

55 Plus Activities Schedule December & January

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
Yoga (KL Fitness)	10:00-11:30
Dynamic Stretch	10:00 (Jan 16)
Tone & Sculpt	11:00
Beginner Strength	12:30
Line Dancing (KL Fitness)	2:00-3:30
Arts/Crafts/Social/Education	
French Conversation	1:00
Knitting	1-3

Wednesday	
Fitness	
Strength & Cardio	8:00
Strength & Core	9:00
Chair Yoga	10:00
Men's Fitness (Zeal)	11:30
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
Tai Chi Intermediate	10:30

Thursday	
Fitness	
Dynamic Stretch	9:00 (Jan 18)
Yoga	10:00-11:30
Men's Fitness (Zeal)	11:10-11:50
Zumba Gold(KL Fitness)	11:00
Arts/Crafts/Social/Education	
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

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

**Advanced Bridge lessons - Dec 7th & 21st
Jan 4th & 18th**