



Tuesday, June 1, 2021

Mix It Up (Zoom Class)

Date and Time: Tuesday, June 1 9:30 am - 10:30 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, June 1 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. 2021 Waiver must be submitted. [Register Online](#)

Cuts & Curves (Zoom Class)

Date and Time: Tuesday, June 1 5:15 pm - 6:15 pm

Address: Zoom

This program is for women only and designed to increase muscle and core strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights, bands and your own body weight to reach your personal goals. 2021 waiver must be submitted. [Register Online](#) or by calling 613-966-4632.

Wednesday, June 2, 2021

Strong Seniors (50+) - Zoom

Date and Time: Wednesday, June 2 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and a full range of motion to increase flexibility will make you feel stronger and more energized.

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, June 2 10:00 am - 11:00 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, June 2 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. 2021 Waiver must be submitted. [Register Online](#)

Fun On The Phone!

Date and Time: Wednesday, June 2 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Therapy Fit (COPD, Stroke and Cardiac (Zoom Class)

Date and Time: Wednesday, June 2 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Wednesday, June 2 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Thursday, June 3, 2021

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, June 3 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Zumba (Zoom Class)

Date and Time: Thursday, June 3 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. 2021 Waiver must be submitted. [Register Online](#)

Friday, June 4, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, June 4 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, June 4 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Monday, June 7, 2021

Summer Activities in the Park Registration (City Taxpayers)

Date and Time: Monday, June 7 8:30 am - 7:30 pm

Address: 265 Cannifton Rd., Belleville, ON, K8N 4V8

Summer Activities in the Park registration begins June 7 for City of Belleville Taxpayers and June 10 for Non-City Taxpayers. Programs will run throughout the summer, from July 5 - August 27.

Children ages 4-12 years will enjoy games, crafts, and being active outdoors at a variety of City of Belleville parks. Upon registering for a program timeslot you will be sent a Parent Package by email for you to read through, sign and submit prior to the start of your program. Each timeslot is \$15.00 per child. Spaces are limited to 10 children per timeslot. You can find the available timeslots on our website www.qswc.ca.

To register, call **613-966-4632** or login to your online account at www.qswc.ca. If you need assistance with your online account or to gain access, please give us a call. Registration opens at 8:30am.

Strong Seniors (50+) - Zoom

Date and Time: Monday, June 7 9:15 am - 10:00 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and a full range of motion to increase flexibility will make you feel stronger and more energized.

Yoga Fit (Zoom Class)

Date and Time: Monday, June 7 5:15 pm - 6:15 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. 2021 Waiver must be submitted. [Register Online](#)

Tuesday, June 8, 2021

Mix It Up (Zoom Class)

Date and Time: Tuesday, June 8 9:30 am - 10:30 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Sit 'n Fit (50+) - Zoom

Date and Time: Tuesday, June 8 1:00 pm - 1:30 pm

Address: Zoom

June is Seniors Month in Ontario and this year's theme is stay safe, active and connected! To celebrate Seniors Month and show our appreciation to all the older adults in our community, we are offering these new free classes in June as well as all of our regular free programs (see the Older Adult 50+ page for details).

June 8 & 29 - Sit 'n Fit

Try out this functional fitness class for free to celebrate Seniors month! There are modifications for all levels and it provides a low impact workout that you can do while sitting! Join Terrilynn for a fun aerobic workout that also includes components to increase your strength, balance and flexibility while moving in your chair to music. This class will be offered in the summer as a paid fitness class.

Youth Pop-Up Workshop - Bird Mobile (Zoom)

Date and Time: Tuesday, June 8 4:00 pm - 5:00 pm

Address: Zoom

Youth ages 10 to 17 years join us for fun and creative pop-up workshops throughout the Spring 'B' session. Register for all or select your favourite! Pre-registration is required for each workshop. Please call 613-966-4632 to register or register online: <https://cityofbelleville.legendonlineservices.ca/enterprise/account/login>

Bird mobile (June 8)

Learn to make your own paper bird mobile. No experience is needed! Cost: \$6.00 Shortcode: 10974

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, June 8 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. 2021 Waiver must be submitted. [Register Online](#)

Cuts & Curves (Zoom Class)

Date and Time: Tuesday, June 8 5:15 pm - 6:15 pm

Address: Zoom

This program is for women only and designed to increase muscle and core strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights, bands and your own body weight to reach your personal goals. 2021 waiver must be submitted. [Register Online](#) or by calling 613-966-4632.

Wednesday, June 9, 2021

Strong Seniors (50+) - Zoom

Date and Time: Wednesday, June 9 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, June 9 10:00 am - 11:00 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, June 9 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. 2021 Waiver must be submitted. [Register Online](#)

Fun On The Phone!

