

# Health & Wellness Spring 2019 Code Sheet

Course Name	Member Code	Start Date	End Date	Day & Time	# of Classes	Y Member Fee (\$)
Tai Chi Level 1	95654	May 9	June 27	Thursday 8:00-9:00am	8	Free
Tai Chi Level 2	95655	May 7	June 25	Tuesday 7:30-8:15am	8	Free
Line Dancing Level 1	95656	April 29	June 24*	Monday 6:00-7:00pm	8	Free
Line Dancing Level 1	95657	May 1	June 19	Wednesday 1:00-2:00pm	8	Free
Line Dancing Level 2	95658	April 29	June 24*	Monday 7:00-8:00pm	8	Free
Line Dancing Level 2	95659	May 1	June 19	Wednesday 2:00-3:00pm	8	Free
Weight Training 101	N/A	April 30	April 30	Tuesday 11:00-12:00pm	1	Register through City of London
Lite & Lively	95660	April 30	June 27	Tuesday & Thursday 11:00-11:45am	18	Free
Intro to Pickleball - Workshop	95661	April 30	April 30	Tuesday 10:00-11:00am	1	Free
Intro to Pickleball - Workshop	97755	May 2	May 2	Thursday 10:00-11:00am	1	Free
Baby & Me Fitness	95663	May 1	June 7	Wednesday & Friday 11:15am-12:00pm	12	Free

\*No class running Monday May 20<sup>th</sup>, 2019

Registration for Spring & Summer Programs  
Opens Saturday April 13<sup>th</sup> @ 10:00am



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Course Name	Member Code	Start Date	End Date	Day & Time	# of Classes	Y Member Fee (\$)
<b>Budgeting 101</b>	← N/A	April 29	April 29	Monday 8:00-9:00pm	1	Free
<b>TRX</b>	95664	May 1	June 5	Wednesday 8:00-9:00pm	6	Free
<b>TRX</b>	95665	April 29	June 24*	Monday 11:15am-12:00pm	8	Free
<b>Kettlebell</b>	95666	April 29	June 10	Monday 8:00-9:00pm	6	Free
<b>Y Not Shrink it Level 2</b>	95667	April 30	June 6	Tuesday & Thursday 7:00-8:00pm	12	\$110

\*No class running Monday May 20<sup>th</sup>, 2019

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