CORONATION CENTRE, 5925 SUMMER STREET- September 2019 PROGRAMS - FITNESS - SPECIAL EVENTS TUESDAY MONDAY WEDNESDAY THURSDAY FRIDAY 9:00 Tai Chi (Beg) 9:15 J-Choir 9:00 Tai Chi (Beg) 9:00 Zumba :00 Digital Media 9:30 Shuffleboard 9:15 Drum Cardio Men's Fitness 11:00 No Chair Yoga 12-3 Table Tennis 9:30 No Yoga 9:30 Tai Chi (Adv) 9:30 No Gentle Yoga 9:30 Tai Chi (Adv) 1:00 Golden Hr Bridge 12:00-3 Table Tennis 1:00 Mexican Train 10:30 Gentle Fit 1:30 Darts 10:30 Sculpt & Tone 1:30 Music Circle 1:00 Sit and be Fit 6:00 Tai Chi (ADV) 11:45 Gym Orientaion 6:30 Bridge Clogging 6:30 Tai Chi (BEG) 1:00 Euchre MacBain Euchre 7:15 Flex Fit Cribbage 9:15 Get Fit All Chess MacBain MacBain 9:15 Get Fit All <u>MacBain</u> 10:30 Core & More 9:15 Men's Fitness 9:15 Get Fit 2/Step 10:30 Stretch and Tone 1:00 Agua Fit 10:30 Gentle Fit 10:30 Sculpt & Tone 1:00 Aqua Fit 1:45 Agua Fit 12:30 Essentrics 1:45 Aqua Fit 13 10 9:15 Men's Fitness 9:00 Zumba 9:00 Tai Chi (Beg) 9:15 J-Choir 9:00 Tai Chi (Beg) 9:30 Gentle Yoga 11:00 Chair Yoga 9:15 Men's Fitness 9:30 Shuffleboard 9:15 Drum Cardio 12:00 BINGO & LUNCH 9:30 Friendship Group 9:30 Yoga 12-3 Table Tennis 9:30 Tai Chi (Adv) 10:30 Ballroom Line Dance 12:00-3 Table Tennis 9:30 Tai Chi (Adv) 1:00 Golden Hr Bridge 9:30 Gentle Yoga 10.30 Essentrics 1:00 Mexican Train 10:30 Gentle Fit 1:30 Darts 10:30 Sculpt & Tone 1:00 Sit and be Fit 6:00 Tai Chi (ADV) 11:45 Gym Orientaion 10:30 Sit and Be Fit 1:30 Music Circle 6:30 Bridge 1:00 Drop In Bridge Clogging 6:30 Tai Chi (BEG) 1:00 Fuchre 7:15 Flex Fit MacBain Cribbage 1:15 Shuffleboard Euchre MacBain 2:00 Sign Language <u>MacBain</u> 1:30 Water Colours 9:15 Get Fit All Chess 10:30 Core & More MacBain 9:15 Get Fit All 1:30 Tea Dance 5:30 /6:45 Zumba 1:00 Aqua Fit 9:15 Get Fit 2/Step 10:30 Stretch and Tone 9:15 Men's Fitness 10:30 Sculpt & Tone 1:00 Aqua Fit 10:30 Gentle Fit 6:00 (adv)/6:30 Tai Chi(beg) 1:45 Aqua Fit 1:45 Aqua Fit 12:30 Essentrics MacBain 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua 17 18 19 20 9:00 Tai Chi (Beg) 9:00 Tai Chi (Beg) 9:15 Men's Fitness 9:00 Zumba 9:15 I-Choir 9:30 Gentle Yoga 11:00 Digital Media 9:15 Men's Fitness 9:30 Shuffleboard 9:15 Drum Cardio 11:00 Chair Yoga 12:00-3 Table Tennis 9:30 Friendship Group 9:30 Yoga 12-3 Table Tennis 9:30 Tai Chi (Adv) 9:30 Tai Chi (Adv) 10:30 Ballroom Line Dance 1:00 Golden Hr Bridge 9:30 Gentle Yoga 10:30 Gentle Fit 10:30 Sculpt & Tone 10:30 Essentrics 1:00 Mexican Train 1:30 Darts 10:30 Sit and Be Fit 1:00 Sit and be Fit 6:00 Tai Chi (ADV) 11:45 Gym Orientaion 1:30 Music Circle 6:30 Bridge MacBain Clogging 6:30 Tai Chi (BEG) 1:00 Euchre 1:00 Drop In Bridge 7:15 Flex Fit 1:15 Shuffleboard Euchre Cribbage 