

Active Living 55+
1715 Main Street East
905-546-2424 x4750



Summer Schedule 2017



| 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 | Nordic Walking \$19.00 8:00 - 9:00 am | Jump Start \$19.00 9:30 - 10:30 am |
| Stretch and Strengthen \$19.00 10:45 - 11:30 am | Technology Lab Free 12:30 - 3:00 pm | Chair Yoga \$22.50 9:30 - 10:30 am | Zumba Gold \$22.50 10:00 - 11:00 am | Stretch and Strengthen \$19.00 10:45 - 11:30 am |
| Oil Painting \$24.50 12:30 - 2:00 pm | Mind Busters \$19.00 1:00 - 2:30 pm | Yoga \$22.50 10:45 - 11:45 am | Bones Plus \$24.50 1:00 - 2:30 pm | Progressive Euchre \$2.00 1:00 - 3:00 pm |
| Yoga \$22.50 3:00 - 4:00 pm | | Indoor Nordic Walking Free 11:00 - 12:00 pm | Core Fusion \$22.50 3:15 - 4:00 pm | Technology Lab Free 12:30 - 3:00 pm |
| | | Creative Sketching Free 12:30 - 1:30 pm | | |
| | | Bid Euchre \$2.00 1:00 - 3:00 pm | | |
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Register Now! Classes start July 4, 2017



YWCA Hamilton Sir Winston Churchill Active Living Centre
905-546-2424 ext. 4750