

Health & Wellness Winter 2019 Code Sheet

Course Name	Member Code	Start Date	End Date	Day & Time	# of Classes	Non Member Fees (\$)	Y Member Fee (\$)
Tai Chi Level 1	90666	Jan 17	Apr 18	Thursday 8:00-9:00am	13	56	Free
Tai Chi Level 2	90668	Jan 15	Apr 16	Tuesday 7:30-8:15am	13	51	Free
Line Dancing Level 1	90669	Jan 14	Mar 18	Monday 6:00-7:00pm	8	51	Free
Line Dancing Level 1	90670	Jan 16	Mar 13	Wednesday 1:00-2:00pm	8	51	Free
Line Dancing Level 2	90671	Jan 14	Mar 18	Monday 7:00-8:00pm	8	54	Free
Line Dancing Level 2	90672	Jan 16	Mar 13	Wednesday 2:00-3:00pm	8	54	Free
Weight Training 101	N/A	Jan 15	Jan 15	Tuesday 11:00am-12:00pm	1	18	Register through City of London
Lite & Lively	90673	Jan 15	Apr 18	Tuesday & Thursday 11:00-11:45am	28	244	Free
Co-ed Basketball	90674	Jan 16	Mar 6	Wednesday 11:00am- 12:00pm	8	40	Free
Into to Pickleball - Workshop	90675	Jan 15	Jan 15	Tuesday 10:00-11:00am	1	18	Free
Into to Pickleball - Workshop	90676	Jan 17	Jan 17	Thursday 10:00-11:00am	1	18	Free
TRX	91834	Jan 14	Feb 25	Monday 11:15am -12:15pm	6	85	Free

Member registration for Winter Programs begins Saturday December 15th 10:00am
Registration open for non-members though City of London Spectrum



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TRX	90667	Jan 16	Feb 20	Wednesday 8:00-9:00pm	6	72	Free
Baby & Me Fitness	90151	Jan 16	Feb 22	Wednesday & Friday 11:15am-12:00pm	12	110	Free
Y Not Shrink It	90147	Jan 15	Feb 21	Tuesday & Thursday 7:00-8:00pm	12	220	110
Kettlebell	90148	Jan 14	Feb 25	Monday 8:00-9:00pm	6	90	Free

Note: No classes Week of March Break from March 11-15 and Family day Feb 18th

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