

Active Living Centre 55+

75 MacNab Street South

UPDATED SCHEDULE effective May 12th
SPRING 2023

Registration & Membership required (\$37.71 / year)

Enjoy a social chat, tea/coffee before or after your class!
Programs are subject to change.
Please see monthly calendar schedule for workshops and social events!

Monday <i>*closed May 22</i>	Tuesday	Wednesday	Thursday	Friday
Weight Training 9:30am – 10:20am \$34.00 1x/wk \$51.00 2x/wk	Walk & Stretch (walking poles optional) 9:00am-10:00am Pier 8 / Discovery Dr. <i>*FREE with Srs. mbrship *registration required</i>	Weight Training 9:30am – 10:20am \$34.00 1x/wk \$51.00 2x/wk	Yin Yoga (<i>Restorative & Gentle Mat</i>) 9:15am – 10:15am \$34.00	Cardio, Muscle & Stretch 9:30am - 10:20am \$34.00 Starting April 28
Gentle Dance Cardio & Strength 10:30am - 11:30am \$23.80 (7 wks) April 10 – June 5 (except Apr 24, May 22)		Mind Busters 10:00am - 11:30am \$34.00	Bones Plus Balance 10:15am - 11:15am \$34.00	Barre & Breath 10:30am - 11:20am \$34.00 Starting April 28
<i>*See our Fit@Home Schedule for virtual programs including Pilates, Yoga, Balance, Bones, Stretch & Strength and more!</i>	Spanish Lessons for Travel & Conversation 10:00am - 11:00am \$20.40 (6wks) May 23 June 6, 27 July 11, 25 August 8	Heart & Bones 10:30am – 11:20am \$34.00	Yoga (chair) 11:30am - 12:15pm \$34.00	~ Moving Well ~ Movement Education Series 12:00pm – 1:30pm May 26 June 23 Free, registration requested
	Age in Motion 11:30am – 12:20pm \$34.00			Social Lunch 12:30 - 1:30pm <i>bring your lunch and visit with friends</i>
Pickleball 12:15pm – 2:15pm \$18.36 1x/wk/6wks \$27.54 2x/wk/6wks March 20 - Apr 24 May 1 – June 12	Muscle & Mobility 12:30pm - 1:20pm \$34.00	Triple C ~ Cribbage & Euchre ~ (social cards and chat) 12:00pm – 2:00pm (free drop in)	Pickleball 12:15pm – 2:15pm \$18.36 1x/wk/6wks \$27.54 2x/wk/6wks March 23 - Apr 27 May 4 – June 15	Rummikub Game & Cards 12:30 – 2:00pm (free drop in)
	Knitting & Crocheting Social Circle 1:00pm – 2:30pm (free drop in)	Laptop Lessons 1:00 – 2:30pm May 31 – June 21 \$15.00	Oil Painting & Social Chat 2:30-3:00pm 1:00pm – 2:30pm \$34.00	Tai Chi 2:00 – 3:00pm \$34.00