Date and Time: Wednesday, June 9 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Therapy Fit (COPD, Stroke and Cardiac (Zoom Class))

Date and Time: Wednesday, June 9 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Wednesday, June 9 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Thursday, June 10, 2021

Summer Activities in the Park Registration (Non-City Taxpayers)

Date and Time: Thursday, June 10 8:30 am - 7:30 pm

Address: 265 Cannifton Rd., Belleville, ON, K8N 4V8

Summer Activities in the Park registration begins June 7 for City of Belleville Taxpayers and June 10 for Non-City Taxpayers. Programs will run throughout the summer, from July 5 - August 27.

Children ages 4-12 years will enjoy games, crafts, and being active outdoors at a variety of City of Belleville parks. Upon registering for a program timeslot you will be sent a Parent Package by email for you to read through, sign and submit prior to the start of your program. Each timeslot is \$15.00 per child. Spaces are limited to 10 children per timeslot. You can find the available timeslots on our website www.qswc.ca.

To register, call **613-966-4632** or login to your online account at www.qswc.ca. If you need assistance with your online account or to gain access, please give us a call. Registration opens at 8:30am.

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, June 10 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Learn & Create Series - Create Your Own Designer Tile Coasters (Zoom)

Date and Time: Thursday, June 10 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

June 10 - Create Your Own Designer Tile Coasters

Coasters not only protect our furniture, but they can also be beautiful accent pieces in our homes. Join Karen from Stamping Chic Papercrafters and create two tile coasters to match your decor. Your kit will contain everything you need to create two coasters using a designer series pattern that you will be able to select prior to the class. An email will be sent out with instructions for the supply pick-up at the Quinte Sports & Wellness Centre. A special thank you to The Richmond Retirement Residence for supplying the materials. (Shortcode: 11551)

Zumba (Zoom Class)

Date and Time: Thursday, June 10 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. 2021 Waiver must be submitted. [Register Online](#)

Friday, June 11, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, June 11 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, June 11 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Monday, June 14, 2021

Strong Seniors (50+) - Zoom

Date and Time: Monday, June 14 9:15 am - 10:00 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Yoga Fit (Zoom Class)

Date and Time: Monday, June 14 5:15 pm - 6:15 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment.

ignment and breath control leading to a new awareness of self. 2021 Waiver must be submitted. [Register Online](#)

Tuesday, June 15, 2021

Mix It Up (Zoom Class)

Date and Time: Tuesday, June 15 9:30 am - 10:30 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Youth Pop-Up Workshop - Hot Air Balloon (Zoom)

Date and Time: Tuesday, June 15 4:00 pm - 5:00 pm

Address: Zoom

Youth ages 10 to 17 years join us for fun and creative pop-up workshops throughout the Spring 'B' session. Register for all or select your favourite! Pre-registration is required for each workshop. Please call 613-966-4632 to register or register online: <https://cityofbelleville.legendonlineservices.ca/enterprise/account/login>

Hot air balloon (June 15)

Learn to make your own paper hot air balloon decoration No experience is needed! Cost: \$6.00 Shortcode: 10975

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, June 15 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. 2021 Waiver must be submitted. [Register Online](#)

Cuts & Curves (Zoom Class)

Date and Time: Tuesday, June 15 5:15 pm - 6:15 pm

Address: Zoom

This program is for women only and designed to increase muscle and core strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights, bands and your own body weight to reach your personal goals. 2021 waiver must be submitted. [Register Online](#) or by calling 613-966-4632.

Wednesday, June 16, 2021

Strong Seniors (50+) - Zoom

Date and Time: Wednesday, June 16 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and a full range of motion to increase flexibility will make you feel stronger and more energized.

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, June 16 10:00 am - 11:00 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, June 16 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. 2021 Waiver must be submitted. [Register Online](#)

Fun On The Phone!

Date and Time: Wednesday, June 16 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

- April 7 to June 23 shortcode: 10648
- Free, Pre-registration is required
- Call 613-966-4632 to register

Therapy Fit (COPD, Stroke and Cardiac (Zoom Class))

Date and Time: Wednesday, June 16 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Wednesday, June 16 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Thursday, June 17, 2021

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, June 17 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Learn & Create Series - Ink and Watercolour Card (Zoom)

Date and Time: Thursday, June 17 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

June 17 - Ink and Watercolour Card

The only thing more thoughtful than a beautiful card to say that you care, is a beautiful handmade card. Join Lorri and create an ink and watercolour card for a special man or frame it and keep it as a décor accent. (Shortcode: 11552)

Kids in the Kitchen - Cooking with Chef Jesse (Zoom)

Date and Time: Thursday, June 17 4:00 pm - 5:00 pm

Address: Zoom

This class is for children aged 6 to 11 years of age. Join Chef Jesse for a fun hour of cooking or baking. Do not forget you will need to pick up ingredients on a specific date from Quinte Gardens.

