

Recreation Guide

Fall 2026



Fitness Programs

Adult: 18+

Candlelight Yoga

This class allows you to enjoy quiet stillness, move the body, and release excess mental and physical tension built up during the day, then wind down to a deeper state of relaxation. A longer, guided savasana at the end of class with optional hand on adjustments will allow the mind to switch off and aid in improving sleep quality. Yoga blocks, bolsters or pillows are welcome! Please note all candles are battery operated.

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 16	Wed	7:30 PM	18472	\$72 / 6 weeks
Nov. 4	Wed	7:30 PM	18473	\$72 / 6 weeks

Core Conditioning

This Pilates inspired class will use low impact exercises to strengthen the body while improving postural alignment & flexibility. You'll tap into your core strength using controlled movements, proper breathing. Participants will require a yoga mat; Pilates ball will be provided. **Please note there is no class Oct. 12.**

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 14	Mon	7:00 PM	18466	\$72 / 6 weeks
Nov. 2	Mon	7:00 PM	18467	\$72 / 6 weeks

Evening Yoga Flow

Ready to wind down? A gentle yoga flow to help wind down from your day. Relax as you flow, move and breathe in this 60-minute practice. Whether you're new to yoga or looking to unwind after a long day, this practice is the perfect opportunity. Bring a yoga mat, water bottle and any props you may like (i.e. yoga block, bolster, pillow).

Minesing Community Centre

2347 Ronald Road, Minesing

Start Date	Day	Time	Code	Fee
Sept. 16	Wed	6:30 PM	17420	\$72 / 6 weeks
Nov. 4	Wed	6:30 PM	17421	\$72 / 6 weeks

Fun and Fit (55+)

Have fun and get fit as we move to the music through a variety of non-impact cardiovascular moves, combined with strengthening, stretching and balance exercises. **Please note there is no class Oct. 12.**

Anten Mills Community Centre

3985 Horseshoe Valley Road West, Minesing

Start Date	Day	Time	Code	Fee
Sept. 14	Mon	10:30 AM	17409	\$42 / 6 weeks
Nov. 2	Mon	10:30 AM	17410	\$42 / 6 weeks

Gentle Yoga (55+)

These traditional yoga classes include basic posture, breathing, flexibility, strength, balance, and relaxation which form the basis of yoga. You will burn calories, tone, and relax your mind and body! A chair is offered for seated or standing support. Please bring a yoga mat and water. **Please note there is no class Oct. 12.**

Anten Mills Community Centre

3985 Horseshoe Valley Road West, Minesing

Start Date	Day	Time	Code	Fee
Sept. 14	Mon	11:45 AM	17411	\$42 / 6 weeks
Nov. 2	Mon	11:45 AM	17412	\$42 / 6 weeks

Elmvale Community Hall

33 Queen Street West, Elmvale

Start Date	Day	Time	Code	Fee
Sept. 15	Tues	11:45 AM	17425	\$42 / 6 weeks
Nov. 3	Tues	11:45 AM	17426	\$42 / 6 weeks

Sculpted Fusion

In this 45-minute class you will sculpt your entire body using lighter weights with higher repetitions. Cardio bursts are added to increase your heart rate and challenge your endurance and can be intensified based on preference. Please bring a yoga mat and a light set of dumbbells (5lbs recommended).

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 18	Fri	9:30 AM	18474	\$72 / 6 weeks
Nov. 6	Fri	9:30 AM	18475	\$72 / 6 weeks

Senior Fit (55+)

This program is designed to help older adults stay active, strong, and independent. This class focuses on low-impact cardiovascular exercises to support heart health, strength training to help prevent muscle loss and weakness, and mobility exercises to improve flexibility and movement. **Please note there is no class Oct. 12 and 26.**

Elmvale Arena | Springwater Room

14 George Street, Elmvale

Start Date	Day	Time	Code	Fee
Sept. 21	Mon	10:30 AM	17417	\$35 / 5 weeks
Nov. 9	Mon	10:30 AM	18492	\$42 / 6 weeks

Slow Flow Yoga

A well-balanced class featuring mindful continuous movement of yoga postures and breath in a non-hurried manner. Space is provided to transition through the postures safely and time enough in each pose to enjoy their benefit while working on strength and flexibility. Participants are encouraged to work at their own pace, and to make modifications as needed. Bring a yoga mat, block and strap and water bottle each week.

Elmvale Arena | Springwater Room

14 George Street, Elmvale

Start Date	Day	Time	Code	Fee
Nov. 5	Thurs	10:00 AM	19630	\$72 / 6 weeks

Strength Training for Women

In this class you will learn proper technique to lift safely and learn functional exercises to build strength, balance and stability in the entire body. Please bring a yoga mat. Weights can be provided, but participants can bring heavier options if needed.

