

CORONATION CENTRE, 5925 SUMMER STREET- September 2019

PROGRAMS - FITNESS - SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  CLOSED	3 9:00 Zumba 11:00 Digital Media 11:00 No Chair Yoga 12:00-3 Table Tennis 1:00 Mexican Train 1:30 Music Circle 6:30 Bridge <u>MacBain</u> 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	4 9:00 Tai Chi (Beg) 9:15 Men's Fitness 9:30 No Yoga 9:30 Tai Chi (Adv) 10:30 Gentle Fit 1:00 Sit and be Fit Clogging Euchre Chess <u>MacBain</u> 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	5 9:15 J-Choir 9:30 Shuffleboard 12-3 Table Tennis 1:00 Golden Hr Bridge 1:30 Darts 6:00 Tai Chi (ADV) 6:30 Tai Chi (BEG) 7:15 Flex Fit <u>MacBain</u> 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	6 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 <u>MacBain</u> 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics
9 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) <u>MacBain</u> 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua	10 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 <u>MacBain</u> 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	11 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 <u>MacBain</u> 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	12 9:15 J-Choir 9:30 Shuffleboard 12-3 Table Tennis 1:00 Golden Hr Bridge 1:30 Darts 6:00 Tai Chi (ADV) 6:30 Tai Chi (BEG) 7:15 Flex Fit <u>MacBain</u> 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	13 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 2:00 Sign Language <u>MacBain</u> 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics
16 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) <u>MacBain</u> 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua	17 9:00 Zumba 11:00 Digital Media 11:00 Chair Yoga 12:00-3 Table Tennis 1:00 Mexican Train 1:30 Music Circle 6:30 Bridge <u>MacBain</u> 9:15 Get Fit All 10:30 Core & More 1:00 Aqua Fit 1:45 Aqua Fit	18 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 <u>MacBain</u> 9:15 Get Fit 2/Step 10:30 Sculpt & Tone	19 9:15 J-Choir 9:30 Shuffleboard 12-3 Table Tennis 1:00 Golden Hr Bridge 1:30 Darts 6:00 Tai Chi (ADV) 6:30 Tai Chi (BEG) 7:15 Flex Fit <u>MacBain</u> 9:15 Get Fit All 10:30 Stretch and Tone 1:00 Aqua Fit 1:45 Aqua Fit	20 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 2:00 Sign Language <u>MacBain</u> 9:15 Men's Fitness 10:30 Gentle Fit 12:30 Essentrics
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Bingo & Lunch - September 10th - 12:00 pm (Doors open at 11:45am) Mem \$5.50, Non-Mem \$6.50 Final Sales Friday Sept 6th, 2019

* Lunch & A Movie - Tuesday September 24th - 12:00 Noon ~ Final Sales Friday September 20th

Movie: "The Hustle" Meal: Ham with Scalloped Potatoes & Vegetables ~ Members \$12.00 Non \$13.50

Yoga

Gentle Yoga—Mondays 9:15am

Sept 9—Oct 28—7 wks—\$38.50

Chair Yoga—Tuesdays 11:00am

Sept 10—Oct 29—8 wks—\$44.00

Yoga—Wednesdays 9:30am

Sept 11—Oct 30—8 wks—\$44.00

Gentle Yoga—Friday 9:30am

Sept 13—Nov 1—8 wks—\$44.00

Cafe Specials Just \$6.00

Monday — Salisbury Steak with Mashed Potatoes and Vegetables

Tuesday— Perogies with Coleslaw

Wednesday— Pancit—A Chicken Noodle Stirfry

Thursday— Chicken Cordon Bleu with Mashed Potatoes & Vegetables

Friday— Spaghetti and Meatballs with Garlic Toast

**Open Monday—Friday
9:30am—1:30pm**

 **Coronation 50 Plus** RECREATION CENTRE
people on the move
5925 Summer St.
Niagara Falls, ON
905-356-6493

2019 Membership Fees

Niagara Falls Resident— \$32

Non-Resident— \$37

What's here?



**Open Mon-Fri
Mon—Fri 9am—1:30 pm**



**Open Mon-Fri
Donations Welcomed
Mon-Fri 10am-3pm**

New For October B.L.A.S.T OFF



Take your fitness to the next level!

Butt, Legs, Abs, Sculpt, Tone

Thursday Oct 3rd at Coronation
6:00pm \$2.50 Drop In

Lunch & Movie

September 24

12:00 pm

Anne Hathaway and Rebel Wilson star as female scam artists, one low rent and the other high class, who team up to take down the men who have wronged them.



**Ham, Scalloped Potatoes,
Vegetables, Dessert,
and Tea/Coffee**

\$12.00 Members ~ \$13.50 Non-Members

Aquafit

Monday Deep (1:00pm)—Sept 9—Oct 28
7 weeks - \$52.50

Tuesday (1/1:45 pm)—Sept 3 – Oct 29
9 weeks - \$49.50

Thursday (1/1:45pm)—Sept 5 – Oct 31
9 weeks - \$49.50

 **Niagara Falls** CANADA
 **Coronation 50 Plus** RECREATION CENTRE
people on the move

Coronation Centre September 2019

**Yes! We're
BACK**

Programs & Events Calendar