

Discount Yoga

#1 Yoga Shala
\$5 Saturday's at 1:00pm
1489 Birmingham street
Halifax, NS
407-9642

#2 Halifax Yoga
Saturday's 1:00pm by donation
7 Purcell's Cove Road
Halifax, NS
Nova Scotia B3N 1R2
406-9642

#3 108 Yoga
Saturday's 6:00pm by donation
1496 Lower Water Street #411
Halifax, NS
449-0108

www.108yoga.ca

#4 Moksha Yoga
\$5.00 Classes Friday 9:00pm and
Sunday 6:00pm

This is a HOT yoga class. Be sure to
bring a yoga mat, towel and water.
1512 Dresden Row
Halifax, NS
420-0888

www.mokshayogahalifax.com

#5 Lululemon Athletica

Free Sunday at 10:30am
5486 Spring Garden Road
Halifax, NS
422-6641

<http://www.lululemon.com/halifax/halifax>

#6 South Park Ymca

Included with membership.
1565 South Park Street
Halifax, NS
423-9622

www.ymcahrm.ns.ca

Other Yoga Studios

#7 Studio in Essence

1717 Barrington
Halifax, NS
405-5500

www.studioinessence.com

#8 Pure Freedom Yoga Studio

30 Farnham Gate Road
Halifax, NS
431-3733

<http://www.purefreedomyoga.com/>

#9 Therapeutic Approach Yoga

6156 Quinpool Road, Suite 202
Halifax, NS
431-3733

<http://www.yogastudio.ns.ca>

#10 Yoga at St. Andrews

6036 Coburg Road
Halifax, NS
422-3157

Free Acupuncture

#11 Halifax Community Based

Services

Monday's at 5:00pm, Wednesday's at
9:00am, Friday's at 2:00pm
1673 Bedford Row
Halifax, NS
424-8866

**Only if receiving other services from
Addictions services

#12 Royal Bank Building

Wednesday's at 9:30am
Suite 211, 339 Herring Cove Road
Halifax, Nova Scotia
424-8866

#13 Community Mental Health

Services

Monday's at 11:00am, Wednesday's at
11:00am
The Village at Bayers Rd. Shopping Ctr.
7071 Bayers Rd., Suite 109
Halifax, NS
454-1400

Free Wellness Groups

#14 QiGong (Free)

Wednesday's 4:00pm-5:00pm
4th Floor Abbie J Lane Gymnasium

5909 Veterans' Memorial Lane Halifax,
NS
Curtis.Steele@cdha.nshealth.ca to
register.

#15 Taoist Tai Chi

There are special rates for senior
citizens, pensioners, students and for
people with special needs and financial
hardship.

2029 North Park Street
Halifax, NS
422-8142

atlantic.office@taoist.org

#16 Shambala Centre

Times of session vary.
Go to

<http://halifax.shambhala.org/index.php>
for more information.

1084 Tower Rd.
Halifax, Nova Scotia
420-1118

#17 Creative Crossing

Monday's 7:30pm-9:30pm
5781 Charles St
Halifax, NS

<http://northendmeditation.org/>

#18 Your Way to Wellness (Free)

A six-week program (2.5 hrs/week) to
learn how to manage a chronic
condition, develop new skills, and use
proven tools to help you maintain an
active, fulfilling life.

Times and locations vary go to
<http://www.cdha.nshealth.ca/vw2/> or
contact 902-473-7709 or email
YourWayToWellness@cdha.nshealth.ca
for more information.

#19 Bayers/Halifax Community Mental

Health Programs (Free)

Referral Required.
Anger management, Acupuncture, Qi
Gong, Stress Managements,
Assertiveness Training, Walking Group,
Ymca Group

7071 Bayers Road, Suite 109,
Halifax, Nova Scotia
454-1400

#20 Saturday Free Clinic (Free)

Provides free alternative health care for
people on a low income & without
extended health benefits

1221 Barrington St.
Halifax, NS
Call 473-7407 for more information, to
discuss financial eligibility, or to book an
appointment

www.saturdayfreeclinic.blogspot.com

Free Run Clubs

#21 Lululemon Run Club (Free)
Monday's at 5:30pm and Sunday's at
9:00am

5486 Spring Garden Road
Halifax, NS

[http://www.lululemon.com/halifax/halifax/](http://www.lululemon.com/halifax/halifax/events)

[events](http://www.lululemon.com/halifax/halifax/events)

#22 Halifax Frontrunners (Free)

Walking and running groups available.
Visit website for details

Bruce Greenfield
422-7579
[http://www.frontrunners.org/clubs/index.p](http://www.frontrunners.org/clubs/index.php?club=Halifax)

[hp?club=Halifax](http://www.frontrunners.org/clubs/index.php?club=Halifax)

Free Nordic Walking

#23 Nordic Walking (Free)

Citadel Community Centre
1955 Trollope Street
Halifax, NS

455-1723

Free Walking Groups

#24 North End Walkers (Free)
Weekly 45-minute walks on various
routes throughout the community
followed by a healthy lunch and
discussion on various health topics.