Midhurst Community Centre

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 16	Wed	6:30 PM	18470	\$72 / 6 weeks
Nov. 4	Wed	6:30 PM	18471	\$72 / 6 weeks

VIIT

Variable Intensity Interval Training (VIIT) is a dynamic group fitness class that cycles through high-intensity bursts, medium-intensity strength and endurance blocks, and low-intensity mobility recovery. This multi-tiered approach builds cardiovascular power, enhances muscular tone, and lowers burnout risk compared to traditional all-out bootcamps

Elmvale Community Hall

33 Queen Street West, Elmvale

Start Date	Day	Time	Code	Fee
Sept. 15	Tues	6:00 PM	17429	\$42 / 6 weeks
Nov. 3	Tues	6:00 PM	17416	\$42 / 6 weeks

Yoga Flow

Start your day with an invigorating flow class that will energize your body and uplift your spirit! During this class you will flow through sun salutations, balancing and strengthening poses and feel-good stretches. You'll gain both strength and flexibility while connecting to your breath and body. Class will finish with a guided savasana that will leave you feeling rested and ready to take on your day!

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 16	Wed	9:30 AM	18468	\$72 / 6 weeks
Nov. 4	Wed	9:30 AM	18469	\$72 / 6 weeks

Zumba: Dance Your Way to Fitness!

Join our Zumba Class and experience the ultimate workout. Zumba is a dance-based exercise program that incorporates a mix of Latin and international music with dance moves. This full-body workout targets all major muscle groups while boosting cardiovascular health, improving flexibility, and increasing endurance.

Elmvale Community Hall

33 Queen Street West, Elmvale

Start Date	Day	Time	Code	Fee
Sept. 16	Wed	6:30 PM	17422	\$72 / 6 weeks
Nov. 4	Wed	6:30 PM	19629	\$60 / 5 weeks

Children & Youth Programs

Program Information

Zumba Kids (5-10 Years)

Zumba fun for all! This kid-friendly, high energy dance program involves Zumba choreography, games and cultural awareness. Bring some sunshine to your January with the warm Salsa beats of Zumba! Participants will build confidence, teamwork and fitness.

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Sept. 17	Thurs	5:30 PM	18480	\$54 / 6 weeks
Nov. 5	Thurs	5:30 PM	18481	\$54 / 6 weeks

Kinder Creations (2-5 Years)

Creativity shines in this fun-filled hands-on program for preschoolers! Children will explore painting, and crafts while developing their fine motor skills, self-expression, and creativity. Dress for a mess! Supplies are included. *Please note this is a parent participation program, and one adult must remain in the program space for the duration of the program.

Midhurst Community Hall

74 Doran Road, Midhurst

Start Date	Day	Time	Code	Fee
Oct. 19	Mon	9:30 AM	18616	\$37.50 / 4 weeks

Home Alone (9-13 Years)

Ready to stay home alone? We will help prepare you to handle various situations like safety at home, stranger awareness, calling 911, handling emergencies, basic first aid, & making healthy choices. This program is offered in partnership with Action First-Aid and each student receives a Home Alone Booklet and wallet card.

Elmvale Arena | Springwater Room

14 George Street, Elmvale

Start Date	Day	Time	Code	Fee
Nov. 20	Fri	9:00 AM	18482	\$55

Holiday Camp (5-10 Years)

Camp operates from 9:00 a.m. – 4:00 p.m.

The drop-off window is 8:30 a.m. – 9:00 a.m.

The pick-up window is 4:00 p.m. – 4:30 p.m.

Camps will run pending minimum registration.

Santa's Workshop

Step into Santa's workshop for festive games, crafts, and outdoor snowy fun.

Elmvale Arena | Springwater Room

14 George Street, Elmvale

Start Date	Day	Code	Fee
Dec. 21	Mon	18488	\$55 / child

Kraft Kaleidoscope

Join us for a creative day of crafts, making, and outdoor snowy play.

Midhurst Community Centre

74 Doran Road, Midhurst

Start Date	Day	Code	Fee
Dec. 22	Tues	18489	\$55 / child

Winter Adventures

Beat winter break boredom with games, crafts, and outdoor snowy fun.

Elmvale Arena | Springwater Room

14 George Street, Elmvale

Start Date	Day	Code	Fee
Dec. 28	Mon	18490	\$55 / child

PJ Party

Wear your favourite PJs for a fun-filled day of games, crafts, activities, and outdoor snowy play.

Midhurst Community Centre

74 Doran Road, Midhurst

Start Date	Day	Code	Fee
Dec. 29	Tues	18491	\$55 / child

