

london.ca/senior-recreation



Winter Program Guide

Seniors Satellites

January 12, 2026 to March 27, 2026

Argyle

Boyle

Byron

Medway

St. Lawrence

Chalmers

Earl Nichols

East Lions

Stronach

Virtual



General Information about the Seniors Satellites

Management & Supervision:

The Seniors' Satellites were created by the City of London. City staff and volunteers manage and operate the satellites operation and their programs. Various community partners may offer supplementary programming or donate space.

Membership:

Membership to **EACH Seniors Satellites** is ***\$11.45 + HST per person for one location, or \$32.15 +HST for ALL LOCATIONS** , per year! *2026 rate. Additional minimal fees per class may be charged for classes with a certified instructor (see program schedules at each satellite for more information). Membership to any satellite is open to anyone aged 55 & over, living in any area of the city. Memberships can be purchased online at www.london.ca, or at one of the City's Customer Service Centres. For City services available evenings and Saturdays visit london.ca/hours.

Membership must be current and active at the location you attend. Due to the popularity of many programs, we have seen increased waitlists. If you are registered in a program, but do not have a membership at that location, you may lose your spot to a waitlisted member with a valid membership.

Pre-registration is required for all programs and can be done online at www.london.ca or by calling Customer Service at 519-661-5575.

Front cover Artwork courtesy of Susan Paddick

Winter registration is available beginning Tuesday, December 9 beginning at 8:30am

Programs and Activities:

The programs we offer at the satellite locations mimic the ‘core’ programs available at Kiwanis and Hamilton Road Seniors’ Centre & Community Centres. Programs build on the concept of the Dimensions of Wellness, offering programs that support the physical, emotional, social, environmental, occupational, spiritual, and intellectual wellness of our members. Our satellite programs are all ‘drop-in’ in nature, and therefore it is unnecessary to stay for the duration of the programming time at your satellite location. Members must pre-register and pay for any individual program they wish to attend.

The fitness and yoga instructors are certified, and ensure that proper conditioning, stretching, form, posture, warm up and cool downs are followed, to guard against any unnecessary strain on the body, or injury.

Programs may be changed quarterly at the satellites, depending on participation levels and input of members, and availability of instructors.

Additional Information:

If you require additional information about our satellites, please visit our website at www.london.ca/senior-recreation, or contact Susan Stepien, Supervisor, City of London, by email at sstepien@london.ca.

Financial Assistance is Available for those that Qualify:

The City of London’s Play Your Way (PYW) Fund offers financial support to low-income Londoners and their families who want to access recreation programs and activities offered by the City of London. Once approved, funding can be accessed for the next 12 months, up to a maximum of \$300 per person and can be used when purchasing any Seniors Satellite membership or program fee. For more information or details on how to apply, please visit london.ca/playyourway or contact our customer service team at 519-661-5575.

In Person Programs

*Current Program Schedule (programs may change due to registration or instructor availability)

Argyle

Location: East London Library, 2016 Dundas St.

Day/Time: Tuesdays & Wednesdays from 9:30am to 1:00pm

Boyle

Location: Boyle Memorial Community Centre, 530 Charlotte St.

Day/Time: Fridays from 11:30am to 3:00pm

Byron

Location: Byron Optimist Community Centre, 1306 Norman Ave.

Day/Time: Tuesdays from 10:00am to 3:00pm

Chalmers

Location: Chalmers Presbyterian Church, 342 Pond Mills Rd.

Day/Time: Fridays from 9:00am to 12:00pm

East Lions

Location: East Lions Community Centre, 1731 Churchill Ave

Day/Time: Tuesdays 10:00am to 3:00pm & Thursdays from 8:30am to 2:00pm

Earl Nichols

Location: Earl Nichols Recreation Centre, 799 Homeview Rd.

Day/Time: Thursdays from 10:00am to 3:00pm

Medway

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Mondays from 11:30am to 3:00pm & Wednesdays 9:00am to 3:30pm

Stronach

Location: Stronach Recreation Centre, 1221 Sandford St.

Day/Time: Wednesdays from 11:00am to 1:30pm

St. Lawrence

Location: St. Lawrence Presbyterian Church, 910 Huron St

Day/Time: Mondays from 9:30am to 2:00pm

St. Lawrence Seniors Satellite

Location: St. Lawrence Presbyterian Church, 910 Huron St.

