

Active Recreation Programs for Adults in Renfrew

Circuit Training

Mondays 6:45pm-7:30pm
Renfrew Recreation Centre
Register online at www.renfrew.ca

Belly Dancing

Mondays 7:15pm-8:15pm
Ma-te-Way Activity Centre
Gwen Melville gelabellydance@gmail.com

Social Dancing

Fridays during Spring and Summer
Ma-te-Way Activity Centre
Wendy Tessier 613 623-0823

Tai Chi

Wednesdays 7:00pm-8:00pm
Ma-te-Way Activity Centre
Bob Pougnet bobpougnet@gmail.com

Zumba

Mondays & Tuesdays 6:00pm-7:00pm
Ma-te-Way Activity Centre
Peter Boldt 613 432-5654 or pkboldt@xplornet.com

Karate

Thursdays 6:00pm-7:00pm
Renfrew Recreation Centre
Mauro Borghi 613 649-8391

Jiu Jitsu

Tuesdays 7:00pm-8:00pm
Renfrew Recreation Centre
Cheri Robertson (613) 281-0956

Brazilian Jiu Jitsu

Mondays at 7:45pm-8:45pm, Thursdays 7:15pm-8:45pm
Renfrew Recreation Centre
Jason Smith (613) 432-0437

Gentle Exercise Fitness Class

Wednesday and Friday 11:15am-12:00pm
Renfrew Recreation Centre