Enjoy an hour of cooking or baking with Quinte Garden's executive chef, Jesse. You will make a delicious treat with the Chef and then get to enjoy it when we are done. Quinte Gardens Retirement Residence supplies the ingredients, so a special thank you to them. The information for picking up the ingredients will be sent to you up on registration.

Please call to register 613-966-4632 or register online: <https://cityofbelleville.legendonlineservices.ca/enterprise/account/login>

Cost: Free!

Shortcode: 11722

Zumba (Zoom Class)

Date and Time: Thursday, June 17 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. 2021 Waiver must be submitted. [Register Online](#)

Friday, June 18, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, June 18 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, June 18 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Armchair Travel - River Cruising with Marlin Travel

Date and Time: Friday, June 18 11:30 am - 12:00 pm

Address: Zoom

Do you miss travelling and wish you could see somewhere new or revisit some of your favourite travel destinations? Join us one Friday every month to virtually travel with others who have the travel bug too! We will watch a video with highlights about the chosen country (including some cultural experiences), discuss some fun facts, and talk about our travel experiences.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

June 18 - River Cruising with Marlin Travel

River cruising offers unparalleled intimacy, comfort, and convenience. Sailing by river means enjoying all the conveniences of a traditional cruise, along with all the benefits of inland travel. Stopping in multiple destinations on every trip, you'll visit bustling cities and hidden gem villages, only unpacking once. Even while onboard you'll be immersed in the local sights, with ever changing views right outside your window.

Jeanette Minnaker - Marlin Travel (Shortcode: 11554)

Monday, June 21, 2021

Strong Seniors (50+) - Zoom

Date and Time: Monday, June 21 9:15 am - 10:00 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Speaker Series (50+) - Genealogy 101 (Zoom)

Date and Time: Monday, June 21 11:30 am - 12:30 pm

Address: Zoom

Join us one Monday every month at 11:30 a.m. over Zoom. Listen to an interesting and informative speaker, ask questions and socialize virtually with others, There is also an option to phone-in if you do not have a computer. The link will be sent once your registration is received.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

June 21 - Genealogy 101

Have you ever wondered who your ancestors were and where they came from? Bob Dawes, of the Quinte Branch - Ontario Genealogical Society, will present an overview of the genealogy hobby and how to get started. He will teach you where to look for records, how to track your information on both paper and a computer, as well as how to get help. This fascinating hobby combines the fun of being an amateur sleuth with the satisfaction of finding the ancestors who contributed to who you are.

Presented by: Bob Dawes, Quinte Branch - Ontario Genealogical Society (Shortcode: 11542)

Yoga Fit (Zoom Class)

Date and Time: Monday, June 21 5:15 pm - 6:15 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. 2021 Waiver must be submitted. [Register Online](#)

Tuesday, June 22, 2021

Mix It Up (Zoom Class)

Date and Time: Tuesday, June 22 9:30 am - 10:30 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Hatha Flow Yoga (Zoom Class)

Date and Time: Tuesday, June 22 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. This class is being held on Zoom. 2021 Waiver must be submitted. [Register Online](#)

Cuts & Curves (Zoom Class)

Date and Time: Tuesday, June 22 5:15 pm - 6:15 pm

Address: Zoom

This program is for women only and designed to increase muscle and core strength and endurance. You will learn how to safely perform a variety of weight training exercises using different weights, bands and your own body weight to reach your personal goals. 2021 waiver must be submitted. [Register Online](#) or by calling 613-966-4632.

Wednesday, June 23, 2021

Strong Seniors (50+) - Zoom

Date and Time: Wednesday, June 23 9:00 am - 9:45 am

Address: Zoom

Studies show that weight-bearing exercises stimulate bone growth. The use of free weights, machines and aerobic exercise in this program will help you reach this goal. Learning to use proper form, breathing techniques and full range of motion to increase flexibility will make you feel stronger and more energized.

Stretch and Balance Fit (Zoom Class)

Date and Time: Wednesday, June 23 10:00 am - 11:00 am

Address: Zoom

This is a great class to help you move better, feel better and become stronger while having fun doing both seated and standing activities. Join us for an hour of gentle movements in resistance training balance and flexibility exercises. [Register Online](#)

Chair Yoga (Zoom Class)

Date and Time: Wednesday, June 23 11:00 am - 11:45 am

Address: Zoom

Our special Chair Yoga classes are for those who no longer wish to be up and down off their mats. It offers modifications to regular yoga to accommodate those who require it. 2021 Waiver must be submitted. [Register Online](#)

Fun On The Phone!

