

# 55 Plus Activities Schedule January & February 2018

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
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	
Strength & Stretch	9:00
Yoga	10:00-11:30
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 - Jan 4 & 18, Feb 1 & 15**