

CORONATION CENTRE, 5925 SUMMER STREET- November 2019

PROGRAMS - FITNESS - SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p align="right">1</p> 9:00 Tai Chi (Beg) 9:15 Drum Cardio 9:30 Tai Chi (Adv) 9:30 Gentle Yoga 10:30 Sculpt & Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit MacBain 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics
				<p align="right">4</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) MacBain 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua
<p align="right">11</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) MacBain 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua	<p align="right">12</p> 9:00 Zumba 11:00 Chair Yoga 12:00 BINGO & LUNCH 12:00-3 Table Tennis 1:00 Mexican Train 1:30 Music Circle 6:30 Bridge MacBain 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">13</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 2:00 Book Club MacBain 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	<p align="right">14</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 MacBain 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">15</p> 9:00 Tai Chi (Beg) 9:15 Drum Cardio 9:30 Tai Chi (Adv) 9:30 No Gentle Yoga 10:30 Sculpt & Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit MacBain 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics
<p align="right">18</p> 9:15 Men's Fitness 9:30 No 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) MacBain 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua	<p align="right">19</p> 9:00 Zumba 11:00 Chair Yoga 12:00-3 Table Tennis 1:00 Mexican Train 1:00 Self Defense 1:30 Music Circle 6:30 Bridge MacBain 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">20</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 MacBain 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	<p align="right">21</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 MacBain 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">22</p> 9:00 Tai Chi (Beg) 9:15 Drum Cardio 9:30 Tai Chi (Adv) 9:30 Gentle Yoga 10:30 Sculpt & Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit MacBain 9:15 Men's Fitness 10:30 Gentle Fit 12:30 No Essentrics
<p align="right">25</p> 9:15 Men's Fitness 9:30 Gentle Yoga 9:30 Friendship Group 10:30 Ballroom Line Dance 10:30 No 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) MacBain 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua	<p align="right">26</p> 9:00 Zumba 11:00 Chair Yoga 12:00-3 Table Tennis 12:00 LUNCH & MOVIE 1:00 Mexican Train 1:30 Music Circle 6:30 Bridge MacBain 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">27</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 MacBain 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	<p align="right">28</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 MacBain 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	<p align="right">29</p> 9:00 Tai Chi (Beg) 9:15 Drum Cardio 9:30 Tai Chi (Adv) 9:30 Gentle Yoga 10:30 Sculpt & Tone 11:45 Gym Orientaion 1:00 Euchre Cribbage Sit and Be Fit MacBain 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics

Bingo & Lunch - November 12th - 12:00 pm (Doors open at 11:45am) Mem \$5.50, Non-Mem \$6.50 Final Sales Friday November 8th, 2019

* Lunch & A Movie - Tuesday November 26th - 12:00 Noon ~ Final Sales Friday November 22nd

Movie: "Yesterday" Meal: Salisbury Steak with Mashed Potatoes and Vegetables ~ Members \$12.00 Non \$13.50