Day/Time: Mondays from 9:30am to 2:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

9:30am to 10:30am	Yoga - Hatha #218472	Program Room	Improve your muscle tone and increase flexibility. Hatha yoga is commonly understood as a gentler form with a slower pace and a more meditative experience, well suited for those looking for a slower rather than movement focus. In this class you will combine muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels.	\$2.40+HST per class with membership
10:40am to 11:40am	Seated Tai Chi #218471	Program Room	Seated Tai Chi is a gentle exercise that improves balance and reduces fall risk. This is a great option for those with limited mobility or balance.	\$2.40+HST per class with membership
11:45am to 12:45pm	Qi-Yoga #220534	Program Room 2	Qi-Yoga blends Qigong, acupressure techniques, and Yoga poses. Qi-Yoga can be practiced standing or on a mat. No experience necessary.	\$2.40+HST per class with membership
1:00pm to 2:00pm	Sit to be Fit #218473	Program Room	This fitness program is done while seated in a chair. We use light weights, balls, and/or resistance bands to strengthen muscles needed for daily activities.	\$2.40+HST per class with membership

The St. Lawrence Seniors Satellite is provided to the community in partnership with St. Lawrence Presbyterian Church.

Medway Seniors Satellite

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Mondays from 11:30am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Mondays

11:30am to 12:30am	Functional Fitness #218376	Meeting Room	This is a “Functional Fitness” class aimed at making your active daily living easier by incorporating cardio, balance, strength and stretching. We add some mindfulness training that will help bring confidence, contentment, and joy to your daily interactions.	\$2.40+HST per class with membership
12:45pm to 1:45pm	Yoga Seated #218380	Meeting Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. You will experience numerous benefits including increased flexibility, better sleep, reduced stress, and a general feeling of well-being. No experience is required. Please bring your own mat.	\$2.40+HST per class with membership
2:00pm to 3:00pm	Legs Up the Wall Yoga #218390	Meeting Room	This is a slower pace, gentle impact class. The practice will allow more time to explore postures and alignment. The focus is on stretching and strengthening the muscles, accompanied by proper breathing, while building awareness of the body. Please bring your own mat.	\$2.40+HST per class with membership

No Scents Make Good Sense!

Scented products can aggravate existing health problems for people who suffer from asthma, allergies, and many other medical conditions. Please help us keep the Seniors’ Satellites fragrance free!

Medway Seniors Satellite

Location: Medway Community Centre, 119 Sherwood Forest Square

Day/Time: Wednesdays from 9:00am to 3:30pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Wednesdays

9:30am to 10:30am	Yoga Hatha #218590	Meeting Room	Improve your muscle tone and increase flexibility. Hatha yoga is commonly understood as a gentler form with a slower pace and a more meditative experience, well suited for those looking for a slower rather than movement focus. In this class you will combine muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels.	\$2.40+HST per class with membership
10:45am to 11:45am	Cardio Fit #218591	Meeting Room	Increase your mobility and endurance in this fun total body fitness class. A combination of resistance exercises, strength activities, and light cardio will challenge and improve your strength, balance and coordination.	\$2.40+HST per class with membership
12:15pm to 1:00pm	Ageless Grace® #218592	Meeting Room	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.40+HST per class with membership
1:15pm to 2:15pm	Line Dancing #218593	Meeting Room	Enjoy some fitness and fun while dancing to a variety of music. This class is for beginner dancers. Well-fitting shoes with a smooth sole required.	\$2.40+HST per class with membership
2:30pm to 3:30pm	Line Dancing 2 #218594	Meeting Room	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class, and participants should be familiar with the basic steps of line dance.	\$2.40+HST per class with membership

Byron Seniors Satellite

Location: Byron Optimist Community Centre, 1306 Norman Ave.

