



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart Smart (C) \$19.00 9:30 - 10:30 am	Core & Balance Conditioning (C) \$19.00 9:30 - 10:30 am	Cards \$ 0.50/week 9:00 - 12:00 pm	Heart & Sole (C) \$19.00 9:30 - 10:30 am	Bone Builders (Beg) (C) \$19.00 9:30 - 10:30 am	Zumba (*C) \$19.00 8:30 - 9:30 am
Stained Glass \$27.75 9:30 - 12:00 pm	Book Club \$6.00 9:30 - 11:30am Apr. 25, May 30, Jun 27	Heart & Bones (C) \$19.00 9:30 - 10:30 am	Mind Busters \$19.00 9:30 - 11:00 am	Cycle (*C) \$19.00 9:30 - 10:15 am	
Water Exercises \$25.50 10:30 - 11:30 am	Outreach Program (begins: March 28th) 10:00am - 12:00pm	Nordic Walking(C) \$19.00 9:30 - 10:30 am	iPad 101 \$55.00 - 6 wks (begins: May 18) 9:30 - 11:30am	Social Cribbage \$0.50/week 10:00 - 12:00 pm	
Bone Builders (Int) (C) \$19.00 10:45 - 11:45 am	FC Circuit (*C) \$22.50 10:45 - 11:45 am	Active Sitting \$19.00 10:45 - 11:45 am	Water Exercises \$25.50 10:30 - 11:30 am	Hand & Foot Cards \$0.50/week 10:00 - 12:00 pm	Sunday
Chair Meditation \$19.00 11:15 - 12:30 pm	Art Studio \$24.50 10:00 am - 12:00pm	Advanced Tap \$24.50 12:15 - 1:00 pm	20 minute workout \$10.00 10:40 - 11:00 am	Limber Up \$19.00 10:45 - 11:30 am	Body Blast (*C) \$19.00 8:30 - 9:15 am
Bone Builders (Beg) (C) \$19.00 12:00 - 1:00 pm	Chair Yoga (Beg) \$19.00 11:00 - 12:00 pm	Advanced Jazz \$24.50 1:15 - 2:00 pm	FC Circuit (*C) \$22.50 10:45 - 11:45 am	Bone Builders (Int) (C) \$19.00 11:45 - 12:45 pm	Pilates Mat (*C) \$22.50 9:30 - 10:30 am
Pilates Mats \$22.50 1:00 - 2:00 pm	Active Yoga \$22.50 12:15 - 1:15 pm	Spanish Lessons for Travelers \$19.00 1:00 - 2:00 pm	Chair Yoga (Adv) \$19.00 11:15 - 12:15 pm	Social Cards \$0.50/week 1:00 - 3:00 pm	
Bridge Lessons Int. \$12.25 1:00 - 3:00 pm	Restorative Yoga (Floor) \$22.50 1:30 - 2:30 pm	Spanish Lessons (Adv) \$19.00 2:15 - 3:15 pm	Zumba Gold \$19.00 12:00 - 1:00 pm	Square Dancing \$24.50 1:15 - 2:15 pm	
Modern Line Dance \$24.50 1:15 - 2:45 pm	Bid Euchre \$1.50/week 1:00 - 3:00 pm	Pilates Mat (*C) \$22.50 5:30 - 6:30 pm	Social Duplicate Bridge \$1.00/week 1:00 - 3:00 pm	Hawaiian (Int) \$24.50 2:30 - 3:15 pm	
Circuit Bootcamp (*C) \$19.00 5:30 - 6:15 pm	Darts Club \$3.00/session 1:00 - 3:00 pm		Tai Chi/Yang \$22.50 1:15 - 2:15 pm	Performing Hawaiian for Fun \$24.50 3:30 - 4:15 pm	
	Social Crafts \$3.00/session 1:00 - 3:00 pm		Spanish Lessons (Int) \$19.00 1:30 - 2:30pm	Barre (Adv) (*C) \$19.00 5:30 - 6:30pm	
	ChitChat \$3.00/session 1:30 - 3:30 pm		Strong by Zumba \$19.00 (*C) 5:30 - 6:30 pm		
	Intro to Oil Painting \$24.50 1:30 - 3:30 pm		Muscle & More (*C) \$19.00 6:30 - 7:15 pm	<p>* = Women only C = Combined classes (Fitness Centre & Seniors)</p> <p>Registration begins March 6, 2017 Classes start April 3, 2017</p>	
	Beg Pickleball \$5.00 1:00 - 2:00pm		Yoga (*C) \$22.50 6:30 - 7:30pm		
	Barre (Beg) (*C) \$19.00 6:00 - 6:45pm				
	EXP. Pickleball \$5.00 1:30 - 3:30 pm				



Active Living
75 MacNab St. S.

55+

Special Events!

FREE Seminar: Make-Up Tips for 55+
By Shoppers Drug Mart
Wednesday, April 26, 2017
10:00 am-11:30 am

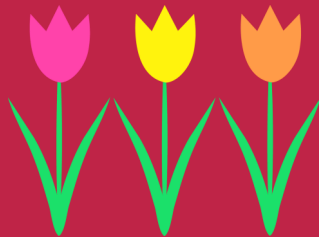


FREE Seminar: Astrology and You
Wednesday, May 10, 2017
10:00am-11:30 am

FREE Seminar:
The Benefits of Aromatherapy
Wednesday, May 24, 2017
10:00am-11:30 am

Kick-Off to SENIORS MONTH
at Sarcoa-Waterfront
Monday, May 29, 2017
10:00am-2:00pm

Spring Fair
Friday, June 2, 2017
9:00am-2:00pm



FREE Seminar and Refreshments:
Healthy and Independent at Home
Tuesday, June 13, 2017
10:00am-11:30am

Canada Day Celebration
Lunch and Entertainment
Thursday, June 29, 2-17
12:30pm-3:00pm



For more information
or to register for any
of these special events
please contact: (905) 529-7727