

Exercise classes - Spring/Summer 2019

HUB	Location	Address	Days and Times / Jours et temps					Language	Contact person(ne) Contacte	Email/Courriel
			M	T	W	T	F			
Algoma	The Dr. Harold S. Trefry Memorial Center	1601 C Line Richards Landing, ON	10:00 AM			1:30 PM		English	Jen Amadio 705-246-0036	dr.trefrycentre@one-mail.on.ca
Algoma	North Shore Health Network	12 Hudson, Blind River ON		1:30 PM		1:30 PM		English	Darlene Wilkins 705-356-2265 ext 2455	dwilkins@nshn.care
Algoma	Laird Community Hall	3 Pumpkin Point Rd. West, Echo Bay, ON	10:00 AM			10:00 AM		English	Jen Amadio 705-246-0036	dr.trefrycentre@one-mail.on.ca
Algoma	Bruce Mines Community Hall	9180 Hwy 17, Bruce Mines	10:00 AM			2:30 PM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Algoma	Light Haven Retirement Home	38 Desbarats St. Bruce Mines, ON	11:00 AM			3:30 PM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Algoma	VON Day Centre	7B Oxford St. Sault Ste. Marie, ON	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	Bilingual	Kim Paradis 705-942-8200	Kim.Paradis@von.ca
Algoma	Great Northern Retirement Home	760 Great Northern Rd. Sault Ste. Marie, ON	Three days a week at 9:30 am. Call for weekly schedule.					English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Cochrane	The Walford	750 Tamarack St. Timmins, ON P4N 0A4	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Le Mirage - Foyer des Aînés Francophone	44 Borden Ave. Timmins, ON P4N 8P1		11:15 AM		11:15 AM		English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Melrose Apartments	491 Melrose Blvd. Timmins, ON P4N 7Y7		10:15 AM		10:15 AM		English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Mountjoy Senior Apartments	67 Mountjoy St. N Timmins, ON P4N 4V9	11:30 AM		11:30 AM		11:30 AM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Rainbow Suites	1212 Riverside Dr. Timmins, ON P4R 1A4		12:30 PM		12:30 PM		Français	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	St. Mary's Garden	225 Fifth Ave. Timmins, ON P4N 0B2	1:40 PM		1:40 PM	1:40 PM		English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	The Chateau Georgian	455 Cedar St. N Timmins, ON P4N 8K4	10:45 AM		10:45 AM		10:45 AM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Timmins Finnish Seniors Home	231 Huot St. South Porcupine, ON P0N 1H0	4:00 PM		4:00 PM		4:00 PM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Health Promotion Centre	723 Synagogue Ave. Iroquois Falls, ON		10:30 AM		10:30 AM		Bilingual	Kim White 705-258-3526 705-262-5290	Kwhite@iroquoisfalls.com

Cochrane	Veillir chez soi - Smooth Rock Falls	193 Gordon Ave. Smooth Rock Falls, ON P0L 2B0		1:00 PM				Bilingual	Carole Cloutier 705-338-3224	carolecloutier@srfhosp.ca
Cochrane	Veillir chez soi - Mattice	165 Mgr Proulx Ave. Mattice, ON P0L 1T0	10:00 AM		10:00 AM			Français	Stéphanie Larose 705-362-4144	vcshearst@ntl.sympatico.ca
Cochrane	Maple Villa	436 11th Ave. Cochrane, ON		9:00 AM			9:00 AM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Birch Villa	437 11th Ave. Cochrane, ON		8:30 AM			8:30 AM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	Cadence Residence (Cochrane Retirement Living)	500- 12th Ave. Cochrane, ON	3:00 PM		3:00 PM			English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Cochrane	CDSSAB- Residence	500 12th Ave. North Cochrane, ON P0L 1C0		2:00 PM			10:00 AM	Bilingual	Lee-Ann St-Jacques 705-232-4095	stjaqu@cdssab.on.ca
Cochrane	Corporation du canton d'Opasatika	6 St-Antoine Rd. Opasatika ON P0L 1Z0	1:30 PM		1:30 PM			Bilingual	Alain Tremblay 705-369-4531	twpopas@persona.ca
Cochrane	Corporation du canton Moonbeam	1 rue Pelltier, Moonbeam ON P0L 1V0		1:30 PM		1:30 PM		Bilingual	Carole Gendron 705-367-2244	cgendron@moonbeam.ca
Coast	Canadian Red Cross	21 First Ave. Moosonee, ON		Call for time		Call for time		Cree	Celine Koostachin 705-336-2302	celine.koostachin@redcross.ca
Coast	Canadian Red Cross	Peawanuk		Call for time		Call for time		English/Cree	Sophia Edwards 705-473-0123	sophia.edwards@redcross.ca
Nip/Tim	Royal Canadian Legion	175 Pine St. Elk Lake, ON P0J 1G0		10:00 AM		10:00 AM		Français	Julie Laplante 705-563-8110	julielaplante@csctim.on.ca
Nip/Tim	Club 50+	39 Kirkpatrick St. Kirkland Lake, ON P2N 2H2		10:00 AM		10:00 AM		Français	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Club 50+	39 Kirkpatrick St. Kirkland Lake, ON P2N 2H2	9:00 AM		9:00 AM			Français	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Town Hall Larder Lake	69 Fourth Ave. Larder Lake, ON P0K 1L0	11:00 AM		11:00 AM			Français	Carole Godmaire 705-567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown, ON P0K 1X0	1:00 PM		1:00 PM			Français	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	McGarry Recreation Centre	70 Government Rd. Virginiatown, ON P0K 1X0	2:00 PM		2:00 PM			Français	Carole Godmaire 705 567-1414	carolegodmaire@csctim.on.ca
Nip/Tim	Joe Mavrinac Community Complex	55 Allen Ave. Kirkland Lake, ON P2N 3K3	10:30 AM		10:30 AM			English	Kim Klockers 705-567-5215	kim.klockers@tkl.ca
Nip/Tim	Pool Fitness Centre	77 Wellington St. South New Liskeard, ON P0J 1P0		9:00 AM		9:00 AM		English	Maddy Kuz 705-622-9057	maddykuz@gmail.com
Nip/Tim	Englehart Arena Complex	80 7th Ave. Englehart, ON P0J 1H0			4:15 PM		4:15 PM	English	Val Kennedy 705-471-5264	avalonbyexperience@yahoo.ca
Nip/Tim	WNCHC	145 Main Rd. Sturgeon Falls, On P2B 1N8	11:00 AM		10:00 AM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Cache Bay United 50+ Club	53 Bain St. Cache Bay, ON			11:00 AM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org

