

# 55 Plus Activities Schedule 12 week Summer Session June 18 - Sept 7, 2018

Monday	
Fitness	
Strength and Cardio	7:45
Strength & Core	9:00
Nordic Pole Walking	9:00
Beginner Strength	10:00
Arts/Crafts/Social/Education	
Euchre	1:00-3:00

Tuesday	
Fitness	
Step and Pump	9:00
Yoga (Legion)	10:00-11:30
<b>Essentrics</b>	<b>Cancelled</b>
Beginner Strength	12:30
<b>Line Dancing (Legion) June 19-July 31</b>	<b>2:00-3:30</b>

Wednesday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Nordic Pole Walking	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

Thursday	
Fitness	
Dynamic Stretch	9:00
Yoga	10:00-11:30
Zumba Gold (Legion)	11:00

Friday	
Fitness	
Strength & Cardio	7:45
Muscle Madness	9:00
Beginner Strength	10:00
Essentrics	11:00

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

The Legion is located at 26 Mill St., Perrin Hall (upstairs)

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