9:15 Get Fit All 1:30 Water Colours Chess MacBain 2:00 Sign Language 10:30 Core & More 2:00 Book Club 9:15 Get Fit All MacBain 1:30 Tea Dance 5:30 /6:45 Zumba 1:00 Agua Fit MacBain 10:30 Stretch and Tone 9:15 Men's Fitness 9:15 Get Fit 2/Step 6:00 (adv)/6:30 Tai Chi(beg) 1:45 Aqua Fit 1:00 Aqua Fit 10:30 Gentle Fit MacBain 10:30 Sculpt & Tone 1:45 Aqua Fit 12:30 Essentrics 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua 27 24 25 26 9:00 Tai Chi (Beg) 9:00 Tai Chi (Beg) 9:15 Men's Fitness 9:15 J-Choir 9:00 Zumba 9:30 Gentle Yoga 11:00 Chair Yoga 9:15 Men's Fitness 9:30 Shuffleboard 9:15 Drum Cardio 9:30 Friendship Group 12:00-3 Table Tennis 9:30 Yoga 12-3 Table Tennis 9:30 Tai Chi (Adv) 10:30 Ballroom Line Dance 12:00 Lunch & Movie 9:30 Tai Chi (Adv) 1:00 Golden Hr Bridge 9:30 Gentle Yoga 10:30 Essentrics 1:00 Mexican Train 10:30 Gentle Fit 1:30 Darts 10:30 Sculpt & Tone 6:00 Tai Chi (ADV) 10:30 Sit and Be Fit 1:30 Music Circle 1:00 Sit and be Fit 11:45 Gym Orientaion 6:30 Bridge MacBain 1:00 Drop In Bridge Clogging 6:30 Tai Chi (BEG) 1:00 Euchre 1:15 Shuffleboard 7:15 Flex Fit Euchre Cribbage 9:15 Get Fit All MacBain 1:30 Water Colours Chess 2:00 Sign Language 1:30 Tea Dance 10:30 Core & More MacBain 9:15 Get Fit All MacBain 9:15 Get Fit 2/Step 5:30 /6:45 Zumba 1:00 Aqua Fit 10:30 Stretch and Tone 9:15 Men's Fitness 6:00 (adv)/6:30 Tai Chi(beg) 1:45 Aqua Fit 10:30 Sculpt & Tone 1:00 Agua Fit 10:30 Gentle Fit <u>MacBain</u> 1:45 Agua Fit 12:30 Essentrics 9:15 Get Fit/Step 10:30 Sculpt & Tone 1:00 Deep Water Aqua New for Oct. 9:15 Men's Fitness 9:30 Gentle Yoga 9:30 Friendship Group B.L.A.S.T Off 10:30 Ballroom Line Dance 10:30 Essentrics 10:30 Sit and Be Fit 1:00 Drop In Bridge Butt Legs, Abs, Sculpt, Tone 1:15 Shuffleboard 1:30 Water Colours Take Your Fitness to The Next Level 1:30 Tea Dance 5:30 /6:45 Zumba 6:00 (adv)/6:30 Tai Chi(beg) Starts Thursday, October 3rd **MacBain** at Coronation - 6:00pm

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

\$2.50 drop in fee

9:15 Get Fit/Step

10:30 Sculpt & Tone 1:00 Deep Water Aqua

* 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



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

Salisbury Steak with Mashed Monday —

Potatoes and Vegetables

Tuesdav— Perogies with Coleslaw

Wednesday— Pancit—A Chicken Noodle

Stirfry

Chicken Cordon Bleu with Thursday—

Mashed Potatoes &

Vegetables

Friday— Spaghetti and Meatballs

with Garlic Toast

Open Monday—Friday

9:30am-1:30pm



5925 Summer St. 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.TOFF



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





Coronation Centre September 2019



Programs & **Events** Calendar