

Winter 2021 Active Living Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Experienced Line Dance 9:30 – 10:45am			Pilates for You 10:15 - 11:15am	Worth the Weight 9:30 – 10:30am	CLOSED
		50+ Yoga 10:00 - 11:00am		Yoga In Depth 10:00 - 11:00am	Pickleball Lessons 10:30 - 12:00pm	Art Workshops 10:00 - 1:00pm	
	50+ Fit and Fab 10:30 – 11:30am	Intermediate Crochet 10:30 - 11:30am	Fit and Fab 10:30 – 11:30am	Beginner Watercolour 10:30 - 12:30pm	Advanced Watercolour 10:30 - 1:00pm		
			Acrylic Painting 11:00 - 1:30pm	Pickleball Lessons 11:30 - 1:00pm			
Lunch	Beginner Line Dance 12:00 – 1:00pm	Zumba Gold 12:00 – 1:00pm	Power Walking Hour 12:00 – 1:00pm		Pickleball Lessons 12:15 - 1:45pm		
Afternoon	Power Walking Hour 12:00 – 1:00pm		50+ Gentle Seated Yoga 2:00 - 3:00pm	Pickleball Lessons 1:15 - 2:45pm			
	Level 2 Line Dance 1:30 – 2:30pm		Intermediate Watercolour 2:00 - 4:00pm	Social Seniors 1:30 - 3:30pm	50+ Seated Strength 2:00 - 3:00pm		
		Youth Painting 4:30 - 6:00pm	Youth Painting 4:30 - 6:00pm	Meditation Techniques 2:00 - 3:00pm			
Evening	Yoga at Your Level 6:15 – 7:15pm		Yoga at Your Level 6:15 - 7:15pm				
		Worth The Weight 6:30 - 7:30pm					
	Pilates For You (small group) 7:45 - 8:45pm		Worth The Weight Getting Started 7:30 - 8:30pm	Intermediate Watercolour 7:30 - 9:30pm	Chill-Out Workshops 7:30 - 9:00pm		
		Relax and Recharge Yoga 8:00 – 9:00pm					

