

# Health & Wellness Summer 2019 Code Sheet

Course Name	Member Code	Start Date	End Date	Day & Time	# of Classes	Y Member Fee (\$)
Tai Chi Level 1	95668	July 4	August 29	Thursday 8:00-9:00am	9	Free
Tai Chi Level 2	95669	July 2	August 27	Tuesday 7:30-8:15am	9	Free
Line Dancing Level 1	95670	July 8	August 26	Monday 6:00-7:00pm	8	Free
Line Dancing Level 1	95671	July 3	August 21	Wednesday 1:00-2:00pm	8	Free
Line Dancing Level 2	95672	July 8	August 26	Monday 7:00-8:00pm	8	Free
Line Dancing Level 2	95673	July 3	August 21	Wednesday 2:00-3:00pm	8	Free
Weight Training 101	N/A	July 2	July 2	Tuesday 11:00-12:00pm	1	Register through City of London
Lite & Lively	95674	July 2	August 29	Tuesday & Thursday 11:00-11:45am	18	Free
Baby & Me Fitness	95675	July 3	August 9	Wednesday & Friday 11:15-12:00pm	12	Free
TRX	95676	July 3	August 7	Wednesday 8:00-9:00pm	6	Free
TRX	95677	July 8	August 19*	Monday 9:15-10:15am	6	Free
Kettlebell	95678	July 8	August 19*	Monday 8:00-9:00pm	6	Free

\*No classes running Monday August 5, 2019

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

