

55 Plus Activities Schedule March 2021

Monday	
Fitness	
Nordic Pole Walking	9:00
Cardio Kickboxing (Diamond Fitness)	9:00
Cardio Fun with Wanda	10:00
Tone & Sculpt	11:00
Aging Backwards (via Zoom)	11:00
Group Fitness for Men (Diamond Fitness)	11:00

Tuesday	
Fitness	
Qi Gong (via Zoom)	10:00
Yoga (Legion)	10:00 - 11:30
Knitting	1:00 - 3:00
French Conversation	1:00 - 2:30
Creative Writing	2:30 - 3:30

Wednesday	
Fitness	
Cardio Kickboxing (Diamond Fitness)	9:00
Family History	9:00 - 12:00
Group Fitness for Men (Diamond Fitness)	11:00

Thursday	
Fitness	
Tone & Sculpt	11:00
Qi Gong (via Zoom)	10:00
Cardio Fun with Wanda	10:00
Aging Backwards (via Zoom)	11:00

Friday	
Fitness	
Foam Rolling (Diamond Fitness)	9:00 - 9:30

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.