAYS, AND FRIDAYS AT 9:30 - 11:00 AM

			1	2
5 REGISTRATION BEGINS FOR MONDAY CLASSES AND ACTIVITIES AT 9:30 A.M.	6 REGISTRATION BEGINS FOR TUESDAY CLASSES AND ACTIVITIES AT 9:30 A.M	7 REGISTRATION BEGINS FOR WEDNESDAY CLASSES AND ACTIVITIES AT 9:30 A.M.	8 REGISTRATION BEGINS FOR THURSDAY CLASSES AND ACTIVITIES AT 9:30 A.M.	9 REGISTRATION BEGINS FOR FRIDAY CLASSES AND ACTIVITIES AT 9:30 A.M.
12 <div>9:15am- 2:00pm Fitness Classes (MPR)</div> <div>2:15- 4:00pm Bridge (MPR)</div> <div>1:00- 3:00pm Canasta (MR)</div>	13 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:30-11:00am Drop-In Coffee (MR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>2:00- 4:00pm Cribbage (MPR)</div>	14 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>9:00am- 12:30pm Board/Committee Meetings (MR)</div> <div>2:00- 4:00pm Jammers (GYM)</div>	15 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>10:30am Ladies In Stitches (MR)</div> <div>1:00- 3:00pm Rummoli (MR)</div> <div>2:00- 4:00pm Mahjong (MPR)</div>	16 <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>11:00am- 12:30pm Bocce Ball (MPR)</div>
19 <div>9:15am- 2:00pm Fitness Classes (MPR)</div> <div>2:15- 4:00pm Bridge (MPR)</div> <div>1:00- 3:00pm Canasta (MR)</div>	20 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:30-11:00am Drop-In Coffee (MR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>1:00- 2:30pm Mystery Book Club (MR)</div> <div>2:00- 4:00pm Cribbage (MPR)</div>	21 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:00am- 12:30pm Board/Committee Meetings (MR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>2:00- 4:00pm Jammers (GYM)</div>	22 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>1:00- 3:00pm Rummoli (MR)</div> <div>2:00- 4:00pm Mahjong (MPR)</div>	23 <div>9:00am- 10:30pm Creative Writing (MPR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>9:30-11:00am Men’s Drop-In Coffee (MR)</div> <div>11:00am- 12:30pm Bocce Ball (MPR)</div> <div>1:00pm Food &amp; Flicks (MPR)</div>
26 <div>9:15am- 2:00pm Fitness Classes (MPR)</div> <div>2:15- 4:00pm Bridge (MPR)</div> <div>1:00- 3:00pm Canasta (MR)</div> <div>2:15- 4:00pm Watercolours: Next Steps (MR)</div>	27 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:30-11:00am Drop-In Coffee (MR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>2:00- 4:00pm Cribbage (MPR)</div>	28 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:00am- 12:30pm Board/Committee Meetings (MR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>1:15- 4:00pm Bada Bingo (MPR)</div> <div>2:00- 4:00pm Jammers (GYM)</div>	29 <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>1:00- 3:00pm Rummoli (MR)</div> <div>2:00- 4:00pm Mahjong (MPR)</div> <div>2:00- 4:00pm Tech Talk with Lloyd</div>	30 <div>9:00am- 10:30pm Creative Writing (MPR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>11:00am- 12:30pm Bocce Ball (MPR)</div> <div>1:00 WRHA Pop-Up (MPR)</div>



