

Mid-Sun Active Living Programs

April 4 - June 24, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning				Line Dance Intermediate 9:30 – 11:00am	Pilates For You 9:00 - 10:00am		CLOSED
	Line Dance Beginner 10:30 – 11:30am	50+ Yoga 10:30 - 11:30am	Total Body Workout 10:30 – 11:30am		Drop-in Pickleball * 10:30 - 1:00pm		
					Pickleball Lessons 11:15 - 12:45pm		
Lunch	Walking Club 12:00 – 1:00pm		Walking Club 12:00 – 1:00pm				
Afternoon	Line Dance Advancing Beginner 12:00 – 1:00pm	Watercolour Intermediate 1:30 - 3:30pm	Watercolour Studio 1:30 - 4:00pm	Pickleball Lessons 1:00 - 2:30pm			
	50+ Gentle Seated Yoga 2:00 - 3:00pm			Social Seniors 1:30 - 3:30pm	50+ Seated Strength 2:00 - 3:00pm		
Evening	Youth Basketball 5:00 - 6:00pm						
		Pickleball Lessons 6:00 - 7:30pm					
	Yoga at Your Level 6:30 – 7:30pm	Worth The Weight 6:15 - 7:15pm	Worth The Weight: Getting Started 6:30- 7:30pm	Yoga at Your Level 6:30 - 7:30pm			
	Pilates For You 8:00 - 9:00pm	Pickleball Lessons 7:45 - 9:15pm					

* 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