

Seniors' Meeting Place Registered Programs

Register at newmarket.perfectmind.com



Fitness & Wellness	Dates	Excludes	Day	Time	Place	Code
Balance & Stability	Jan 9 to March 20 (10)	Jan 16	Fri	1:15 to 2:15 p.m.	RTRC 1	74886
BollyX Low Intensity	Jan 7 to Mar 25 (12)		Wed	9 to 10 a.m.	RTRC 2	74842
BollyX Low Intensity	Jan 9 to March 20 (11)		Fri	10:15 to 11:15 a.m.	RTRC 2	74844
Chair Pilates	Jan 8 to March 26 (12)		Thur	2:15 to 3:15 p.m.	SMP 5	74890
Chair Pilates	Jan 9 to March 27 (12)		Fri	2:15 to 3:15 p.m.	SMP 3	74887
Chair to Mat Yoga NEW!	Jan 9 to March 20 (10)	Jan 16	Fri	2:30 to 3:30 p.m.	RTRC 1	76475
Chair Yoga	Jan 7 to Mar 25 (12)		Wed	11:30 a.m. to 12:30 p.m.	RTRC 2	74847
Chair Yoga	Jan 8 to March 26 (12)		Thur	2:30 to 3:30 p.m.	Magna FS	74858
Chair Yoga	Jan 12 to March 23 (10)	Feb 16	Mon	10:15 to 11:15 a.m.	RTRC 2	74772
Chair Yoga	Jan 13 to March 24 (11)		Tue	11 to 12 p.m.	SMP 1 2	74899
Chair Yoga	Jan 8 to March 26 (12)		Thur	11 to 12 p.m.	SMP 4 5	74902
Chair Yoga	Jan 9 to March 27 (12)		Fri	1 to 2 p.m.	SMP 3	74903
Chair Yoga	Jan 5 to March 23 (11)	Feb 16	Mon	4 to 5 p.m.	SMP 4 5	74897
Chair Yoga	Jan 9 to March 27 (12)		Fri	3:45 to 4:45 p.m.	SMP 4	74901
Circl Mobility	Jan 5 to March 16 (10)	Feb 16	Mon	9 to 9:30 am	SMP 1 2	74867
Circuit Movement for Wellness	Jan 5 to March 23 (11)	Feb 16	Mon	5:45 to 6:15 p.m.	SMP 1 2	76962
DROM for Seniors	Jan 7 to Mar 25 (12)		Wed	9 to 9:30 a.m.	SMP 4 5	74882
Fit & 55+	Jan 5 to March 30 (12)	Feb 16	Mon	1:15 to 2 p.m.	Magna FS	74855
Fit & 55+	Jan 9 to March 27 (12)		Fri	1 to 2 p.m.	Magna FS	74853
Fit & 55+	Jan 6 to March 24 (11)	March 17	Tue	9 to 10 a.m.	RYC	74860
Fit & 55+	Jan 8 to March 19 (11)		Thur	8:30 to 9:30 a.m.	RTRC 2	74767
Fit & 55+	Jan 6 to March 24 (12)		Tue	5:30 to 6:30p.m.	SMP 4 5	74880
Fit & 55+	Jan 10 to March 28 (12)		Sat	8:30 to 9:30 am	SMP 1 2	74895
Fit & 55+	Jan 8 to March 26	Feb 19, Mar 19	Thur	9 to 10 a.m.	CCLH 1	74849
Fit & 55+	Jan 5 to March 23 (11)	Feb 16	Mon	9 to 10 a.m.	RTRC 2	74769
Fit & 55+	Jan 9 to March 27 (12)	March 20	Fri	9 to 10 a.m.	RYC	74863

