

**SUMMER 2020
WESTMOUNT SPORTS AND RECREATION ACTIVITIES**

REGISTRATION BEGINS TUESDAY, JUNE 30TH AT 8 A.M. - ONLINE ONLY

ADULTS

DATES	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOCATION
Essentrics - NEW!						
July 9 to August 27	Thursday, 5 to 6 p.m.	1075.201	Hayley Garceau	Claude Danis	\$50	WRC
Pilates						
July 6 to August 24	Monday, 6 to 7 p.m.	1005.206	Kay El Aloui	Claude Danis	\$60	WRC
Yoga						
July 6 to August 28	Monday, 8:45 to 9:45 a.m.	1009.203	Carmen Romero	Claude Danis	\$50	WRC
	Wednesday, 8:45 to 9:45 a.m.	1009.213			\$50	
	Friday, 8:45 to 9:45 a.m.	1009.223			\$50	

SENIORS

DATES	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOCATION
Low Intensity Fitness						
July 7 to August 27	Tuesday and Thursday, 11:30 a.m. to 12:30 p.m.	1400.201	Amy Creighton	Claude Danis	\$50	WRC

IMPORTANT: Participants must bring their own water bottle, towel and yoga mat.