Day/Time: Tuesdays from 10:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Tuesdays

10:00am to 11:00am	Zumba Gold® #218478	Meeting Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. We will teach you basic Latin dance steps to some great music!	\$2.40+HST per class with membership
11:00am to 12:00pm	Walk Fit #218477	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.40+HST per class with membership
11:15am to 12:15pm	Yoga Restorative/ Yin #218480	Meeting Room	Experience the perfect blend of release and relaxation in our alternating Restorative and Yin Yoga series. Restorative weeks guide you into deep relaxation, calming the nervous system and activating the parasympathetic response. Yin weeks invite you to target deep connective tissues, helping improve joint mobility and flexibility through long-held postures. Both are long slow holds on the floor. Together, these classes create a powerful rhythm of depth and renewal, supporting body and mind in lasting ways.	\$2.40+HST per class with membership
12:15pm to 1:00pm	Ageless Grace® #218485	Gym	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.40+HST per class with membership
12:30pm to 1:30pm	Yoga Seated #218488	Meeting Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. Please bring your own mat.	\$2.40+HST per class with membership

1:15pm to 2:15pm	Pilates #218533	Gym	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.40+HST per class with membership
1:45pm to 2:45pm	Yoga Hatha #218534	Meeting Room	Improve your muscle tone and increase flexibility. Hatha yoga is commonly understood as a gentler form with a slower pace and a more meditative experience, well suited for those looking for a slower rather than movement focus. In this class you will combine muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels.	\$2.40+HST per class with membership

East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Tuesdays from 10:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Tuesdays

10:00am to 11:00am	Tai Chi for Seniors #218535	Activity Room	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease. We will be building on Tai Chi principles, using them in short form and Qigong sets.	\$2.40+HST per class with membership
11:15am to 12:15pm	Qi-Yoga #218573	Activity Room	Qi-Yoga blends Qigong, acupressure techniques, and Yoga poses. Qi-Yoga is practiced standing and on a mat. No experience necessary. Please bring your own mat.	\$2.40+HST per class with membership
11:30am to 12:30pm	Seniors Bootcamp #218576	Gym	Develop and strengthen your muscles while burning calories and boosting your metabolism. This workout includes light weights, cardio and muscle building using a variety of equipment.	\$2.40+HST per class with membership
12:45pm to 1:45pm	Pilates #218578	Activity Room	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe!	\$2.40+HST per class with membership

1:15pm to 2:15pm	Line Dancing #218581	Room 1 South	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for beginner dancers. Wear well-fitting shoes with a smooth sole.	\$2.40+HST per class with membership
1:15pm to 2:00pm	Stride and Strength - Water Walking #218536	Pool	This class focuses on functional movement while using the buoyancy of water. Exercises will facilitate weight bearing, flexibility, range of motion, muscle tone, and cardiovascular endurance. We will use the resistance of the water to focus on strength, and water weights will be available to participants who wish to add to their work out. The water will help cushion the feet, knees, and back. Exercises are performed to lively motivating music and are effective and easy to follow.	\$2.40+HST per class with membership
2:00pm to 3:00pm	Yoga Seated #218579	Activity Room	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. Please bring your own mat.	\$2.40+HST per class with membership

East Lions Seniors Satellite

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Thursdays from 8:30am to 2:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Thursdays

8:30am to 9:30am	Rise and Shine Yoga #218598	Activity Room	Start your day right! Stretch, lengthen, and tone your body in a calm and relaxed setting.	\$2.40+HST per class with membership
9:45am to 10:45am	Yoga Seated #218601	Gym	This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. Standing postures (with seated variations) are also offered, with the chair serving as support. Please bring your own mat.	\$2.40+HST per class with membership
10:00am to 10:45am	Aqua Zumba® #218602	Pool	A unique and refreshing way to exercise, Aqua Zumba combines traditional water exercises with Latin dance moves and upbeat music. This class works every muscle in the body providing a full body, low-impact, cardiovascular workout. Participants will be able to touch the bottom.	\$2.40+HST per class with membership
11:00am to 12:00pm	Zumba Gold® #218603	Activity Room	This class features routines where fast and slow rhythms are combined to tone and sculpt your body while burning calories. We will teach you basic Latin dance steps to some great music!	\$2.40+HST per class with membership
11:00am to 12:00pm	Fit Beat #218605	Room 1 South	This program blends cardio with rhythm and will have you working up a sweat as you drum out your stress and leave feeling recharged.	\$2.40+HST per class with membership
11:15am to 12:15pm	Walk Fit #218604	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.40+HST per class with membership
12:15pm to 1:15pm	Vinyasa Flow Yoga #218607	Activity Room	Vinyasa Flow is a dynamic and fluid style of yoga that emphasizes continuous movement and seamless transitions between poses while linking your breath with the movement. Please bring your own mat.	\$2.40+HST per class with membership