420-0303

<http://www.nechc.com>

#25 Walkabout (Free)

Go to www.walkabouts.ca to register

#26 Halifax Wanderers (Free)

If you like to stroll, walk, hike or run
come on in and join others just like you:
[http://www.meetup.com/HRM-](http://www.meetup.com/HRM-participation/)

[participation/](http://www.meetup.com/HRM-participation/) to register

Low Cost Swimming

#27 Canada Games Centre

\$3.00 Open Swim Tuesday and
Thursday's 8:00pm-10:00pm, and
Friday's 8:00am-10:am

26 Thomas Raddall Drive
Halifax, NS

490-2400

<http://canadagamescentre.ca/>

#28 South Park Ymca

\$2.00 Family/Toonie Swim Saturday's
4:00 pm-4:40 pm and Sunday's 4:15
pm-5:00 pm

1565 South Park Street
Halifax, NS

423-9622

#29 Centennial Pool

Prices range from \$2.00-\$4.00
depending on age.
1970 Gottingen St.
Halifax, NS,

490-7219

[http://www.centennialpool.ca/index.php/a](http://www.centennialpool.ca/index.php/about-us/)

[bout-us/](http://www.centennialpool.ca/index.php/about-us/)

#30 Needham Centre Pool

\$1.00 Open Swim Thursday's 5:00pm-
6:00pm

3372 Devonshire Avenue
Halifax, NS

490-4633

Free Supervised Beaches

#31 Black Rock Beach

Point Pleasant Park
5718 Point Pleasant Drive,
Halifax, NS

#32 Chocolate Beach

Chocolate Lake
2 Melwood Ave
Halifax, NS

#33 Cunard Beach

William's Lake
121 Williams Lake Rd
Halifax, NS

#34 Dingle Beach

Sir Sanford Fleming Park
260 Dingle Rd
Halifax, NS

Outdoor Pools

#35 Commons Outdoor Pool

5824 Cogswell St
Halifax, NS

#36 George Dixon Centre Spray Pool

(Unsupervised)
2501 Gottigen Street
Halifax, NS

#37 Westmount School Spray Pool

6700 Edward Arab Ave
Halifax, NS

#38 Isleville Playground Spray Pool

Sebastian Street,
Halifax, NS

Free Art and Music

#39 Clay Café

Painting Pottery, prices range from
\$10.00 +
6413 Quinpool Road
Halifax Nova Scotia
429-2994

#40 Turnstile Pottery

Free Admission Wednesday's after
5:00pm
2733 Agricola Street
Halifax, NS

431-2529

www.turnstilepottery.com/

#41 Samba Nova.

\$5.00 Brazilian style percussions
workshops. Saturday's 2:00pm-4:00pm

St. Matthews Church
1479 Barrington Street

Halifax, NS

info@sambanova.ca

#42 Neptune Theatre

Pay What You Can are scheduled for the
first Tuesday of each production
1593 Argyle Street
Halifax, NS

Go to www.neptunetheatre.com for more
information

#43 Dal Unplug (Free)

Music program for marginalized adult
populations hat is organized by Dal
students with support from community
organizations and local citizens.
Providing an opportunity to explore and
express emotions through music while
addressing stigma and exclusion through
the formation of genuine relationships
with members of the broader community.

Go to <http://www.dalunplug.com> for more
information or contact

thetimbot@gmail.com

#44 The Spot (Free)

Artistic space for anyone under 30, with
no restrictions or expectations. At The
Spot you can play and record music,
write, draw, paint, sculpt, take photos
and videos, and anything else you can
think of. Local artists are around to offer
their experience, and there are always
other people being creative alongside
you. Snacks, juice and tea are available
at the beginning of the evening for those
who want to come a little early.

Thursday's 5:30pm-7:30pm
The Pavilion on the Halifax Common
5816 Cogswell Street
Halifax, NS

473-5227

www.thespothealifax.ca

#45 Veith Street Art Gallery (Free)

Educational organization that supports
artists with disabilities and related
challenges.

