

# 55 Plus Activities Schedule June 2017

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
YogaFlow (KL Fitness)	10:00
Beginner Strength	10:00
Zumba (KL Fitness)	11:00
Arts/Crafts/Social/Education	
Quilting	<b>On hold for summer</b>
Euchre	1-3

Tuesday	
Fitness	
Step and Pump	9:15
Yoga (KL Fitness)	10:00
Tone & Sculpt	<b>On hold after June 16</b>
Beginner Strength	12:30
Line Dancing	2-3:30
Arts/Crafts/Social/Education	
Painting	12:30- 3
Knitting	1-3

Wednesday	
Fitness	
Strength and Cardio	<b>on hold after June 14</b>
Stay Fit for Golf	<b>On hold after June 14</b>
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-12
Drop in Painting	12:30 - 3
Off Site Trinity United Church	
Tai Chi Beginner	<b>9:30 until June 14</b>
Tai Chi Intermediate	<b>10:30 until June 14</b>

Thursday	
Fitness	
<b>Strength &amp; Cardio</b>	<b>8:00 June 22</b>
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	
Social Bridge	1-4
Bridge Advanced	1-4

Friday	
Fitness	
Strength & Cardio	<b>On hold after June 16</b>
Muscle Mix	9:00
Beginner Strength	10:00
Tone & Sculpt	<b>On hold after June 16</b>

**Zeal Health & Fitness Studio, 23 Dundas St., East  
KL Fitness Club is located at 140 Industrial Blvd**