



Physical Activities

Winter 2011

The Township of Wentworth is proud to offer the following physical activities at the Community Centre, 86 Louisa Rd., Wentworth, Qc

Pilates

10 sessions

Starting Monday, January 10th, 2011

Courses available at 10:00 a.m. or 5:00 p.m.

Cost / 10 sessions : \$50.00 residents / \$75.00 non residents

Dance Fit

10 sessions

Starting Wednesday, January 12th, 2011 at 5:00 p.m.

or

Friday, January 14th, 2011 at 10:00 a.m.

Cost / 10 sessions : \$50.00 residents / \$75.00 non residents

Yoga

10 sessions

Starting Wednesday, January 12th, 2011 at 1:00 p.m.

Cost / 10 sessions: \$75.00 residents / \$100.00 non residents

Limited number of participants

Viactive (60 years +)

Simple exercises, designed to help with coordination, balance and flexibility

Courses will be offered Monday and Thursday, at 1:30 p.m.

Starting Monday, January 10th, 2011

Cost: \$1.00 / session

Registration not required

Dance

Dance classes are offered Wednesday nights at 7:00 p.m.

Cost: \$5.00 / couple

Registration not required

Information and inscription : June Parker 450-562-8664

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