12:30pm to 1:30pm	Sit to be Fit #218606	Room 1 South	This fitness program is done while seated in a chair. We use light weights, balls, and/or resistance bands to strengthen muscles needed for daily activities.	\$2.40+HST per class with membership
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Argyle Seniors Satellite

Location: East London Library, 2016 Dundas ST. E

Day/Time: Wednesday from 9:30am to 1:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

The Argyle Seniors Satellite is provided to the community in partnership with the London Public Library.

Wednesdays

9:30am to 10:30am	Cardio Fit #218582	Meeting Room	Increase your mobility and endurance in this fun total body fitness class. A combination of resistance exercises, strength activities, and light cardio will challenge and improve your strength, balance and coordination.	\$2.40+HST per class with membership
11:00am to 11:45am	Ageless Grace® #218588	Meeting Room	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.40+HST per class with membership
12:00pm to 1:00pm	Qigong #218589	Meeting Room	Qigong is a form of movement that is performed standing or sitting. It utilizes exercises to optimize the body's structure, joint mobility, strength, and function while improving health and longevity. Qigong uses focused attention, movement and breath and has been described as a moving meditation.	\$2.40+HST per class with membership

Stronach Seniors Satellite

Location: Stronach Recreation Centre, 1221 Sandford St.

Day/Time: Wednesdays from 11:00am to 1:30pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Wednesdays

11:00am to 12:00pm	Chair Fit #218595	Meeting Room	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.40+HST per class with membership
11:15am to 12:15pm	Pilates #218596	Meeting Room	This series of Pilates mat classes emphasizes correcting muscular imbalance, improving posture, and toning the body from head to toe! A 13mm (1/2") yoga mat is suggested for this class.	\$2.40+HST per class with membership
12:30pm to 1:30pm	20/20/20 #218597	Gym	Enjoy great music in this class which includes 20 minutes of cardio, 20 minutes of strength using light weights, and 20 minutes of balance and stretching moves.	\$2.40+HST per class with membership

Earl Nichols Seniors Satellite

Location: Earl Nichols Recreation Centre, 799 Homeview Road

Day/Time: Thursdays from 10:00am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Thursdays

10:00am to 11:00am	Core Strength #218608	Hall	Strengthen your core, legs, back, and arm muscles with a focus on bone health. Work through a series of strength, mobility, and balance exercises designed for strength and stamina. Exercises are done both sitting and standing using weights, bands, and balls. All to great music! Bring your own mat.	\$2.40+HST per class with membership
11:15am to 12:15pm	Chair Fit #218609	Hall	This beginner, low impact chair exercise class will help increase your overall fitness. Learn techniques, strategies, and exercises to improve strength, cardio, and posture. You will be amazed how fun and beneficial exercise in a chair can be.	\$2.40+HST per class with membership
12:30pm to 1:30pm	Line Dancing #218610	Hall	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for beginner dancers. Wear well-fitting shoes with a smooth sole.	\$2.40+HST per class with membership
1:45pm to 2:45pm	Line Dancing Level 2 #218611	Hall	Just like above, with several new steps and songs added! Join us for some fun. This is a level 2 class, and participants should be familiar with the basic steps of line dance.	\$2.40+HST per class with membership

Chalmers Seniors Satellite

Location: Chalmers Presbyterian Church, 342 Pond Mills Rd.