Seniors' Meeting Place Registered Programs

Register at newmarket.perfectmind.com



FusionFIT 55+	Jan 7 to Mar 25 (12)		Wed	1:15 to 2:15 p.m.	SMP 4	76963
FusionFIT 55+	Jan 9 to March 20 (11)		Fri	9 to 10 a.m.	RTRC 2	74843
Gentle Stretch & Tone	Jan 6 to March 24 (11)	March 17	Tue	11:30 a.m. to 12:30 p.m.	RYC	74862
Gentle Stretch & Tone	Jan 12 to March 23 (10)	Feb 16	Mon	11:30 a.m. to 12:30 p.m.	RTRC 2	74771
Gentle Stretch & Tone	Jan 14 to March 25 (11)		Wed	7 to 8 p.m.	SMP 12	74883
Gentle Stretch & Tone	Jan 8 to March 26	Feb 19, Mar 19	Thur	10:15 to 11:15 a.m.	CCLH 1	74850
Hatha Yoga	Jan 5 to March 23 (11)	Feb 16	Mon	1 to 2:30 p.m.	RTRC 2	74845
Hatha Yoga	Jan 12 to March 23 (10)	Feb 16	Mon	6:30 to 8 p.m.	Craft	74898
Hatha Yoga	Jan 14 to March 25 (11)		Wed	5:30 to 6:45 p.m.	SMP 12	74900
Knee & Hip Fitness	Jan 6 to March 24 (12)		Tue	1 to 2 p.m.	SMP 4 5	74877
Line Dance (Absolute Beginner)	Jan 12 to March 23 (10)	Feb 16	Mon	2:45 to 3:45 p.m.	SMP 3	74464
Line Dance (Absolute Beginner)	Jan 13 to March 17 (10)		Tues	3:45 to 4:45 p.m.	SMP 3	74467
Line Dance (Beginner)	Jan 12 to March 23 (10)	Feb 16	Mon	1 to 2:30 p.m.	SMP 3	74463
Line Dance (Improver)	Jan 13 to March 17 (10)		Tues	2 to 3:30 p.m.	SMP 3	74466
Line Dance (Improver)	Jan 13 to March 17 (10)		Tue	7 to 8:30 p.m.	SMP 1 2	74753
Line Dance (Intermediate)	Jan 12 to March 23 (10)	Feb 16	Mon	10 to 11:30 a.m.	SMP 4 5	74462
Line Dance (Progressive)	Jan 13 to March 17 (10)		Tues	12:15 to 1:45 p.m.	SMP 3	74465
Line Dancing (Absolute Beginner)	Jan 13 to March 24 (11)		Tue	6 to 7p.m.	SMP 3	74468
Line Dancing (Beginner)	Jan 13 to March 24 (11)		Tue	7 to 8:30 p.m.	SMP 3	74754
Line Dancing (Intermediate)	Jan 14 to Mar 25 (11)		Wed	7 to 8:30 p.m.	SMP 3	74759
Line Dancing (Progressive)	Jan 14 to Mar 18 (10)		Wed	7 to 8:30 p.m.	SMP 4 5	74758
Meditation for Everyday Peace NEW!	Jan 6 to March 24 (12)		Tues	11:15 to 12:15p.m.	SMP 6	76961
Mindful Breathing Practices: A path to wellness	Jan 6 to March 24 (12)		Tues	10 to 11 a.m.	SMP 6	74894
Mobility and Core Strengthening	Jan 9 to March 27 (12)	March 20	Fri	10:30 to 11:30 a.m.	RYC	74865
Mobility and Core Strengthening	Jan 5 to March 30 (12)	Feb 16	Mon	2:15to3p.m.	Magna FS	74856
Mobility and Core Strengthening	Jan 6 to March 24 (11)	March 17	Tue	10:15 to 11:15 a.m.	RYC	74861

