

# WINTER 2024

## SESSION 3

Feb 20 to Apr 20

Register Online Feb 1, 12 noon

## SESSION 4

Apr 29 to Jun 22

Register Online Apr 1, 12 noon

### SENIORS ASSOCIATION CLASSES

- Geared to adults 50+  
18+ are welcome
- Available only to members of the Seniors Association

### MEMBERSHIPS

1 Year    2 Years

Single        \$50        \$90

Household    \$95        \$175

Members receive a free copy of *Vista*, our monthly publication.



**JOIN OUR TEAM!  
VOLUNTEER**

Contact Jean Lawson:  
JeanL@seniorskingston.ca  
613.548.7810 x 225



**THE SPIRE**  
82 Sydenham St



**SENIORS ASSOCIATION  
KINGSTON REGION**

### The Seniors Centre

56 Francis Street, Kingston

### Office Hours

Monday to Friday, 8:30am to 4:30pm  
Closed on statutory holidays

☎ 613.548.7810

✉ info@SeniorsKingston.ca

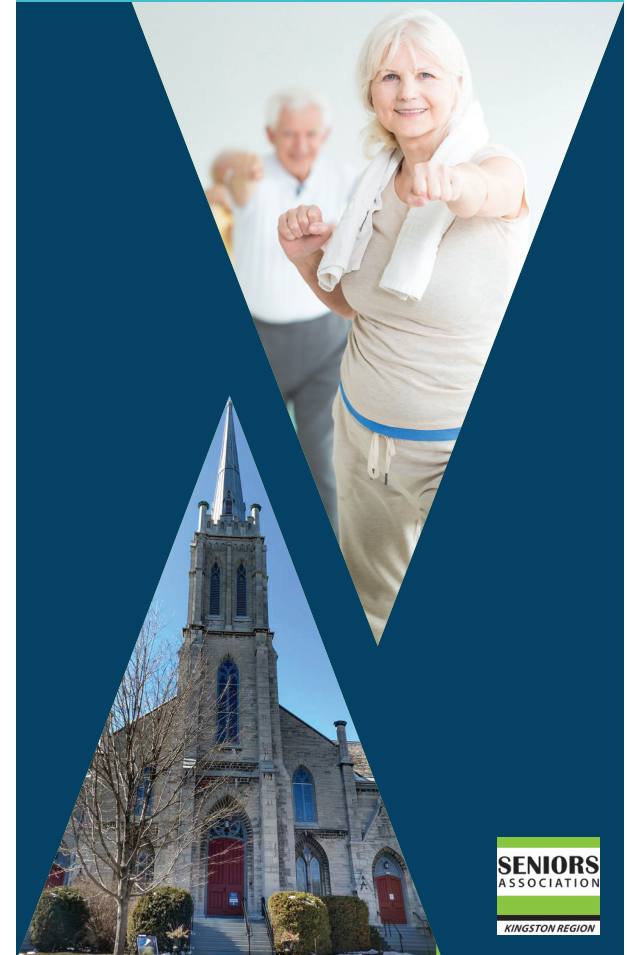
🌐 www.SeniorsKingston.ca



@KingstonSeniors

# ADULT PROGRAMS AT THE SPIRE

82 Sydenham Street



## ARTISTS' RENDEZVOUS

Get together with other painters, share ideas, and practise skills in a supportive setting. A good opportunity to work on that troublesome piece. Supply own materials.

Instructor: Patrice Dwyer

Tuesdays, 9:00 to 12 noon

**23718** Session 3: Feb 20 to Apr 16

**23726** Session 4: Apr 30 to Jun 18

**\$30.32/Session**

## CARDIO GO-GO

Learn high energy moves from the psychedelic sixties to the nightclubs of today. This class is sure to get your blood pumping with bumps and shimmies made famous through vintage and modern platform, gogo, and cage dance!

*All bodies and all levels of cardiovascular fitness welcome - modifications offered for your abilities.*

Instructor: Chelsea Edgell

Tuesdays, 2:30 to 3:30pm

**23719** Session 3: Feb 20 to Apr 16

**23728** Session 4: Apr 30 to Jun 18

**\$56.07/Session 3; \$64.08/Session 4**

## GUITAR ADVANCED

Open to both acoustic and electric guitar players, learn advanced chord study and basic introductory soloing, including pentatonic, major, and various minor scales. Supply own guitar.

*Prerequisite: Comfortable playing basic barre chords*

Instructor: Mark Kristiansen

Tuesdays, 1:00 to 2:30pm

**23717** Session 3: Feb 20 to Apr 16

**\$79.76/Session**

## GUITAR ADVANCED CONTINUED

Continue learning advanced chord study and basic introductory soloing, including pentatonic, major, and various minor scales. Open to both acoustic and electric guitar players. Supply own guitar.

*Prerequisite: Guitar, Advanced*

Instructor: Mark Kristiansen

Tuesdays, 1:00 to 2:30pm

**23725** Session 4: Apr 30 to Jun 18

**\$79.76/Session**

## HOOP DANCE FIT

Get your hips spinning and your heartbeat pumping with this circus-inspired dance fitness class. Using both weighted and unweighted hoops, you'll get a full-body workout while learning a fun new hoop dance routine every week. Level of strenuousness is adaptable to a variety of fitness levels, but the class is definitely high energy.

Instructor: Chelsea Edgell

Tuesdays, 1:30 to 2:30pm

**23720** Session 3: Feb 20 to Apr 16

**23727** Session 4: Apr 30 to Jun 18

**\$56.07/Session 3; \$64.08/Session 4**

## LET'S DANCE!

Let's work body and mind! Get a cardio workout, learn dance routines, have fun and unleash the dancer in you.

Instructor: Carole Gibson

Mondays, 10:30 to 11:30am

**23713** Session 3: Feb 26 to Apr 15

**\$37.87/Session**

## LINE DANCING IMPROVER

Learn more complex steps and routines as you build on the basic sequences you have mastered.

*Prerequisite: Line Dancing Beginner (1 year)*

Instructor: Ruurd Van De Ven

Mondays, 9:30 to 10:30am

**23712** Session 3: Feb 26 to Apr 15

**23721** Session 4: Apr 29 to Jun 17

**\$36.19/Session**

## PILATES BEGINNER

Strengthen your core muscles while focusing on overall spine health. Safely improve flexibility, balance, coordination, posture, and sense of well-being. Supply own yoga mat.

Instructor: Sherry Gregory

Mondays, 1:00 to 2:00pm

**23714** Session 3: Feb 26 to Apr 15

**23722** Session 4: Apr 29 to Jun 17

**\$57.75/Session**

## SIMPLY MOVE

### GENTLE

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. If you are new to exercise or prefer a gentle slower-paced class, our Simply Move Gentle class is for you. Participants have the option to sit or stand during the routine. Bring your own ball and resistance band or hand weights.

Instructor: Kim Heaslip

Mondays, 2:30 to 3:30pm

**23716** Session 3: Feb 26 to Apr 15

**23724** Session 4: Apr 29 to Jun 17

**\$32.20/Session**

### MODERATE

All simply move classes incorporate low-impact cardio, strength training, balance and flexibility. Continue your fitness journey with our Simply Move Moderate class. It is easily adaptable to various physical abilities to get your body moving and your heart pumping. Bring your own ball and resistance band or hand weights.

Instructor: Sherry Gregory

Mondays, 2:00 to 3:00pm

**23715** Session 3: Feb 26 to Apr 15

**23723** Session 4: Apr 29 to Jun 17

**\$32.20/Session**