

Active Living 55+
1715 Main Street East
Winter Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
Heartsmart \$19.00 9:30 – 10:30 am	Bones Plus \$24.50 9:00 – 10:30 am	Mix it Up \$19.00 9:30 – 10:30 am	Zumba Gold \$22.50 10:00 – 11:00 am	Jump Start \$19.00 9:30 – 10:30 am
Gentle Tai Chi \$22.50 10:00 – 11:00 am	Chair Yoga \$22.50 11:00 am – 12:00 pm	Yoga \$22.50 10:45 – 11:45 am	Hawaiian Dance \$24.50 11:15 – 12:15 pm	Tablet Tutorials \$44.50 10:30 – 12:00 pm
Stretch and Strengthen \$19.00 10:45 – 11:30 am	Mind Busters \$19.00 1:00 – 2:30 pm	Stretch and Strengthen \$19.00 10:45 – 11:30 am	Bones Plus \$24.50 1:00 – 2:30 pm	Stretch and Strengthen \$19.00 10:45 – 11:30 am
Zumba Gold \$22.00 11:00 am – 12:00 pm		Indoor Nordic Walking Free 11:00 am – 12:00 pm	Laptop Lessons \$44.50 1:00 – 2:30 pm	Progressive Euchre \$2.00 12:45 – 3:00 pm
Technology Lab Free 12:30 – 3:00 pm		Bid Euchre \$2.00 1:00 – 3:00 pm		Technology Lab Free 12:30 – 3:00 pm
Oil Painting \$22.50 12:30 – 2:00 pm				

Register Now! Classes start January 9, 2017
at Churchill Rec Centre