Seniors' Meeting Place Registered Programs

Register at newmarket.perfectmind.com



Osteoporosis Exercise	Jan 6 to March 24 (12)		Tue	2:15 to 3:15 p.m.	SMP 4 5	74878
Osteoporosis Exercise	Jan 8 to March 26 (12)		Thu	2:15 to 3:15 p.m.	SMP4	74885
Pilates	Jan 5 to March 30 (12)	Feb 16	Mon	3:15 to 4 p.m.	Magna FS	74857
Pilates	Jan 9 to March 27 (12)		Fri	2:15 to 3:15 p.m.	Magna FS	74854
Pilates	Jan 8 to March 19 (11)		Thu	9:45 to 10:45 a.m.	RTRC 2	74768
Pilates	Jan 8 to March 26 (12)		Thur	1 to 2 p.m.	SMP 5	74889
Square Dancing to Basic	Jan 15 to May 28		Thur	7:30 to 8:30 p.m.	SMP 3	76763
Square Dancing to Mainstream	Jan 15 to May 28		Thur	8:30 to 9:30 p.m.	SMP 3	76767
Square Dancing to Plus	Jan 15 to May 28		Thur	6:30 to 7:30 p.m.	SMP 3	76768
Strength Release 1 to Seated Position	Jan 5 to March 23 (11)	Feb 16	Mon	4:30 to 5:30 p.m.	SMP 1 2	74892
Strength Release 1 to Seated Position	Jan 5 to March 23 (11)	Feb 16	Mon	4:30 to 5:30 p.m.	SMP 1 2	74892
Strong & Stable	Jan 9 to March 27 (12)		Fri	3:30 to 4:30 p.m.	SMP 3	74888
Strong & Stable	Jan 8 to March 26 (12)		Thu	1 to 2 p.m.	SMP 4	74884
Strong Bones & Balance	Jan 6 to March 24 (12)		Tue	3:30 to 4:30 p.m.	SMP 4 5	74879
Tai Chi to Intro to Yang Style short form	Jan 6 to March 24 (11)	Feb 17	Tues	8:30 to 9:30am	SMP 1 2	74851
Tai Chi to Refinements Yang Style	Jan 6 to March 24 (11)	Feb 17	Tues	9:45 to 10:45 a.m.	SMP 1 2	74852
Tone, Stretch and Sooth	Jan 6 to March 24 (12)		Tue	6:45 to 7:45p.m.	SMP 4 5	74881
Tone, Stretch and Sooth	Jan 10 to March 28 (12)		Sat	9:45 to 10:45 a.m.	SMP 1 2	74896
Wall Workout NEW!	Jan 7 to Mar 25 (12)		Wed	2:30 to 3:30 p.m.	SMP 4	76964
Yoga Flow	Jan 7 to Mar 25 (12)		Wed	10:15 to 11:15 a.m.	RTRC 2	74846
Yoga Flow	Jan 8 to March 26 (12)		Thu	1:15 to 2:15 p.m.	Magna FS	74859
Yoga Flow	Jan 9 to March 20 (11)		Fri	11:30 a.m. to 12:30 p.m.	RTRC 2	74848
Zumba	Jan 10 to March 28 (12)		Sat	9 to 9:45 a.m.	SMP 4 5	74871
Zumba Gold	Jan 5 to March 23 (11)	Feb 16	Mon	9 to 9:45 a.m.	SMP 4 5	74868
Zumba Gold	Jan 8 to Mar 26 (12)		Thu	10 to 10:45 a.m.	SMP 4 5	74870
Zumba Gold Toning	Jan 5 to March 16 (10)	Feb 16	Mon	8 to 8:45 a.m.	SMP 1 2	74866
Zumba Toning	Jan 7 to Mar 25 (12)		Wed	10 to 10:45 a.m.	SMP 4 5	74869

Seniors' Meeting Place Registered Programs

Register at newmarket.perfectmind.com



Online Fitness	Dates	Excludes	Day	Time	Place	Code
Hatha Yoga	Jan 8 to March 5 (9)		Thu	10 to 11:30 a.m.	Zoom	76483
Qi Gong	Jan 6 to March 24 (12)		Tue	2 to 3p.m.	Zoom	74904

Art Classes	Dates	Excludes	Day	Time	Place	Code
Acrylic Fine Art (Advanced)	Jan 8 to March 12 (10)		Thu	1 to 4 p.m.	SMP 1 2	74873
Acrylic Fine Art (Beginner)	Jan 8 to March 12 (10)		Thu	9 a.m. to 12 p.m.	SMP 1 2	74872
Dip & Discover Paint Night	Feb 19 (1)		Thu	6 to 9 p.m.	SMP 1 2	76494
Dip & Discover Paint Night	April 16 (1)		Thu	6 to 9 p.m.	SMP 1 2	76495
Drawing (Beginner)	Jan 7 to Mar 25 (12)	Mar 18	Wed	9 to 10:30 a.m.	CCLH 1	74876
Drawing to Watercolour	Jan 7 to Mar 25 (12)	Mar 18	Wed	10:45 am. to 12:15 p.m.	CCLH 1	76923
Life Drawing	Jan 19 to March 16 (8)	Feb 16	Mon	7 to 9 p.m.	SMP 1 2	76985
Watercolour Essentials Beginner	Jan 14 to Mar 25 (11)		Wed	1 to 4 p.m.	SMP 1 2	74874
Watercolour Focus: Loose & Lovely Bouquets	Feb 24 to March 24 (5)		Tues	5 to 8 p.m.	Craft	76960
Watercolour Intermediate/Advanced	Jan 23 to March 27 (9)	Feb 13	Fri	9 a.m. to 12 p.m.	SMP 1 2	74875

Updated January 26, 2026

RYC - Recreation Youth Centre and telMAX Indoor Skate Park (56 Charles Street)

Magna FS - Magna Fitness Centre (800 Mulock Drive)

SMP - Newmarket Seniors' Meeting Place (474 Davis Drive)

RTRC - Ray Twinney Recreation Complex (100 Eagle Street West)

CCLH - Community Centre and Lions Hall (200 Doug Duncan Drive)

Zoom - Online classes using Zoom