

55 Plus Activities Schedule 12 week Summer Session Aug 13 - Sept 7, 2018

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

Tuesday	
Fitness	
Step and Pump	9:00 Aug 28
Dynamic Stretch	On Hold
Yoga (Legion)	10:00-11:30
Essentrics	Cancelled
Beginner Strength	Cancelled

Wednesday	
Fitness	
Strength & Cardio	7:45
Strength & Core	9:00
Nordic Pole Walking	On Hold
Chair Yoga	10:00
Men's Fitness (Zeal)	11:30
Arts/Crafts/Social/Education	
Family History	9-11
Drop- In Painting	On Hold

Thursday	
Fitness	
Dynamic Stretch	Cancelled
Yoga	10:00 – 11:30
Zumba Gold (Legion)	11:00

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

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