

SPRING FITNESS SCHEDULE 2026

MONDAY

TUESDAY

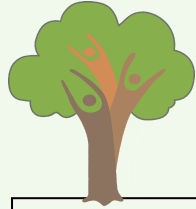
WEDNESDAY

THURSDAY

FRIDAY

<p>First class Apr 13 Last class Jun 22 No classes May 18</p>	<p>First class Apr 14 Last class Jun 23</p>	<p>First class Apr 15 Last class June 24</p>	<p>First class Apr 16 Last class Jun 25</p>	<p>First Class Apr 17 Last Class Jun 26</p>
<p>Weight Training 9:00 am (Pete) Gym Zumba 9:00am (Emilie) MPR</p>	<p>HIIT 9:00 am (Pete) Gym & MPR</p>	<p>Total Body Fitness 9:00 am (Eleanor) Gym & MPR</p>	<p>Zumba 9:00 am (Emilie) MPR</p>	<p>Weight Training 9:15 am (Pete) Gym & MPR</p>
<p>Weight Training 10:15 am (Pete) Gym & MPR</p>	<p>Balance & Conditioning 10:15 am (Pete) Gym & MPR</p>	<p>Sit & Fit 10:15 am (Eleanor) Gym & MPR (no class June 17)</p>	<p>Functional Fitness 10:15 am (Erv) Gym Chair Yoga 10:15 am (Doreen) MPR</p>	<p>Dynamic Movement 10:30 am (Pete) Gym</p>
<p>Stretch Class 11:30 am (Debby) Gym & MPR</p>	<p>Sit & Fit 11:30 am (Alan) Gym & MPR</p>	<p>Bone Building Health & Muscle Strength 11:30 am (Erv) Gym & MPR (no class June 17)</p>	<p>Functional Fitness 11:30 am (Erv) Gym Sit & Fit 11:30 am (Alan) MPR</p>	<p>Fit & Tall 11:45 am (Claudia) Gym Last Day June 12</p>
<p>Line Dancing 12:45 pm (Carole) Gym & MPR No class May 4</p>	<p>Gentle Yoga 12:45 pm (Mary Lou) Gym & MPR</p>	<p>Restorative Yoga 12:45 pm (Mary Lou) Gym</p>	<p>Barre 12:45 pm (Claudia) Gym Gym Last Day June 11</p>	<p>Barre 1:00 pm (Claudia) Gym Last Day June 12</p>
	<p>Chair Yoga 2:00 pm (Mary Lou) Gym Starts April 21</p>		<p>PACE 2:00 pm (Claudia) Gym Last Day June 11</p>	
				<p>All fitness classes are 1 hour.</p>

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



APRIL 2026

Meetings

Pickleball

Entertainment

Fitness Classes

Special Event

Coffee

Special Interest

Cards and Games

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>6</p> <p>REGISTRATION BEGINS FOR MONDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</p>	<p>7</p> <p>1:00- 2:30pm Book Club (MR)</p> <p>REGISTRATION BEGINS FOR TUESDAY CLASSES AND ACTIVITIES AT 9:30 A.M</p>	<p>8</p> <p>REGISTRATION BEGINS FOR WEDNESDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</p>	<p>9</p> <p>REGISTRATION BEGINS FOR THURSDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</p>	<p>10</p> <p>REGISTRATION BEGINS FOR FRIDAY CLASSES AND ACTIVITIES AT 9:30 A.M.</p>
<p>13</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>14</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p> <p>2:00 Formal Attire Zumba (GYM)</p>	<p>15</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00- 4:00pm Jammers (GYM)</p> <p>1:15- 4:00pm Bada Bingo (MPR)</p>	<p>16</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>10:30am Ladies In Stitches (MR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p> <p>2:00- 4:00pm Tech Talk with Ed</p>	<p>17</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p>
<p>20</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>21</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>1:00- 2:30pm Mystery Book Club (MR)</p> <p>2:00- 4:00pm Cribbage (MPR)</p>	<p>22</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Jammers (GYM)</p> <p>2:00pm Inner Swing (MPR)</p>	<p>23</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p>	<p>24</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:30-11:00am Men's Drop-In Coffee (MR)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p> <p>1:00pm Food & Flicks (MPR)</p>
<p>27</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00 - 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>28</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p>	<p>29</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 3:00pm Keith Dyck (GYM + MPR)</p> <p>11:45am Lunch of the Month</p>	<p>30</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p> <p>2:00- 4:00pm Tech Talk</p>	



MAY 2026

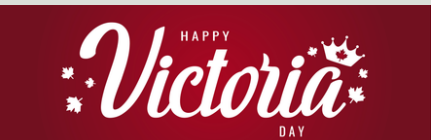
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1 9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p> <p>1:00pm Rock 'n' Roll Serendipity (MPR)</p>
<p>4</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>9:30-12:30 Eyewear Wellness Day (MR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>5 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>1:00- 2:30pm Book Club (MR)</p> <p>2:00- 4:00pm Cribbage (MPR)</p>	<p>6 2:00- 4:00pm Jammers (GYM)</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00pm Dying with Dignity (MPR)</p>	<p>7 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>10:30am Reimagine Alumni (MR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p>	<p>8</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>10:30am A Prairie Woman's Story (MR)</p>
<p>11</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>12 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p> <p>1:00pm Donuts With Duncan (MR)</p>	<p>13 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00- 4:00pm Jammers (GYM)</p> <p>1:15pm BadaBingo (MPR)</p>	<p>14 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>10:30am Ladies In Stitches (MR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p> <p>2:00- 4:00pm Tech Talk</p>	<p>15 9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p> <p>1:00pm Food & Flicks (MPR)</p>
<p>18</p>  <p>Victoria Day Centre Closed</p>	<p>19 9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p> <p>1:00- 2:30pm Mystery Book Club (MR)</p>	<p>20</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00pm Matchstalk Men (GYM + MPR)</p> <p>11:45am Lunch of the Month</p>	<p>21</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p>	<p>22</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:30-11:00am Men's Drop-In Coffee (MR)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p> <p>1:00pm Floral Arranging (MPR)</p>
<p>25</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>26</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p>	<p>27</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00pm Arthritis: It's a pain, but we've got a plan (MPR)</p> <p>2:00- 4:00pm Jammers (GYM)</p>	<p>28</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p> <p>2:00- 4:00pm Tech Talk</p>	<p>29</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p>



JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>9:00am- 2:00pm Fitness Classes (MPR)</p> <p>2:00- 4:00pm Bridge (MPR)</p> <p>1:00- 3:00pm Canasta (MR)</p>	<p>2</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30-11:00am Drop-In Coffee (MR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>2:00- 4:00pm Cribbage (MPR)</p> <p>1:00- 2:30pm Book Club (MR)</p>	<p>3</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>9:00am- 12:30pm Board/Committee Meetings (MR)</p> <p>2:00- 4:00pm Jammers (GYM)</p> <p>2:00pm Paint Party (MPR)</p>	<p>4</p> <p>9:00am- 1:45pm Fitness Classes (MPR)</p> <p>1:00- 3:00pm Rummoli (MR)</p> <p>1:00- 3:00pm Mahjong (MPR)</p>	<p>5</p> <p>9:00-10:00am Fitness Classes (MPR)</p> <p>9:30- 11:00am Pickleball (Westdale CC)</p> <p>11:00am- 12:30pm Bocce Ball (MPR)</p> <p>1:00pm Floral Arranging (MPR)</p>
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