

# Mid-Sun Active Living Programs

## January 8 - March 19, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning				Line Dance Intermediate 9:30 – 11:00am		Worth The Weight 9:30 - 10:30am	CLOSED
	Line Dance Beginner 10:30 – 11:30am	50+ Yoga 10:30 - 11:30am	Total Body Workout 10:30 – 11:30am		Drop-in Pickleball * 10:15 - 11:45am	Youth Art Workshops 10:00 - 12:00pm	
	Total Beginner Watercolour Painting 10:30 - 12:30pm		Acrylic Painting 11:00 - 1:30pm		Pilates For You 11:00 - 12:00pm		
			Walking Club 11:45 – 12:45pm	Pickleball Lessons 11:30 - 1:00pm			
Lunch	Walking Club 12:00 – 1:00pm	Zumba Gold 12:00 – 1:00pm			Drop-in Pickleball * 12:00 - 1:30pm		
Afternoon	Line Dance Advancing Beginner 12:00 – 1:00pm		Drop-in Pickleball * 1:00 - 2:45pm	Pickleball Lessons 1:15 - 2:45pm	Watercolour - Intermediate + 1:00 - 3:00pm		
	50+ Gentle Seated Yoga 2:00 - 3:00pm			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	Youth Basketball 5:00 - 6:00pm		Youth Badminton 5:00 - 6:00pm				
	Yoga at Your Level 6:15 – 7:15pm	Pickleball Lessons 6:00 - 7:30pm	Worth The Weight: Getting Started 6:00 - 7:00pm	Yoga at Your Level 6:15 - 7:15pm			
		Worth The Weight 6:15 - 7:15pm			Chill Out Friday 7:00 - 8:00pm		
	Pilates For You 7:45 - 8:45pm	Pickleball Lessons 7:45 - 9:15pm	Relax and Recharge Yoga 7:15 – 8:15pm				

\* Drop-in Pickleball requires online pre-registration.

Gymnasium
Meeting Room
Midnapore Studio



For more information and registration is available at <https://www.midsun.org>  
 Phone: 403 254 8058 Email: [programs@midsun.org](mailto:programs@midsun.org)