

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



Fall Term 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Heartsmart \$20.00 9:15 - 10:15 a.m.	Bones Plus \$24.50 9:00 - 10:30 a.m.	Mix it Up \$20.00 9:30 - 10:30 a.m.	Zumba Gold \$22.50 10:00 - 11:00 a.m.	Jump Start \$20.00 9:30 - 10:30 a.m.
Tai Chi \$22.50 9:45 - 10:45 a.m.	Pilates \$22.50 10:30 - 11:30 a.m.	Chair Yoga \$22.50 9:30 - 10:30 a.m.	Laptop Lessons \$44.50 1:00 - 2:30 p.m.	Stretch and Strengthen \$20.00 10:45 - 11:30 a.m.
Stretch and Strengthen \$20.00 10:30 - 11:15 a.m.	Technology Lab Free 12:30 - 3:00 p.m.	Yoga \$22.50 10:45 - 11:45 a.m.	Bones Plus \$24.50 1:00 - 2:30 p.m.	Heart Healthy (A) \$24.50 1:00 - 2:00 p.m. Heart Healthy (B) 2:15 - 3:15 p.m.
Zumba Gold \$22.50 11:00 - 12:00 p.m.	Mind Busters \$20.00 1:00 - 2:30 p.m.	Stretch and Strengthen \$20.00 10:45 - 11:30 a.m.	Core Fusion \$22.50 3:15 - 4:00 p.m.	Technology Lab Free 12:30 - 3:00 p.m.
Beginner Stretch And Strengthen \$20.00 11:30 - 12:00 p.m.	Intro to Genealogy Free 1:00 - 2:00 p.m.	Indoor Nordic Walking Free 11:00 - 12:00 p.m.		Progressive Euchre \$2.00 1:00 - 3:00 p.m.
Oil Painting \$24.50 12:30 - 2:00 p.m.		Heart Healthy (A) \$24.50 1:00 - 2:00 p.m. Heart Healthy (B) 2:15 - 3:15 p.m.		
Yoga \$22.50 3:00 - 4:00 p.m.		Bid Euchre \$2.00 1:00 - 3:00 p.m.		

Register Now! Classes start September 17, 2018

