

FIRST NAME:

FOR OFFICE USE ONLY

PHONE NUMBER:

(ALL NUMBERS)

Session Date: Monday, January 6th 2025 - Friday, March 28th, 2025
 (No Class Monday, February 17th, 2025)

PLEASE REGISTER FOR ALL PROGRAMS YOU MAY BE ATTENDING INCLUDING GAMES & CLUBS

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
MONDAY	11 Weeks					
Lisa B.	1A Mixed Media Art Class	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	1B Pilates	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Euchre	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	1C Yoga	Gym	10:40 AM	11:40 AM	\$ 33.00	
Luba I.	1D Osteo Keep Fit	Gym	11:50 AM	12:50 PM	\$ 33.00	
Luba I.	1E Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 33.00	
TUESDAY	12 Weeks					
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 36.00	
Club	Timely Topics	Gp Room	9:30 AM	11:00 AM	\$ 15.00	
Games	Mah Jong	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Karen F.	2B Level 1 Line Dancing	Gym	10:15 AM	11:15 AM	\$ 36.00	
Karen F.	2C Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 36.00	
Club	Hand Dance	Gp Room	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	2D Standing Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 36.00	
WEDNESDAY	12 Weeks					
Rebel K.	3A Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 36.00	
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 15.00	
Karen F.	3B Chair Dance	Church Hall	10:00 AM	11:00 AM	\$ 36.00	
Rebel K.	3C Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 36.00	
Elaine F.	3D Tai Chi Intro	Gym	12:15 PM	1:15 PM	\$ 36.00	
Michael A.	3E Chair Yoga	Church Hall	1:30 PM	2:30 PM	\$ 36.00	
THURSDAY	12 Weeks					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 15.00	
Halyna I.	4A Aerobics	Gym	9:30 AM	10:30 AM	\$ 36.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Canasta	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Sheldon G.	4B Technology 101 Beginners	Church Hall	11:30 AM	12:30 PM	\$ 36.00	
Yushan C.	4C Stretch & Strength	Gym	12:30 PM	1:30 PM	\$ 36.00	
Sheldon G.	4D Technology 101 Advanced	Church Hall	12:40 PM	1:40 PM	\$ 36.00	
FRIDAY	12 Weeks					
Michael A.	5A Yoga	Gym	9:30 AM	10:30 AM	\$ 36.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	

PLEASE READ BEFORE REGISTERING

Class & Club Total

2025 Membership \$35.00

Donation

GRAND TOTAL

CASH CHEQUE DEBIT/CREDIT

- 1.Registration is required for all programs, clubs and games.
2. Anyone presenting with symptoms of illness will be denied entry. You are required to stay home if you are unwell.
3. We regret that **we cannot compensate for any missed classes.**
4. Please bring a water bottle/ no glass allowed in the Gym.



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 www.syme55.com

P.A.Y.P = Pay As You Play (\$2.50 fee per game)

Classes	Description
Low Intensity	
Mixed Media Arts Class	Mixed media art class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
Technology 101 Beginners	Beginner level technology help for you to be more comfortable with your devices and internet browsing.
Technology 101 Advanced	Intermediate & advanced level technology help for you to be more comfortable with your devices and internet browsing.
Aerobics	Lower intensity rhythmic movements that engage full body activity.
Chair Yoga	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair
Chair Dance	Try this fun low impact exercise, that engages and intergrates rhythm and movement all while seated. For all levels of fitness.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Medium Intensity	
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
Co-Ed Fitness	Moderate level seated, standing and walking exercises with weight options to get your body moving.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accomadate seated exercise.
Stretch & Strength	Standing and sitting exercises to help improve your bone and muscle strength. Will help you to improve your range of motion as well as improved wellness.
Line Dancing	Learn great choreographed dance moves to popular music.
High Intensity	
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Standing Drum Fitness	A high intensity standing workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress reliever.
Functional Fitness	Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.
Clubs	Description
Wood Carving	Create works of art with wood and sharp tools.
Hand Dance	A class great for mind and body coordination, while following instructed hand movements.
Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Timely Topics	Weekly speakers and lively discussion.
Games	Pay as you Play = P.A.Y.P. \$2.50/game
Bridge	Enjoy a game of Bridge.
Cribbage	The objective is to be the first player to get 121 points. The gameplay is divided into three distinct parts; The Deal, The Play and The Show.
Canasta	Card game where players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands.
Scrabble	Come hang out and play a friendly game of Scrabble.
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.