



Brookwood Senior Centre Regular Activities



For a full list of activities/contact numbers, check brookswoodseniors.ca. Times are subject to change.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9 am		Body Toning with Gaby 9 - 10:30	Zumba with Anett 9:30 - 10:30	Body Toning with Linda 9 - 10:30		Body Toning with Gaby 9 - 10:30		
10 am								
11 am		G Fit 11:30 - 12:15	Decorating Cte 10:30 - 12:30					
Noon		Lisa's Line Dance Beg. / Beg.+ 12:30 - 1:30		Duplicate Bridge Noon - 4	Lisa's Line Dance Beg. / Beg.+ 12:30 - 1:30	Duplicate Bridge Noon - 4	Cleaning Main Hall 1 - 4	
1 pm								
2 pm								
3 pm								
4 pm				Cleaning Main Hall 4 - 6		Peggy's Line Dance Beg.: 4:15 - 5:15		
5 pm		Lisa's Line Dance Beg./Beg.+: 6 - 7			Synergy Line Dance w/Maggie Improver/Interm. 5 - 6:30 Inter./Adv. 6:30 - 9	Paws 2 Dance 6:30 - 8:30		
6 pm	Synergy Line Dance w/Maggie Inter./Adv. 6:30 - 9							
7 pm								
8 pm								
9 pm								

Pool: Drop in for members when the Centre is open.

Upper Hall: Schedule varies weekly.

June 26, 2026

For details about all programs, see the Programs At-a-Glance leaflet or see: brookswoodseniors.ca>Calendars>Main Hall