

55 Plus Activities Schedule January 11 - February 19 2021

Monday	
Fitness	
Strength & Core	9:00
Nordic Pole Walking	9:00
Cardio Fun with Wanda	10:00
Tai Chi (Legion)	10:00
Aging Backwards	11:00

Tuesday	
Fitness	
Hearty Hearts	9:00
Tone & Sculpt	10:00
Qi Gong	10:00
Choreographed Tap	11:00
French Conversation	1:00 - 2:30
Creative Writing	2:00 - 4:00

Wednesday	
Fitness	
Men's Fitness (Diamond Fitness)	9:00
Family History	9:00 - 12:00
Cardio Kickboxing (Diamond Fitness)	10:00
Yoga (Legion)	10:00 - 11:30

Thursday	
Fitness	
Hearty Hearts	9:00
Cardio Fun with Wanda	10:00
Tai Chi (Legion)	10:00
Qi Gong	10:00
Aging Backwards	11:00

Friday	
Fitness	
Strength & Core	9:00
Tone & Sculpt	10:00

All activities, unless otherwise specified, are held at the SOS building located at 12 Richmond Park Drive
Activities are 45 minutes in length except when noted otherwise.