Day/Time: Fridays from 9:00am to 12:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Fridays

9:00am to 9:55am	Cardio Fit #218612	Upper Hall	Increase your mobility and endurance in this fun total body fitness class. A combination of resistance exercises, strength activities, and light cardio will challenge and improve your strength, balance and coordination.	\$2.40+HST per class with membership
10:00am to 10:55am	Taoist Yoga #218613	Upper Hall	Discover harmony of mind, body, and spirit in our Taoist Yoga class. Rooted in Ancient Chinese philosophy, this practice combines gentle movement, breathwork, and meditation to cultivate inner balance and vitality. Great for all levels, it promotes relaxation, flexibility, and mindfulness, aligning you with the natural flow of life.	\$2.40+HST per class with membership
11:00am to 12:00pm	Tai Chi for Seniors #218614	Upper Hall	This class is for anyone who has always wanted to experience the physical benefits of Tai Chi. This practice can help to alleviate difficulties associated with aging, injury, inactivity, and chronic disease. We will be building on Tai Chi principles. You will leave the class feeling refreshed and relaxed.	\$2.40+HST per class with membership
11:00am to 11:45am	Ageless Grace® #218615	Lower Hall	This innovative brain fitness program activates all 5 functions of the brain while addressing physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.	\$2.40+HST per class with membership

The Chalmers Seniors Satellite is provided to the community in partnership with Chalmers Presbyterian Church.

Boyle Seniors Satellite

Location: Boyle Memorial Community Centre, 530 Charlotte St.

Day/Time: Fridays from 11:30am to 3:00pm

Current Program Schedule: programs may change per the request and suggestion of our members and availability of instructors.

Fridays

11:30am to 12:30pm	Walk Fit #218616	Gym	Our instructor will lead you through various movements with your arms and legs as you get a full body workout walking the perimeter of the gym. We'll put a smile on your face and sweat on your brow.	\$2.40+HST per class with membership
11:30am to 12:30pm	Vinyasa Flow Yoga #218617	Meeting Room	Vinyasa Flow is a dynamic and fluid style of yoga that emphasizes continuous movement and seamless transitions between poses while linking your breath with the movement.	\$2.40+HST per class with membership
1:00pm to 2:00pm	Line Dancing #218618	Gym	Do you want to have fun while exercising at the same time? Enjoy some fitness and fun while dancing to a variety of music. This class is for beginner line dancers. Wear well-fitting shoes with a smooth sole.	\$2.40+HST per class with membership

Self-Defence Workshop

Location: East Lions Community Centre, 1731 Churchill Ave.

Day/Time: Tuesday, March 10 from 10:00am to 12:00pm

Open to Seniors Satellite Members from ALL Locations

10:00am to 12:00pm	Self-Defence for Seniors #220579	Room 1 South	<p>Self-defence is a concern for older adults, both men and women. No prior training or experience necessary. Learn basic self-defence with our Certified Black Belt Instructor in this workshop. Open to members of ALL Seniors Satellites.</p> <p>Each participant will receive a personal safety alarm courtesy of Masonville Manor Retirement Residence.</p>	<p>\$2.40+HST with membership to ANY location</p> <p>Pre-Registration Required</p>
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*M*asonville Manor
Retirement Residence

Thank you Masonville Manor for sponsoring this event.



East Lions Seniors Satellites

Thursdays 10:00am - 10:45am

#218602

\$2.40+HST per class with membership

Seniors Satellite Virtual



Ageless Grace® - This innovative brain fitness program activates all 5 functions of the brain while simultaneously addressing all 21 physical skills needed for lifelong optimal function. Movements are natural and organic. This seated class is loaded with fun and laughter, and designed for people of any ability, body type, or with any physical challenge.

Tuesdays and Thursdays from 10:00am to 10:45am
Free for Londoners 55+

How to Register

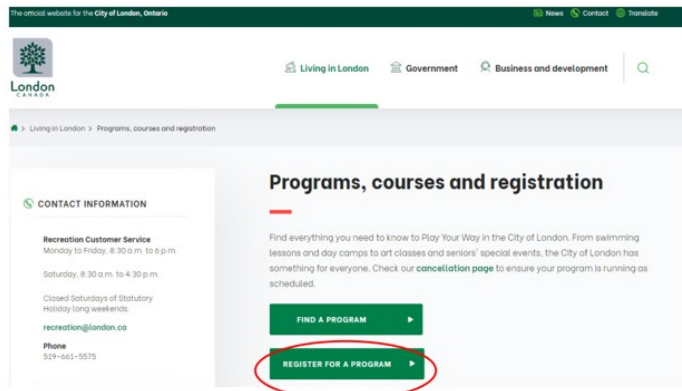
1. You can register online at www.london.ca/pywonline, or
2. Call Customer Service at 519-661-5575 and register.