Date and Time: Wednesday, June 23 1:30 pm - 2:00 pm

Address: Telephone

A fun, free interactive telephone program offered by Belleville and Quinte West Community Health Centre, Quinte West Public Library and City of Belleville Recreation, Culture and Community Services. Join us for a different program each week! Enjoy Games Galore, Word Fun and Chats! Each week is different! Join us every Wednesday from 1:30 to 2:00 pm. The telephone number and passcode will be given to you after registration.

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- Free, Pre-registration is required
- Call 613-966-4632 to register

Therapy Fit (COPD, Stroke and Cardiac (Zoom Class))

Date and Time: Wednesday, June 23 2:30 pm - 3:30 pm

Address: Zoom

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor who has received specialized training in therapeutic exercise will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program. [Register Online](#)

Yoga Fit (Zoom Class)

Date and Time: Wednesday, June 23 5:00 pm - 6:00 pm

Address: Zoom

This class is designed to explore your body's potential in all asanas (postures). Emphasis is on proper skeletal alignment and breath control leading to a new awareness of self. [Register Online](#)

Thursday, June 24, 2021

Stretch and Strengthen (Zoom Class)

Date and Time: Thursday, June 24 10:30 am - 11:30 am

Address: Zoom

This workout is designed to use equipment or your own body weight to train your balance, keep your bones and joints healthy, and your heart fit and strong. By combining cardiovascular exercise, resistance training, and stretching into one class, you will be able to work towards improving total body strength, cardiovascular health, and flexibility. [Register Online](#)

Learn & Create Series - Cooking with Chef Jesse (Zoom)

Date and Time: Thursday, June 24 1:00 pm - 2:00 pm

Address: Zoom

Every Thursday from 1:00-2:00 p.m. You can join us over ZOOM and create something new! We will feature a variety of instructors who will help you create a new masterpiece each week; from technology to arts and crafts, to home-cooking, there will be something for everyone to enjoy. Supply lists will be sent to you prior to your class.

- Free, Pre-registration is required
- Call 613-966-4632 to register or [register online](#)

June 24 - Cooking with Chef Jesse

Join us for this very popular class and enjoy an hour of cooking or baking with Quinte Garden's executive chef, Jesse. Every month we make a delicious treat with the Chef and then get to enjoy it when we are done. The information for picking up the ingredients will be sent to you upon registration. A special thank you to Quinte Gardens Retirement Residence for supplying the ingredients. (Shortcode: 11553)

Zumba (Zoom Class)

Date and Time: Thursday, June 24 5:15 pm - 6:15 pm

Address: Zoom

These fitness classes are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No previous dance experience needed. 2021 Waiver must be submitted. [Register Online](#)

Friday, June 25, 2021

Older Adult Yoga (Zoom Class)

Date and Time: Friday, June 25 9:30 am - 10:30 am

Address: Zoom

Hatha yoga, for older adults, combines slow, steady movements with controlled breathing and simple relaxation techniques. Modifications for mature bodies are offered. 2021 Waiver must be submitted. [Register Online](#)

Mix It Up (Zoom Class)

Date and Time: Friday, June 25 10:15 am - 11:15 am

Address: Zoom

Enjoy this intermediate level fun class that is different every week! Low impact aerobics, resistance bands, stability balls, weights and more will be used to give you a workout designed to improve cardio, strength, flexibility and balance. 2021 Waiver must be submitted. [Register Online](#)

Relax with Joanne (Zoom)

Date and Time: Friday, June 25 11:00 am - 11:30 am

Address: Zoom

June is Seniors Month in Ontario and this year's theme is stay safe, active and connected! To celebrate Seniors Month and show our appreciation to all the older adults in our community, we are offering these new free classes in June as well as all of our regular free programs (see the Older Adult 50+ page for details)

Relax with Joanne - June 25

End your week with this special 30 minute relaxation and meditation session to celebrate Seniors Month. Guided meditation is known to have highly relaxing effects on the conscious and subconscious mind. This type of meditation is suitable for both new and experienced meditators and can be performed either in a seated pose or while laying down for more comfort and deeper involvement. Everyone can shut their camera and mic off so you can just sit back, relax and let go of your stress.

Tuesday, June 29, 2021

Sit 'n Fit (50+) - Zoom

Date and Time: Tuesday, June 29 1:00 pm - 1:30 pm

Address: Zoom

June is Seniors Month in Ontario and this year's theme is stay safe, active and connected! To celebrate Seniors Month and show our appreciation to all the older adults in our community, we are offering these new free classes in June as well as all of our regular free programs (see the Older Adult 50+ page for details).

June 8 & 29 - Sit 'n Fit

Try out this functional fitness class for free to celebrate Seniors month! There are modifications for all levels and it provides a low impact workout that you can do while sitting! Join Terrilynn for a fun aerobic workout that also includes components to increase your strength, balance and flexibility while moving in your chair to music. This class will be offered in the summer as a paid fitness class.

<https://calendar.quintesportsandwellnesscentre.ca>