

Active Living Programs Fall 2021

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



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