

Forever...in *motion* Community Locations

September 2026 – December 2026

Please note: Classes may require a membership with the local community association. Some classes also have a nominal fee to help cover the space cost. Additionally, depending on the location, the maximum number of participants may be limited to 15.

North Zone Locations		
Argyle Park Community Centre – 55 Davin Crescent Walsh Acres Community Association (306)-543-5653 community membership and registration required	Mondays & Thursdays Start Sept. 21 – Dec.14	11:00 am
Northgate Mall Walkers 489 Albert Street North (306) 501-2406 Northeast Community Association – community membership required	Mondays to Fridays Sept	8:30 am
Our Lady of Peace 425 Broad Street North (306) 543-5355 – community membership may be required	Tuesdays & Thursdays Start Sept 8th	10:00 am
Regent Place Library 331 Albert Street (306) 777-6000	Tuesdays - Start Sept 8 th	1:00 pm

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West Zone Locations		
Christ Lutheran Church 4825 Dewdney Avenue	Mondays Start Sept 14	10:00 am
Heritage United Church 1050 North Arnason Street Rosemont Community Association – community membership may be required mail@rmrca.com	Mondays, Wednesdays, & Fridays Start Week of the Sept 14	10:00 am
Holy Trinity Roman Catholic Church 5020 Sherwood Drive	Tuesdays Start Sept. 8	1:30 pm
New Hope Lutheran Church 370 McIntosh Street Normanview Resident Group – community membership required 2023nrgi@gmail.com	Thursdays Sept. 10 – Dec. 17	9:30 am
Northwest Leisure Centre 1127 Arnason Street Normanview Residents Group – community membership required 2023nrgi@gmail.com	Thursdays Sept. 10 – Dec. 17	1:30 pm
Northeast Community Centre 205 Hamilton St Regent Park Community Association – community membership required	Wednesday- Sept 15-Nov 25	10:30 am
Rosewood Park Alliance Church Courtney Street (306) 543-8233	Tuesdays Sept 8 th Wednesdays Sept 9 th	10:30 am 9:30 am
St. Cecilia Parish 5020 7 th Avenue - \$2 donation/class	Mondays, Wednesdays, Fridays Start week of Sept. 14	10:00 am
St. James United Church 4506 Sherwood Drive Regent Park Community Association – community membership required regentparkca@live.com	Wednesdays	10:30 am
Westhill Baptist Church 8025 Sherwood Drive	Mondays Start Sept. 14 th	10:00 am

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Central Location		
Cathedral Neighbourhood Centre – community membership and registration required 2900 13 th Avenue (306) 777-7034	Mondays Sept. 28 – Dec. 14 Fridays Oct. 2 – Dec. 18	1:00 pm
Core Ritchie Neighbourhood Centre 445 14 th Avenue	Tuesdays start Sept. 8	9:30 am
Core Ritchie Neighbourhood Centre 445 14 th Avenue This class is designed for individuals who are new to exercise.	Monday start Sept. 14	11:00 am
Mâdawêyatîtan Centre, 3355 6th Avenue (306) 791-9888 North Central Community Association – community membership required	Tuesdays Sept 15	10:30 am
Westminster Church 3025 13th Ave 9306) 757-6444	Wednesday on going	10:00 am

East Locations		
Glencairn Community Centre 2626 Dewdney Avenue East (306) 777-7747 Glencairn Community Association – community membership may be required	Mondays Sept. 14 Thursdays Sept. 10	9:00 am
Living Spirit Church 3018 Doan Drive (306) 789-0265	Monday - Sept. 14	10:30am 1:00 pm
	Thursdays - Sept 10	9:00 am 10:30 am
Sunrise Library SSLC 3130 Woodhams Drive	Mondays & Thursdays Sept 14	1:00 pm
	Thursday Sept. 17	2:30 pm

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South Zone Locations		
Elphinstone Senior Citizens Centre 2404 Elphinstone Street (306) 359-3847 Drop-in fee: members \$5 non-member \$8	Mondays & Thursdays Oct. 19	9:30 am
First Presbyterian Church 2170 Albert Street (306) 522-9571	Tuesdays	11:30 am
George Bothwell Library Southland Mall 2965 Gordon Road (306) 777-6091	Thursdays Sept. 10	1:00 pm
	Thursday Sept. 17	2:15 pm
Our Savior's Lutheran Church 190 Massey Road (306) 586-0006	Mondays Sept. 14	1:00 pm
Parliament Community Church 4011 Pasqua St	Tuesday	10:30 am
South Leisure Neighbourhood Centre 170 Sunset Drive (306) 777-7031	Mondays - Sept 28 Thursdays - Oct. 1	10:00 am
	Monday - Sept 14	12:30 pm
Santa Maria Senior Citizens Home, 4215 Regina Ave	Thursday – Sept. 3rd	10:30 am
St. Mark Lutheran Church 3510 Queen Street (306) 586-9811	Tuesdays - Sept. 9	10:00 am
St. Mary's Anglican Church 3337 15th Avenue (306) 522-6052	Tuesdays - Sept 15	10:30 am
University Group College Ave (University Building) – Dance Studio - 306-540-8637	Thursdays	3:00 pm
YMCA, South Albert 3801B Albert Street (Beside CO-OP pharmacy)	Tuesdays - Sept 15	1:00 pm