

Forever...in *motion* Community Locations
September 2025 - June 2026

Please note: Classes may require a membership with the local community association. Some classes also have a nominal fee to help cover space costs. 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 maybe required	Mondays & Thursdays	11:00 am
Northgate Mall Walkers 489 Albert Street North (306) 501-2406 North East Community Association – community membership may be required	Mondays to Fridays	8:30 am
Our Lady of Peace 425 Broad Street North (306) 543-5355 – community membership may be required	Tuesdays & Thursdays	9:45 am
Regent Place Library 331 Albert Street (306) 777-6000	Tuesdays	1:00 pm

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

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Central Zone Locations		
Cathedral Neighbourhood Centre – community membership and registration required 2900 13 th Avenue (306) 777-7034	Mondays & Fridays	1:00 pm
Core Ritchie Neighbourhood Centre 445 14 th Avenue	Tuesdays	9:30 am
Core Ritchie Neighbourhood Centre 445 14 th Avenue This class is designed for individuals who are new to exercise.	Monday – starting Oct. 20 th	11:00 am
Mâdawêyatitân Centre , 3355 6 th Avenue (306) 791-9888 North Central Community Association – community membership may be required	Tuesdays	10:30 am

East Locations		
Glencairn Community Centre 2626 Dewdney Avenue East (306) 777-7747 Glencairn Community Association – community membership may be required	Mondays & Thursdays	9:00 am 9:00 am
Living Spirit Church 3018 Doan Drive (306) 789-0265	Monday Thursday	1:00 pm 2:15pm 9:30 am 10:45 am
Sunrise Library SSLC 3130 Woodhams Drive	Mondays & Thursdays	1:00 pm 1:00 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 visit https://regina55.com/	Mondays & Thursdays	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	1:00 pm 2:15 pm
Our Savior's Lutheran Church 190 Massey Road (306) 586-0006	Mondays	1:00 pm
South Leisure Neighbourhood Centre 170 Sunset Drive (306) 777-7031	Mondays & Thursdays	10:00 am
St. Mark Lutheran Church 3510 Queen Street (306) 586-9811	Tuesdays	10:00 am
St. Mary's Anglican Church 3337 15th Avenue (306) 522-6052	Tuesdays	10:30 am
University Group College Ave (University Building) https://drive.google.com/file/d/1mVal-v51BmyxS82L698ZLXYHr2cv0jrn/view	Thursdays	3:00 pm
YMCA, South Albert 3801B Albert Street (Beside CO-OP pharmacy)	Tuesdays	1:00 pm