

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



Spring Schedule 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Heartsmart \$19.00 9:15 – 10:15 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
Tai Chi \$22.50 10:00 – 11:00 am	Pilates \$22.50 10:30 – 11:30 am	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
Stretch and Strengthen \$19.00 10:45 – 11:30 am	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	*Heartbeat (A) \$96.05 12:00 – 1:30 pm *Heartbeat (B) 1:30 – 3:00 pm
Zumba Gold \$22.50 11:00 – 12:00 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
Oil Painting \$24.50 12:30 – 2:00 pm	Intro to Genealogy Free 1:00 – 2:00 pm	Indoor Nordic Walking Free 11:00 – 12:00 pm		Progressive Euchre \$2.00 1:00 – 3:00 pm
Yoga \$22.50 3:00 – 4:00 pm		*Heartbeat (A) \$96.05 12:00 – 1:30 pm *Heartbeat (B) 1:30 – 3:00 pm		
		Creative Sketching Free 1:00 – 2:00 pm		
		Bid Euchre \$2.00 1:00 – 3:00 pm		*To participate in Heartbeat you must register with Debbie Hannah

Register Now! Classes start April 9, 2018