

55 Plus Activities Schedule May 2017

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
Yoga Flow (KL Fitness)	10:00
Beginner Strength	10:00
Zumba Gold (KL Fitness)	11:00
Arts/Crafts/Social/Education	
Quilting	9:30-12:30
Euchre	1:00-3:00

Tuesday	
Fitness	
Step and Pump	9:15
Yoga (KL Fitness)	10:00-11:30
Tone & Sculpt	11:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	2:00-3:30
Arts/Crafts/Social/Education	
Wood Carving	9:30-11:30
Painting	12:30-3:00
Knitting	1-3

Wednesday	
Fitness	
Strength & Cardio	8:00
Stay Fit for Golf	9:00
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Beginner Bridge	10-12
Drop-In Painting	12:30 - 3:00
Off Site/Trinity United Church	
Tai Chi Beginner	9:30
Tai Chi Intermediate	10:30

Thursday	
Fitness	
Strength & Stretch	9:00
Yoga	10:00-11:30
Men's Fitness (Zeal)	11:10-11:50
Zumba (KL Fitness)	11:00
Arts/Crafts/Social/Education	
Introduction to Acrylics	9:30-11:30
Advanced Bridge	1-4
Refresher Bridge	1-4

Friday	
Fitness	
Strength & Cardio	8:00
Muscle Mix	9:00
Beginner Strength	10:00
Tone & Sculpt	11:00

Men's Fitness will be held at Zeal Health & Fitness Studio, 23 Dundas St., East

KL Fitness Club is located at 140 Industrial Blvd

Advanced Bridge Lessons with Alice are May 4th and May 18th. Refresher Bridge is on hold. Social Bridge is available for those that wish to continue to play.