

# Proposed Active Living Programs Fall 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		<b>Meditation Techniques</b> 9:15 - 10:00am		<b>Experienced Line Dance</b> 9:30 – 11:00am	<b>Pilates for You</b> 10:15 - 11:15am	<b>Worth The Weight</b> 9:30 - 10:30am	<b>CLOSED</b>
		<b>50+ Yoga</b> 10:15 - 11:15am			<b>Pickleball Lessons</b> 10:30 - 12:00pm	<b>Youth Art Workshops</b> 10:00 - 12:00pm	
	<b>Beginner Line Dance</b> 10:30 –11:30am	<b>Intermediate Crochet</b> 10:30 - 11:30am	<b>Total Body Workout</b> 10:30 – 11:30am	<b>Beginner Watercolour</b> 10:30 - 12:30pm	<b>Advanced Watercolour</b> 10:30 - 1:00pm		
	<b>Introduction to Bootcamp</b> 11:00 –12:00pm		<b>Acrylic Painting</b> 11:00 - 1:30pm	<b>Pickleball Lessons</b> 11:30 - 1:00pm			
<b>Lunch</b>	<b>Walking Club</b> 12:00 – 1:00pm	<b>Zumba Gold</b> 12:00 – 1:00pm	<b>Walking Club</b> 12:00 – 1:00pm		<b>Pickleball Lessons</b> 12:15 - 1:45pm		
Afternoon	<b>Intermediate Line Dance</b> 12:15 – 1:15pm	<b>Fitness for Pickleball</b> 1:30 - 2:30pm	<b>50+ Gentle Seated Yoga</b> 2:00 - 3:00pm	<b>Pickleball Lessons</b> 1:15 - 2:45pm	<b>50+ Seated Strength</b> 2:00 - 3:00pm	<b>Adult Art Workshops</b> 1:00 - 4:00pm	
			<b>Intermediate Watercolour</b> 2:00 - 4:00pm	<b>Social Seniors</b> 1:30 - 3:30pm			
		<b>Youth Painting</b> 4:30 - 6:00pm	<b>Youth Painting</b> 4:30 - 6:00pm				
Evening	<b>Yoga at Your Level</b> 6:00 – 7:00pm	<b>Worth The Weight</b> 6:30 - 7:30pm	<b>Yoga at Your Level</b> 6:00 - 7:00pm				
		<b>Belly Dance Introduction</b> 6:30 – 7:30pm					
	<b>Small Group Pilates</b> 7:30 - 8:30pm		<b>Worth The Weight Getting Started</b> 7:30 - 8:30pm	<b>Intermediate Watercolour</b> 7:30 - 9:30pm	<b>Chill-Out Workshops</b> 7:30 - 9:00pm		
		<b>Relax and Recharge Yoga</b> 8:00 – 9:00pm					



For more information please visit our website at <https://www.midsun.org>  
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