

ADULT SUMMER Programs 2025

*HST not included

Program Name	Day	Time	Duration	Location	Dates	# Classes	Course ID	Cost*
Cardio & Weights	Mon	8:45 AM	45 min	Musquodoboit Harbour Community Centre	Jul 07 - Jul 28	4	10698	\$20.08
Gentle Fitness	Mon	9:45 AM	45 min	Musquodoboit Harbour Community Centre	Jul 07 - Jul 28	4	10702	\$20.08
Circuit Fitness	Mon	11:00 AM	45 min	Musquodoboit Harbour Fitness Centre	Jul 07 - Jul 28	4	10703	\$20.08
Fitness- Boot Camp	Sat	7:00 AM	1 hr	Musquodoboit Harbour Fitness Centre	Jul 12 - Aug 16	6	10704	\$40.14
Gentle Yoga	Mon	1:30 PM	1 hr 15 min	Musquodoboit Harbour Community Centre	Jul 14 - Aug 18	5	189	\$41.80
Patio Yoga	Mon	6:00 PM	1 hr	Musquodoboit Harbour Community Centre	Jul 14 - Aug 25	6	10679	\$40.14
Yoga	Tue	9:30 AM	1 hr 15 min	Musquodoboit Harbour Community Centre	Jul 08 - Aug 26	8	10687	\$66.88
Yoga	Thu	9:30 AM	1 hr 15 min	Musquodoboit Harbour Community Centre	Jul 10 - Aug 28	8	10657	\$66.88
Chair Yoga	Thu	12:30 PM	1 hr	Musquodoboit Harbour Community Centre	Jul 10 - Aug 21	6	10694	\$46.83
Gentle Yoga	Thu	1:45 PM	1 hr 15 min	Musquodoboit Harbour Community Centre	Jul 10 - Aug 21	7	10652	\$58.52



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