

Spring 2021 Active Living Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Meditation Techniques 9:15 - 10:00am		Experienced Line Dance 9:15 – 10:45am			CLOSED
		50+ Yoga 10:15 - 11:15am			Pilates for You 10:15 - 11:15am		
	Beginner Line Dance 10:30 – 11:30am		Total Body Workout 10:30 – 11:30am				
Lunch	Level 2 Line Dance 12:15 – 1:15pm						
Afternoon		Pilates for Pickleball 1:30 - 2:30pm	50+ Gentle Seated Yoga 2:00 - 3:00pm		50+ Seated Strength 2:00 - 3:00pm		
Evening	Yoga at Your Level 6:15 – 7:15pm		Yoga at Your Level 6:15 - 7:15pm				
		Belly Dance Introduction 6:30 – 7:30pm					
	Pilates For Strength 7:45 - 8:45pm		Worth The Weight Getting Started 7:45- 8:45pm		Chill-Out Workshops 7:30 - 9:00pm		
		Relax and Recharge Yoga 8:00 – 9:00pm					



For more information or to register, please visit <https://ca.apm.activecommunities.com/midsun>
call 403 254 8058 or email programs@midsun.org