

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 |

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| 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 1 2 | 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 1 2 | 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 |

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| 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 |

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| 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