Nip/Tim	West Nipissing Residence 2	140 Parker St. Sturgeon Falls, ON P2B 2Y5				11:00 AM		Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	West Nipissing Villa Aubin	145 Hilditch St. Sturgeon Falls, ON P2B 2Y3	11:00 AM					Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Villa des Pignons	709 Coursol Rd. Sturgeon Falls, ON		2:30 PM				Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Villa du Loisir	106 Michaud St. Sturgeon Falls, ON			2:45 PM			Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Domaine Leclair	711 Coursol Rd. Sturgeon Falls, ON				2:30 PM		Bilingual	Celeste Auger Proulx 705-753-0151, ext 214	cap@cscno-wnchc.org
Nip/Tim	Place St. Vincent	250 Victoria St E, North Bay, ON		9:30 AM			9:30 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Corbeil Park Hall	392 Hwy 392, Corbeil, ON	9:30 AM				9:30 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Castle Arms (I)	400 Olive St. North Bay, ON	12:45 PM		12:45 PM		12:45 PM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Castle Arms (II)	400 Olive St. North Bay, ON	1:15 PM		1:15 PM		1:15 PM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Castle Arms (III)	400 Olive St. North Bay, ON	1:00 PM		1:00 PM		2:00 PM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	The Barclay House	600 Chippewa St. West North Bay, ON P1B 9E7	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Marina Point	225 Oak St. West North Bay, ON P1B 0A9	11:00 AM	10:00 AM & 11:00 AM	11:00 AM	10:00 AM & 11:00 AM	11:00 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Community Living North Bay	741 Wallace Rd. North Bay, ON P1A 0E6					9:30 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Nip/Tim	Empire Living Centre	425 Fraser St. North Bay, ON	9:45 AM & 10:15 AM		9:45 AM & 10:15 AM		9:45 AM & 10:15 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	VON Day Centre	5 Duke St. Mindemoya ON		11:00 AM	11:00 AM	11:00 AM		English	Nicole Gervais 705-671-1572	Nicole.Gervais@von.ca
Sud/Man/PS	Church of the Ascension	1476 Sparks St. Sudbury ON			10:30 AM		10:30 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	New Sudbry Library	1346 Lasalle Blvd. Sudbury ON	10:00 AM					English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Bayview Condominiums	2000 Regent St. South, Sudbury ON	11:15 AM		10:00 AM		10:30 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Benvenuto Apartments	1147 Ramsey View Crt. Sudbury ON P3E 2E6		12:00 PM		12:00 PM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Birch Glen	1601 Paris St. Sudbry ON		11:00 AM		11:00 AM	12:00 PM	English	Amanda Dalcourt 705-362-7558	adalcourt@novopeakhealth.com
Sud/Man/PS	City View Gardens	200 Anne Rd. Sudbury ON	11:00 AM		11:00 AM			English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Red Oak Villa	20 St-Anne Rd. Sudbury ON	10:00 AM	2:30 PM	10:00 AM	1:30 PM	10:00 AM	Bilingual	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca

