

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



Fall 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	Zumba Gold \$22.50 10:00 - 11:00 am	Jump Start \$19.00 9:30 - 10:30 am
Stretch and Strengthen \$19.00 10:45 - 11:30 am	Pilates \$22.50 10:30 - 11:30	Chair Yoga \$22.50 9:30 - 10:30 am	Laptop Lessons \$44.50 1:00 - 2:30 pm	Stretch and Strengthen \$19.00 10:45 - 11:30 am
Zumba Gold \$22.50 11:00 - 12:00 pm	Technology Lab Free 12:30 - 3:00 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
Oil Painting \$24.50 12:30 - 2:00 pm	Mind Busters \$19.00 1:00 - 2:30 pm	Stretch and Strengthen \$19.00 10:45 - 11:30 am	Core Fusion \$22.50 3:15 - 4:00 pm	Technology Lab Free 12:30 - 3:00 pm
Muscle Movement in Nature \$19.00 1:30 - 2:30 pm <i>Gage Park</i> <i>Weather Permitting</i>	Intro to Genealogy Free 1:00 - 2:00 pm	Indoor Nordic Walking Free 11:00 - 12:00 pm		
Yoga \$22.50 3:00 - 4:00 pm		Creative Sketching Free 12:30 - 1:30 pm		
		Bid Euchre \$2.00 1:00 - 3:00 pm		

Register Now! Classes start September 18, 2017

