

Social

Granville Island Open Circle (19+ yrs)

In a circle, you'll work with a group of people who will provide you with a foundation to progressively feel and experience spirit. Each session includes an opening meditation followed by an experiential circle and a healing circle. For centuries, the open circle has been a popular way for people to begin their psychic, mediumship and spiritual exploration. Drop in \$4.76. No session June 2 & 9.

Instructor: Patrick Couling

F May 5-Jun 30 6:30 PM-8:30 PM
106478 \$47.86/8 sess

Ballroom Dancing (55+ yrs)

Join hosts Gabriel and Catherine for an afternoon of social dancing. This is a social group; instruction is not provided. Program is free, but please sign in at room entrance. No class May 21, Jul 2, Aug 6, Sept 3.

Instructor: Gabriel And Catherine Yam

Su May 7-Aug 27 1:45 PM-4:00 PM
108456 \$0/14 sess

Sports

Basketball (16+ yrs)

Recreational 3 on 3 basketball - games are organized by players. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In-person drop-in sign up starts at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class May 22 & Aug 7.

Instructor: No Instructor

M May 1-Jun 26 7:30 PM-9:30 PM
108430 \$30.48/8 sess

M Jul 10-Aug 28 7:30 PM-9:30 PM
108431 \$26.67/6 sess

W May 3-Jun 28 7:30 PM-9:30 PM
108432 \$34.29/9 sess

W Jul 5-Aug 30 7:30 PM-9:30 PM
108434 \$34.29/9 sess

Indoor Soccer (16+ yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting

Instructor: No Instructor

Th May 4-Jun 29 7:30 PM-9:30 PM
108435 \$34.29/9 sess

Th Jul 6-Aug 31 7:30 PM-9:30 PM
108436 \$34.29/9 sess



Aerobics Schedule

Monday	Tuesday	Wednesday	Friday	Sunday
Morning Fit 9:15 am-10:15 am Harry	Zoomerfit 9:15 am-10:15 am Jenny	Core Control 9:15 am-10:15 am Harry	Morning Fit 9:15 am-10:15 am Philippa	Zoomerfit 9:15 am-10:15 am Harry



FEES	ADULT	55+ yrs
Drop-in	\$5	\$3.75
10 visits	\$45	\$33.75
20 visits	\$90	\$67.50

Morning Fit	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
Zoomerfit	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
Core Control	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).