3115 Veith Street
Halifax, Nova Scotia

<http://www.veithstreetgallery.org/>

#46 Outpatient Art Group (Free)

If you are currently involved with Early
Psychosis, Mood Disorder program or
another Community based Mental Health
program. Please join us for the
Outpatient Art Group! Tuesday's at
6:00pm

9th Floor Art Room, Abbie J Lane
Building
5909 Veterans' Memorial Lane
Halifax, NS

Contact Tara Harnish at 473-4068

Low Cost Art and Music

Low Cost Museums

#47 Maritime Museum of the Atlantic
Free Admission Tuesday's 5:00pm-
8:00pm

1675 Lower Water Street
Halifax, NS

[http://museum.gov.ns.ca/mmanew/en/ho](http://museum.gov.ns.ca/mmanew/en/ho/me/default.aspx)

[me/default.aspx](http://museum.gov.ns.ca/mmanew/en/ho/me/default.aspx)

#48 Museum of Natural History

Free Admission Wednesday's after
5:00pm
1747 Summer Street
Halifax, NS

[http://museum.gov.ns.ca/mhnew/en/ho](http://museum.gov.ns.ca/mhnew/en/ho/me/default.aspx)

[me/default.aspx](http://museum.gov.ns.ca/mhnew/en/ho/me/default.aspx)

#49 Art Gallery of Nova Scotia

Admission by donation Thursday's
5:00pm-8:00pm
1723 Hollis Street
Halifax, NS

[http://www.artgalleryofnovascotia.ca/en/](http://www.artgalleryofnovascotia.ca/en/anding.aspx)

[anding.aspx](http://www.artgalleryofnovascotia.ca/en/anding.aspx)

Social Support

#50 Connections Clubhouse (Free)
Clubhouse programs provide

opportunities to improve skills, find

employment, take part in education
opportunities, and make friends.

1221 Barrington St.
Halifax, NS

473-8692

[http://www.cdha.nshealth.ca/mental-](http://www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse)

[health-program/programs-](http://www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse)

[services/connections-clubhouse](http://www.cdha.nshealth.ca/mental-health-program/programs-services/connections-clubhouse)

#51 Laing House (Free)

Laing House is a peer support
organization for youth with mental illness
where members can embrace their
unique gifts and find their way in a caring
and supportive environment.
Members are between the ages of 16
and 30

1225 Barrington Street
Halifax, NS
425-9018

<http://www.lainghouse.org>

#52 Building Bridges (Free)

This program offers one-to-one social
support for individuals 19 - 65 years old.
A volunteer is paired with a program
member and they meet a few times each
month to share common leisure
interests.

Margaret Murray
455-6983 or
margmurray.cmha@bellaliant.com

[http://www.cmha.ca/bins/content_page.a](http://www.cmha.ca/bins/content_page.asp?cid=284-1646-1652)

[sp?cid=284-1646-1652](http://www.cmha.ca/bins/content_page.asp?cid=284-1646-1652)

#53 Sharing and Caring Social Club

(Free)
The Sharing and Caring Social Club
provides social and recreational activities
in a supportive environment.

2786 Agricola Street
Halifax, NS
455-0072

Sports Groups and Organizations

#54 Halifax Sport and Social Club

Programs include yoga, bootcamp,
kayaking, floor hockey, basketball,
dodgeball, volleyball, soccer, Curling,
Flag Football, Softball, as well as other
outdoor sports and offered at various
locations within HRM. Go to

www.halifaxsport.ca for more
information.

#55 Just Do It Sports Group (Free)

Thursday's at 2:30. Available to
individuals receiving treatment from
Mental Health Services come together to
have fun and play a team sport. Waiver
of liability must be signed before
participating

4th Floor Abbie J Lane Gymnasium
5909 Veterans' Memorial Lane
Halifax, NS

Jacqueline Cook 902-473-7275 or Bob
Baird 902-473-4346

#56 Ymca Recreational Sports Drop-

In. \$5.00 for various sports, offered at
various times.

Ymca South Park Street
1565 South Park Street
Halifax, NS

Go to www.ymcahrm.ns.ca for more
information.

#57 Sport Nova Scotia

Provides information on all sports
available in Nova Scotia.
5516 Spring Garden Rd
Halifax, NS

425-5450

Go to www.sportnovascotia.com for
information.

Fitness Facilities

#58 Goodlife Fitness

Various locations throughout HRM.
Go to www.goodlifefitness.com to find a
location near you.

#59 Ymca South Park

Speak to your recreation therapist about
obtaining a membership.
1565 South Park Street
Halifax, NS

423-9622

<http://www.ymcahrm.ns.ca/>

#60 Curves

Various locations throughout HRM

Go to www.curves.com to find a location
near you

#61 Dalplex

6260 South St
Halifax, NS
494-3372

[http://athletics.dal.ca/membership_facili](http://athletics.dal.ca/membership_facilities/facilities/dalplex.html)

[ties/facilities/dalplex.html](http://athletics.dal.ca/membership_facilities/facilities/dalplex.html)

#62 The Tower

920 Tower Rd,
Halifax, NS
420-5555

[http://www.smu.ca/athletics/tower-](http://www.smu.ca/athletics/tower-programs.html)

[programs.html](http://www.smu.ca/athletics/tower-programs.html)

#63 Nubody's

Various locations throughout HRM.

Go to www.nubodysfitness.com, to find a
location.

Community Centres

Activities available vary. Check