Sud/Man/PS	Regent Court	3101-327 Marttila Dr. Sudbury ON		9:00 AM		9:00 AM		Bilingual	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Rockview Co-Op	211 Caswell Dr. Sudbury ON	1:00 PM		1:00 PM		1:00 PM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Rockview Towers	1250 Ramsey View Crt. Sudbury ON	2:15 PM & 3:00 PM		2:15 PM & 3:00 PM		2:15 PM & 3:00 PM	Bilingual	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Solidarity Lodge	111 Notre Dame Ave. Sudbuyr ON		1:00 PM		1:00 PM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	St. Andrew's Place	111 larch St. Sudbury ON	12:00 PM		12:00 PM		11:00 AM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Starbury Tower	400 Telstar Ave. Sudbury ON	10:30 AM		10:45 AM	10:30 AM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	The Amberwood Suites (The Breezes)	1385 Regent St. Sudbury ON	1:30 PM	10:15 AM	1:30 PM	10:15 AM	1:30 PM	English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	The Summit	1170 Ramsey View Crt. Sudbury ON		11:15 AM	11:30 AM	11:15 AM		English	Breanna Pearce 705-472-8050	Breanna.Pearce@von.ca
Sud/Man/PS	Parry Sound YMCA	36 Smith Crescent, Parry Sound, ON P2A 2W9	2:00 PM		2:00 PM			English	Peter Bertrand 705-746-0511	peter.bertrand@sm.ymca.ca
Sud/Man/PS	Belvedere Heights	21 Belvedere Ave. Parry Sound, ON P2A 2A2				9:30 AM & 1:30 PM		English	Linda Taylor 705-746-5602	ltaylor@belvedereheights.com
Sud/Man/PS	Humphrey Community Centre	15 Humphrey Dr. Seguin, ON P2A 2W8		1:00 PM		1:00 PM		English	Magda Tarko 705-905-220-6494	magdajustbe@cloud.com
Sud/Man/PS	Magnetawan Community Centre	4304 Hwy 520 Magnetawan, ON P0A 1P0		1:00 PM		1:00 PM		English	Cindy Leggett 705-387-3361	fitchic64@hotmail.com
Sud/Man/PS	Whitestone Public School	9 Moore Dr. Dunchurch, ON P0G 1G0	10:30 AM		10:30 AM			English	Rebecca Green 705-773-2091	fargreen@hotmail.com
Sud/Man/PS	Trout Creek Friendship Club	138 McEacern St. Trout Creek, ON P0H 2I0	2:00 PM					English	Sue Linklater 705-732-5731	esadlink@bell.net
Sud/Man/PS	McKellar Community Centre	676 Hwy 124 McKellar, ON P0G 1C0	10:30 AM		10:30 AM			English	Pat Eaton 705-389-9649	pateaton17@gmail.com
Sud/Man/PS	Rosseau Nursing Station	17 Victoria St. West Rosseau, ON P0C 1J0	10:00 AM		10:00 AM			English	Susan Sanster 705-732-6289	
Sud/Man/PS	Seniors for the Pines at Powassan	325 Catherine St. Powassan, ON P0H 1Z0			1:00 PM			English	Betty Basso 705-724-5804	bbaqso10@yahoo.com
Sud/Man/PS	Orrville Community Centre	1207 Hwy 518 Orrville, ON P2A 0B6			10:00 AM			English	Magda Tarko 705-905-220-6494	magdajustbe@cloud.com
Sud/Man/PS	Linda Spenceley	Hwy 559 Nobel, ON P0G 1C0		10:00 AM		10:00 AM		English	Margaret Lloyd 705-342-1701	mmb42@hotmail.com
Sud/Man/PS	Pointe au Baril Community Centre	70 South Shore Rd. Pointe-au- Baril-Station, ON P0G 1K0		10:30 AM		2:30 PM		English	Laurie Emery 705-938-1886	llauriemayemery@gmail.com
Sud/Man/PS	Ohana Yoga & Wellness Centre	1436 Main St. North Callander, ON				9:00 AM & 10:30 AM		English	Leslie Price 705-724-6028	lprice@eastholme.ca
Sud/Man/PS	Burk's Falls Arena (Upstairs)	220 Centre St. Burk's Falls, ON P0A 1C0				10:00 AM		English	Leslie Price 705-724-6028	lprice@eastholme.ca
Sud/Man/PS	Friendly Circle Senior Centre	11 Isabella St. South River, ON P0A 1X0				11:00 AM		English	Leslie Price 705-724-6028	lprice@eastholme.ca

Sud/Man/PS	Royal Canadian Legion Branch 415	11506 Hwy 522 Port Loring, ON P0H 1Y0			11:00 AM			English	Leslie Price 705-724-6028	lprice@eastholme.ca
Sud/Man/PS	Royal Canadian Legion Branch 467	10383 Hwy 124 Sundridge, ON P0A 1Z0					11:45 AM	English	Leslie Price 705-724-6028	lprice@eastholme.ca