*Information regarding how to access program will be emailed to the address associated with your account.

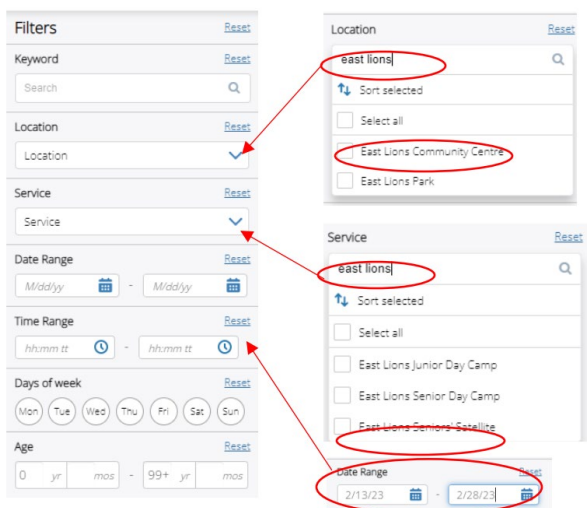
Pre-Registration is required for all programs and can be done online at www.london.ca, by calling Customer Service at 519-661-5575 or by visiting one of the in-person customer service locations.

How to view a program on the XPLO online portal

1. From the City of London website select the following <https://london.ca/living-london/recreation/programs-courses-registration>
2. Select Register for a program.



3. Using the filters selection on the left side panel narrow your search by doing the following:
 - Using drop down menu choose a location or type name in search bar (ie. East Lions Community Centre)
 - Using drop down menu choose a Service or type name in search bar (ie. East Lions Seniors Satellite)
 - Enter the date range for the programs you would like to see (ie. Feb. 13 to Feb. 28)



4. Once filters are selected on the right-hand side it will populate your results. Select Seniors Satellite Drop Ins to view programs available. Next page will bring you to a list of programs. Select book to view the program and to proceed with registering.

Filters

Reset

Keyword

Reset

Search

Q

Location

Reset

Location

▼

X East Lions Community Centre

Service

Reset

Service

▼

X East Lions Seniors' Satellite

Date Range

Reset

2/13/23

2/28/23

Select an Activity

Community Centre Drop-Ins

Seniors' Satellite Drop-Ins

Filters

Reset

Keyword

Reset

Search

Q

Location

Reset

Location

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X East Lions Community Centre

Service

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Service

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X East Lions Seniors' Satellite

Date Range

Reset

2/15/23

2/28/23

Time Range

Reset

Anytime

Anytime

Days of week

Reset

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Age

Reset

0

yr

max

99+

yr

max

← Back

Seniors' Satellite Drop-Ins

2023 Feb 16th

Fit Beat

11:00 am - 12:00 pm

East Lions Community Centre - ELCC Activity Room

\$ \$2.21

PULL - Waitlist Available

Waitlist

Zumba Gold

11:00 am - 12:00 pm

East Lions Community Centre - ELCC (A/B) Full Multipurpose Room 1

\$ \$2.21

PULL - Waitlist Available

Waitlist

Sit to be Fit

12:30 pm - 01:30 pm

East Lions Community Centre - ELCC (A/B) Full Multipurpose Room 1

\$ \$2.21

PULL - Waitlist Available

Waitlist

Functional Fitness

02:00 pm - 03:00 pm

East Lions Community Centre - ELCC (A/B) Full Multipurpose Room 1

\$ \$2.21

10 spots left

Book

2023 Feb 21st

Seniors Bootcamp

11:30 am - 12:30 pm

East Lions Community Centre - ELCC (A/B) Full Gymnasium

\$ \$2.21

4 spots left

Book

Tai Chi for Seniors

11:30 am - 12:30 pm

East Lions Community Centre - ELCC (A/B) Full Multipurpose Room 1

\$ \$2.21

9 spots left

Book

- Select book and will prompt you to login to your Play Your Way Account to register for program.

City of London

519-661-5575

Login

Seniors Bootcamp

2/21/23

11:30 am - 12:30 pm

8 spots left

BOOK

Registration ends on 2/21/23 at 11:30 AM

The **Seniors Satellites** are neighbourhood outreach programs from Kiwanis & Hamilton Road Seniors' Centres & Community Centres.