



**CORONATION CENTRE, 5925 SUMMER STREET- January 2020**

**PROGRAMS - FITNESS - SPECIAL EVENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>CLOSED</b>	<p align="right">1</p> <p align="right">2</p> <p>9:15 No J-Choir 9:30 Shuffleboard 12-3 Table Tennis 1:00 Golden Hr Bridge 1:30 Darts 6:00 B.L.A.S.T 6:00 Tai Chi (ADV) 6:30 Tai Chi (BEG) 7:15 Flex Fit <b>MacBain</b> 9:15 Get Fit All 10:30 Stretch and Tone 1:00 No Aqua Fit 1:45 No Aqua Fit</p>	<p align="right">3</p> <p>9:00 Tai Chi (Beg) <b>9:15 Aqua Reg</b> 9:15 Drum Cardio 9:30 Tai Chi (Adv) <b>9:30 No Gentle Yoga</b> 10:30 Sculpt &amp; Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit <b>MacBain</b> 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics</p>
<p align="right">6</p> <p>9:15 Men's Fitness 9:30 Gentle Yoga 9:30 Friendship Group 10:30 Ballroom Line Dance 10:30 Essentrics 10:30 Sit and Be Fit 1:00 Drop In Bridge 1:15 Shuffleboard 1:30 Water Colours 1:30 Tea Dance 5:30 /6:45 Zumba 6:00 (adv)/6:30 Tai Chi(beg) <b>MacBain</b> 9:15 Get Fit/Step 10:30 Sculpt &amp; Tone 1:00 Deep Water Aqua</p>	<p align="right">7</p> <p>9:00 Zumba 11:00 Chair Yoga 12:00-3 Table Tennis 1:00 Mexican Train 1:30 Music Circle 6:30 Bridge <b>MacBain</b> 9:15 Get Fit All 10:30 Core &amp; More 1:00 Aqua Fit 1:45 Aqua Fit</p>	<p align="right">8</p> <p>9:00 Tai Chi (Beg) 9:15 Men's Fitness 9:30 Yoga 9:30 Tai Chi (Adv) 10:30 Gentle Fit 1:00 Sit and be Fit Clogging Euchre Chess <b>MacBain</b> 9:15 Get Fit 2/Step 10:30 Sculpt &amp; Tone</p>	<p align="right">9</p> <p>9:15 J-Choir 9:30 Shuffleboard 12-3 Table Tennis 1:00 Golden Hr Bridge 1:30 Darts 6:00 B.L.A.S.T 6:00 Tai Chi (ADV) 6:30 Tai Chi (BEG) 7:15 Flex Fit <b>MacBain</b> 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit</p>	<p align="right">10</p> <p>9:00 Tai Chi (Beg) 9:15 Drum Cardio 9:30 Tai Chi (Adv) 9:30 Gentle Yoga 10:30 Sculpt &amp; Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit <b>MacBain</b> 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics</p>
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Bingo & Lunch - January 14th - 12:00 pm (Doors open at 11:45am) Mem \$5.75, Non-Mem \$6.75 Final Sales Friday January 10th, 2020

\* Lunch & A Movie - Tuesday January 28th - 12:00 Noon ~ Final Sales Friday January 24th

Movie: "Peanut Butter Falcon" Meal: Chinese Food ~ Members \$12.00 Non \$13.50