

Updated Summer 2018 Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gentle Hatha Yoga 6:00-7:00 pm Rhona Einbinder-Miller	Power Yoga 6:00-7:00 pm Rhona Einbinder-Miller		Yoga Flow and Pilates Core 6:00-7:00 pm Lori Meyers		Yoga Pilates with Zina 9:05-10:20 am Zina Richard	Little Lotus Family Yoga in the Park 10:00-11:00 am *Windsor Park
20/20/20 Bootcamp 7:00-8:00 pm Tanya Robertson	Tai Chi Yoga Fusion 7:00-8:00 pm Rhona Einbinder-Miller		Pilates All Levels 7:00-8:00 pm Lori Meyers		Adult Ballet 10:30-11:45 am Zina Richard	*Programs take place at The Firehall (260 Sunnyside Ave.) unless otherwise noted. *Other program locations: Windsor Park (1 Windsor Ave.)
Yoga Flow 7:00-8:00 pm Rhona Einbinder-Miller	Intro to Boxing 7:30-8:30 pm Michael Farach		Ultimate Stretch 8:00-9:00 pm Lori Meyers		Get Fit Yoga & Yin Stretch 10:30-11:45 am Gabrielle Archer-Cork	
*Participants 16 and 17 years of age will need a parent/guardian to sign waiver before accessing the FFC and other adult recreation and fitness programs. Everyone under the age of 15 continues to require parental permission when registering for preschool, children and youth programs.						

Please note that all cancelled classes have been marked with an 