

SHCA Spring 2024 Adult Program Schedule



Email PROGRAMMING@SILVERWOODCOMMUNITY.ORG if you have any questions or contact Keri at 306-321-7540

We honour all association memberships. \$10 per year for a membership if needed.

Registration opens Sunday, March 17th @ 7 pm online only at registration.silverwoodcommunity.org. Questions? Email programming@silverwoodcommunity.org.

Refunds will not be available if classes are cancelled due to covid, technical difficulties or school cancellations of any kind after the session has begun.

We would also like to advise that while we are doing the best we can to minimize the risk to all participants and instructors, by attending the classes you recognize and accept any risk that is incurred.

**It is recommended that you bring your own weights, bands and mats to fitness classes. For in person yoga classes, please bring your own mat, blocks and straps.*

*When sharing SHCA equipment you will need to bring your own antibacterial wipes and hand sanitizer.**

MONDAY

Program Name	Ages	Start Date	End Date	Time	Location *subject to change*	Cost	Instructor	Notes
Forever in Motion/Level 1 Fitness *online*	40+	Apr 8	June 17	6:00 - 7:00 pm	Online only - Google Meet	\$30	Mary Cheveldae	(10 weeks) No class May 20
Butts and Guts Bootcamp, Multi-level	16+	Apr 8	June 10	6:00 - 7:00 pm	Silverwood Heights School Gym	\$40	Barb Siroski	(8 weeks) No class May 20 & June 3
Yin Yoga *online*	17+	April 8	June 3	7:00 - 8:00 pm	Online only - Google Meet	\$50	Jari Chaloupka	(8 weeks) No class May 20
Zumba	18+	April 8	June 10	6:00 - 7:00 pm	Sister O'Brien School Gym	\$40	Tera Jensen	(8 weeks) No class May 20 & June 3
Pilates	18+	Apr 8	June 10	7:30 - 8:30 pm	Sister O'Brien School Gym	\$40	Diane Hein	(8 weeks) No Class May 20 & June 3
Co-ed Adult Volleyball	18+	Apr 8	June 10	7:15 - 9:15 pm	Silverwood Heights School Gym	\$30	self-led	(8 weeks) No class May 20 & June 3
Try It Free Piloga	18+	Mar 25	March 25	6:00 - 7:00 pm	Silverwood Heights School Gym	\$0	Charlotte Goertzen	

TUESDAY

Program Name	Ages	Start Date	End Date	Time	Location *subject to change*	Cost	Instructor	Notes
Tabata Tone *online*	16+	Apr 9	June 11	6:00 - 7:00 pm	Online only - Google Meet	\$50	Mary Cheveldae	(10 weeks)
Gentle Chair Yoga	18+	Apr 9	May 28	6:15 - 7:00 pm	Brownell School Gym	\$40	Brenda Braun	(8 weeks)
Shine Dance Fitness	16+	Apr 9	May 28	7:15 - 8:15 pm	Brownell School Gym	\$40	Sarah Osika	(8 weeks)
Pickleball	18+	Apr 9	June 11	6:30 - 8:30 pm	Silverwood Heights School Gym	\$40	self-led	(10 weeks)

WEDNESDAY

Program Name	Ages	Start Date	End Date	Time	Location *subject to change*	Cost	Instructor	Notes
Morning Bootcamp Express *online*	16+	Apr 24	June 12	6:00 - 6:45 am	Online only - Google Meet	\$40	Ashley Pilon	(8 weeks)
LIIT - Low Impact Interval Training *online*	16+	Apr 10	June 12	6:00 - 7:00 pm	Online only - Google Meet	\$50	Rayleen Krysak	(10 weeks)
Pickleball	18+	Apr 10	June 12	6:30 - 8:30 pm	Silverwood Heights School Gym	\$30	self-led	(9 weeks) No class Apr 17
Piloga	16+	Apr 10	May 29	6:00 - 7:00 pm	Sister O'Brien School Gym	\$40	Charlotte Goertzen	(8 weeks)

THURSDAY

Program Name	Ages	Start Date	End Date	Time	Location *subject to change*	Cost	Instructor	Notes
HIIT the Weights *online*	16+	Apr 11	June 13	6:00 - 6:45 pm	Online only - Google Meet	\$50	Mary Chevelda	(10 weeks)
Yoga, Gentle Multi-level *online*	17+	Apr 11	May 30	6:30 - 7:30 pm	Online only - Google Meet	\$50	Jari Chaloupka	(8 weeks)
Seniors Hub Club Chair Yoga *online*	Senior	Apr 11	May 30	11:15 - 12:00 pm	Online only - Google Meet	\$25	Brenda Braun	(8 weeks)
Strength Training w/Sydney	16+	Apr 11	May 30	7:15 - 8:15 pm	Silverwood Heights School Gym	\$40	Sydney Pagsuyu	(8 weeks)
Try It Free Shine! Dance	16+	Mar 28	Mar 28	7:00 - 8:00 pm	Sister O'Brien School Gym	\$0	Sarah Osika	

FRIDAY

Program Name	Ages	Start Date	End Date	Time	Location *subject to change*	Cost	Instructor	Notes
Pickleball	18+	Apr 12	June 14	6:30 - 8:30 pm	Silverwood Heights School Gym	\$30	self led	(9 weeks)

SATURDAY

Program Name	Ages	Start Date	End Date	Time	Location	Cost	Instructor	Notes
Gentle Morning Yoga *online*	18+	Apr 13	May 25	9:45 - 10:45 am	Online - Google Meet	\$40	Jari Chaloupka	(6 weeks) No Class May 18