# FEBRUARY 2026


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div>2</div> <div><div>9:15am- 2:00pm Fitness Classes (MPR)</div><div>2:15- 4:00pm Bridge (MPR)</div><div>1:00- 3:00pm Canasta (MR)</div><div>2:15- 4:00pm Watercolour: Next Steps (MPR)</div></div>	<div>3</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30-11:00am Drop-In Coffee (MR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>2:00- 4:00pm Cribbage (MPR)</div><div>1:00- 2:30pm Book Club (MR)</div></div>	<div>4</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>9:00am- 12:30pm Board/Committee Meetings (MR)</div><div>11:45am Lunch of the Month</div><div>2:00pm Insights Into Anxiety (MPR)</div><div>2:00- 4:00pm Jammers (GYM)</div></div>	<div>5</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>10:30am Ladies In Stitches (MR)</div><div>1:00- 3:00pm Rummoli (MR)</div><div>2:00- 4:00pm Mahjong (MPR)</div></div>	<div>6</div> <div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>11:00am- 12:30pm Bocce Ball (MPR)</div><div>1:00pm Park'n'Pay Presentation (MPR)</div></div>
<div>9</div> <div><div>9:15am- 2:00pm Fitness Classes (MPR)</div><div>2:15- 4:00pm Bridge (MPR)</div><div>1:00- 3:00pm Canasta (MR)</div><div>2:15- 4:00pm Watercolour: Next Steps (MPR)</div></div>	<div>10</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30-11:00am Drop-In Coffee (MR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>2:00- 4:00pm Cribbage (MPR)</div></div>	<div>11</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>9:00am- 12:30pm Board/Committee Meetings (MR)</div><div>2:00pm Menshed Band (GYM + MPR)</div></div>	<div>12</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30am Reimagine Alumni (MR)</div><div>1:00- 3:00pm Rummoli (MR)</div><div>2:00- 4:00pm Mahjong (MPR)</div><div>2:00- 4:00pm Tech Talk with Lloyd</div></div>	<div>13</div> <div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>11:00am- 12:30pm Bocce Ball (MPR)</div><div>11:30am Centre Fundraising Lunch (MPR)</div></div>
<div>16</div> <div><div></div><div>Louis Riel Day Centre Closed</div></div>	<div>17</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30-11:00am Drop-In Coffee (MR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>1:00- 2:30pm Mystery Book Club (MR)</div><div>2:00- 4:00pm Cribbage (MPR)</div></div>	<div>18</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>9:00am- 12:30pm Board/Committee Meetings (MR)</div><div>2:00- 4:00pm Jammers (GYM)</div><div>2:00pm Paint Party (MPR)</div></div>	<div>19</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>10:30am Ladies In Stitches (MR)</div><div>1:00- 3:00pm Rummoli (MR)</div><div>2:00- 4:00pm Mahjong (MPR)</div></div>	<div>20</div> <div><div>9:00am- 10:30pm Creative Writing (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>11:00am- 12:30pm Bocce Ball (MPR)</div><div>1:00pm Food &amp; Flicks (MPR)</div></div>
<div>23</div> <div><div>9:15am- 2:00pm Fitness Classes (MPR)</div><div>2:15- 4:00pm Bridge (MPR)</div><div>1:00- 3:00pm Canasta (MR)</div><div>2:15- 4:00pm Watercolour: Next Steps (MPR)</div></div>	<div>24</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30-11:00am Drop-In Coffee (MR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>2:00- 4:00pm Cribbage (MPR)</div></div>	<div>25</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>9:00am- 12:30pm Board/Committee Meetings (MR)</div><div>1:15- 4:00pm Bada Bingo (MPR)</div><div>2:00- 4:00pm Jammers (GYM)</div></div>	<div>26</div> <div><div>9:00am- 1:45pm Fitness Classes (MPR)</div><div>1:00- 3:00pm Rummoli (MR)</div><div>2:00- 4:00pm Mahjong (MPR)</div><div>2:00- 4:00pm Tech Talk with Lloyd</div></div>	<div>27</div> <div><div>9:00am- 10:30pm Creative Writing (MPR)</div><div>9:30- 11:00am Pickleball (Westdale CC)</div><div>9:30-11:00am Men's Drop-In Coffee (MR)</div><div>11:00am- 12:30pm Bocce Ball (MPR)</div></div>



# MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
9:15am- 2:00pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 10:30pm Creative Writing (MPR)
2:15- 4:00pm Bridge (MPR)	9:30-11:00am Drop-In Coffee (MR)	9:30- 11:00am Pickleball (Westdale CC)	1:00- 3:00pm Rummoli (MR)	9:30- 11:00am Pickleball (Westdale CC)
1:00- 3:00pm Canasta (MR)	9:30- 11:00am Pickleball (Westdale CC)	9:00am- 12:30pm Board/Committee Meetings (MR)	2:00- 4:00pm Mahjong (MPR)	11:00am- 12:30pm Bocce Ball (MPR)
	2:00- 4:00pm Cribbage (MPR)	11:45am Lunch of the Month		2:00 pm Rock'n'Roll Trivia (MPR)
	1:00- 2:30pm Book Club (MR)	2:00pm Disability Tax Presentation (MPR)		
		2:00- 4:00pm Jammers (GYM)		
9	10	11	12	13
9:15am- 2:00pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 10:30pm Creative Writing (MPR)
2:15- 4:00pm Bridge (MPR)	9:30-11:00am Drop-In Coffee (MR)	9:30- 11:00am Pickleball (Westdale CC)	9:30am Reimagine Alumni (MR)	9:30- 11:00am Pickleball (Westdale CC)
1:00 - 3:00pm Canasta (MR)	9:30- 11:00am Pickleball (Westdale CC)	9:00am- 12:30pm Board/Committee Meetings (MR)	1:00- 3:00pm Rummoli (MR)	11:00am- 12:30pm Bocce Ball (MPR)
2:15- 4:00pm Watercolour: Next Steps (MPR)	2:00- 4:00pm Cribbage (MPR)	2:00pm Vic + the Invisible Trio (GYM + MPR)	2:00- 4:00pm Mahjong (MPR)	11:30am Centre Fundraising Lunch (MPR)
			2:00- 4:00pm Tech Talk with Lloyd	
16	17	18	19	20
9:15am- 2:00pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 10:30pm Creative Writing (MPR)
2:15- 4:00pm Bridge (MPR)	9:30-11:00am Drop-In Coffee (MR)	9:30- 11:00am Pickleball (Westdale CC)	10:30am Ladies In Stitches (MR)	9:30- 11:00am Pickleball (Westdale CC)
1:00- 3:00pm Canasta (MR)	9:30- 11:00am Pickleball (Westdale CC)	9:00am- 12:30pm Board/Committee Meetings (MR)	1:00- 3:00pm Rummoli (MR)	11:00am- 12:30pm Bocce Ball (MPR)
2:15- 4:00pm Watercolour: Next Steps (MPR)	1:00- 2:30pm Mystery Book Club (MR)	2:00- 4:00pm Jammers (GYM)	2:00- 4:00pm Mahjong (MPR)	1:00pm Food & Flicks (MPR)
	2:00- 4:00pm Cribbage (MPR)	2:00pm Paint Party (MPR)		
23	24	25	26	27
9:15am- 2:00pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)	9:00am- 10:30pm Creative Writing (MPR)
2:15- 4:00pm Bridge (MPR)	9:30-11:00am Drop-In Coffee (MR)	9:30- 11:00am Pickleball (Westdale CC)	1:00- 3:00pm Rummoli (MR)	9:30- 11:00am Pickleball (Westdale CC)
1:00- 3:00pm Canasta (MR)	9:30- 11:00am Pickleball (Westdale CC)	9:00am- 12:30pm Board/Committee Meetings (MR)	2:00- 4:00pm Mahjong (MPR)	9:30-11:00am Men's Drop-In Coffee (MR)
	2:00- 4:00pm Cribbage (MPR)	1:00- 4:00pm Fraud Presentation (MPR)	2:00- 4:00pm Tech Talk with Lloyd	11:00am- 12:30pm Bocce Ball (MPR)
		2:00- 4:00pm Jammers (GYM)		12:45-3:30pm MEGA Bada Bingo
30	31			
9:15am- 2:00pm Fitness Classes (MPR)	9:00am- 1:45pm Fitness Classes (MPR)			
2:15- 4:00pm Bridge (MPR)	9:30-11:00am Drop-In Coffee (MR)			
1:00- 3:00pm Canasta (MR)	9:30- 11:00am Pickleball (Westdale CC)			
2:15- 4:00pm Watercolour: Next Steps (MPR)	2:00- 4:00pm Cribbage (MPR)			



# APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>9:30- 11:00am Pickleball (Westdale CC)</div> <div>9:00am- 12:30pm Board/Committee Meetings (MR)</div> <div>11:45am Lunch of the Month</div> <div>2:00pm Rick Roshchuck (GYM + MPR)</div>	<div>2</div> <div>9:00am- 1:45pm Fitness Classes (MPR)</div> <div>1:00- 3:00pm Rummoli (MR)</div> <div>2:00- 4:00pm Mahjong (MPR)</div>	<div>3</div> <div>Good Friday Centre Closed</div>
<div>6</div> <div>REGISTRATION BEGINS FOR MONDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</div>	<div>7</div> <div>1:00- 2:30pm Mystery Book Club (MR)</div> <div>REGISTRATION BEGINS FOR TUESDAY CLASSES AND ACTIVITIES AT 9:30 A.M</div>	<div>8</div> <div>REGISTRATION BEGINS FOR WEDNESDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</div>	<div>9</div> <div>REGISTRATION BEGINS FOR THURSDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</div>	<div>10</div> <div>REGISTRATION BEGINS FOR FRIDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</div>
<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	