

# 55 Plus Activities Schedule October 2020

Monday	
Fitness	
Strength & Core (Fit III)	9:00
Nordic Pole Walking	9:00
Beginner Strength Fit (I)	10:00
Tai Chi (Legion)	10:00
Aging Backwards	11:00

Tuesday	
Fitness	
Strength & Cardio (Fit II)	9:00
Tone & Sculpt	10:00
Qi Gong	10:00

Wednesday	
Fitness	
Strength & Core (Fit III)	9:00
Chair Yoga	10:00
Yoga (Legion)	10:00
Beginner Strength (Fit I)	11:00

Thursday	
Fitness	
Strength & Cardio (Fit II)	9:00
Beginner Strength (Fit I)	10:00
Tai Chi (Legion)	10:00
Qi Gong	10:00
Aging Backwards	11:00

Friday	
Fitness	
Strength & Core (Fit III)	9:00
Tone & Sculpt	10:00

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