



Adult Programs -Drop-In

Zumba Gold with Alejandra

Day: Mondays

Location: Vernonville Community Centre

Time: 12 pm - 12:45 pm

Cost: \$ 5 drop-in fee (cash only)

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Zumba Gold with Alejandra

Day: Tuesdays 11:00 -11:45 am & Thursdays 11:30 am -12:15 pm

Location: Centreton Community Centre

Cost: \$ 5 drop-in fee (cash only)

Zumba with Alejandra

Day: Thursdays 6:00 - 6:45 pm

Location: Centreton Community Centre

Cost: \$ 5 drop-in fee (cash only)

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Toning with Alejandra

Day: Thursdays

Time: 7:00 - 7:45 pm

Location: Centreton Community Centre

Cost: \$ 10 drop-in fee (cash only)

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Toning sticks are provided.

Adult Programs - 6 week registered classes

Somatic Yoga with Christina

6 week session

Day: Mondays April 29th - June 10th

No Class May 20th

Location: Vernonville Community Centre

Time: 10:30-11:30am

Cost: \$60+tax

Our bodies experience stress due to illness, injury, and aging and our bodies get locked into unhealthy patterns of movement. Somatic yoga works through movements that retrain the brain and the nervous system to let go of these patterns. The benefits include improving posture, mobility, and pain relief.

Hatha Yoga with Kelly from Vibe Yoga

6 week session - 2 time slots available

Day: Tuesdays April 30th - June 4th

Time: 11:30am -12:30pm

Location: Alnwick Civic Centre Community Room

Cost: \$60+tax

Suitable for beginner to intermediate
Join Kelly from Vibe Yoga for a weekly one hour yoga practice. Classes are taught to the beginner with options to go deeper for the more seasoned yogi. In this class you can expect to connect your breath with movement in order to become more centered in your body.

Chair Yoga with Christina

Dates: Wednesdays May 1st - June 5th

Time: 10:30 - 11:30 am

Location: Centreton Community Centre

Cost: \$60+tax

Chair yoga with Christina is a gentle form of yoga that's done while seated or using a chair for balance, it makes the practice more accessible for all. Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial.

RECREATION GUIDE

APRIL 2024 ISSUE



SCAN ME

Adult Drop-In Programs

Pickleball

Location: Alnwick Civic Centre Gymnasium

Cost: \$2 per player

All equipment provided. Please pre-register at 905-349-2700 x22 or email

jsteen@ahtwp.ca



Coffee and Chat

Location: Vernonville Community Centre

All welcome

Dates: 1st Monday of the month

Time: 1-3 pm

Cost: FREE

Come for some social time. There will always be coffee, tea, and good conversation.



Music Series - Come for live music and to socialize with friends

Location: Fenella Community Hall

Dates: Monday, April 22nd

Time: 6:30 - 8:30 pm

Cost: \$5 drop-in fee (cash only)



Local recording artist Michael Arthur Tremblay will perform a medley of favourites sure to please all.

Chair Yoga with Deb

Dates: Fridays May 3rd - June 7th

Time: 11:00 am- 12:00 pm

Location: Alnwick Civic Centre Community Room

Cost: \$60+tax

Chair Yoga is a gentle practice, done at your pace, which teaches you to stretch, strengthen and relax. Anyone can take part in chair yoga. Tailored to all abilities and ages.

Basic Self Defense Course

Location: Alnwick Civic Centre

Date: Mondays April 29th - June 10th

No Class May 20th

Time: 6:30-7:30pm

Cost: \$75



This course is open to anyone aged 13 and over. Families are encouraged. No previous experience is necessary. The intention of this class is to help you become more aware of your surroundings and how to react in possible uncomfortable and even dangerous situations. This class covers a basic self defense course with a focus on reaction moves and awareness. The course will not cover throws or mat work. Your instructor is a certified black belt in Tae Kwon Do with experience in Jui Jitsu.

Canadian Red Cross Babysitter Course

For ages 11-15 with a maximum of 15 in a course.

Location: Alnwick Civic Centre

Date: Monday July 8th

Time: 9 am to 4 pm

Cost: \$65+tax

The Canadian Red Cross Babysitter course will provide training in basic first aid and caregiving skills. Participants learn how to provide care to younger children from a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the training to promote themselves as a babysitter to prospective parents. Help your child build valuable skills for a lifetime, as a trained babysitter.



Hall Highlight: Centreton Community Centre

Looking for a place to host your next event?

Centreton Community Centre can hold up to 90 people or 75 with tables and chairs. It has a full kitchen available and 3 accessible washrooms. Tables and chairs are included in your rental.



**Roseneath
EarlyON
Programs**

Library Programs
Frist Thursday of the month, 2:30pm to 4:00pm

Gym Time
All other Thursdays of the month, 2:30pm to 4:30pm

Alnwick Civic Centre
9050 Highway 45, Roseneath, ON

Visit Northumberland.ca/EarlyON for program details
or scan the QR code to follow EarlyON on Facebook.



**Community Centre Rentals
available**

Call: 905-349-2700 x22

Email: jsteen@ahtwp.ca

Visit: www.ahtwp.ca

**Follow the Township on Facebook
@ Township Of Alnwick/Haldimand**