

55 Plus Activities Schedule September

Monday	
Fitness	
Strength and Cardio	8:00
Nordic Pole Walking	9:00
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	9:00
Dynamic Stretch	10:00
Yoga (KL Fitness)	10:00-11:30
Beginner Strength	12:30
Line Dancing (KL Fitness)	2:00-3:30 (Sept 19)
Arts/Crafts/Social/Education	
Wood Carving	9:30-11:30 (Sept 12)
Painting	12:30-3:00
Knitting	1-3

Wednesday	
Fitness	
Chair Yoga	10:00
Arts/Crafts/Social/Education	
Family History	9-11
Drop-In Painting	12:30 - 3:00
Off Site/Trinity United Church	
Tai Chi Beginner	9:30 (Sept 20)
Tai Chi Intermediate	10:30 (Sept 20)

Thursday	
Fitness	
Strength & Cardio	8:00
Dynamic 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	
Refresher Bridge	1-4

Friday	
Fitness	
Muscle Mix	9:00
Beginner Strength	10:00

Zeal Health & Fitness Studio is located at 23 Dundas St., East

KL Fitness Club is located at 140 Industrial Blvd

All activities, unless otherwise specified, are held at the SOS building located at 12 Richmond Park Drive