



Adult Programs

C U R A T E D F O R Y O U R M I N D , B O D Y A N D S O U L

F A L L



Sweet Beginnings Cake decorating workshop(ages 12+)

Learn how to decorate cakes with buttercream, simple piping techniques, and fun toppings! This beginner friendly workshop is perfect for anyone who wants to add a creative touch to their cakes – no experience needed!

TBD

Paint Night In – Virtual Vibes (18+ years)

Prenez un verre, un pinceau et suivez un tutoriel de peinture en ligne amusant. Une soirée créative et détendue, idéale pour découvrir l'artiste en vous.

Tuesday, November 4th –
7 - 9 p.m.

R = \$20, NR = \$30



Sports Night Trivia (18+ years)

Put your sports knowledge to the test in a fun trivia night full of laughs and challenges. Unlimited popcorn and good vibes included!

Tuesday – November 25th
7:30 – 9:30 pm

R = \$10, NR = \$15
(includes popcorn and 1 alcoholic beverage)

Test run – Winter Fitness Line-up

Get a sneak peek at our upcoming winter fitness classes. Join free trial sessions to meet instructors and find the workout that suits you best.

TBD

