

PROGRAM SCHEDULE

Schedule runs July 2 - September 3, 2017

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Smart Fit II
Gym B
9am - 9:45am

Let's Get Physical
Gym B
10:30am - 11:15am

Active Bodies
Gym B
11:30am - 12:15pm

Bridge
Market Building
1pm - 4pm

Table Tennis
Gym A
1pm - 3pm

Pickleball
Gym A/B
9am - 11am

Men's Yoga 55+
Multipurpose
9:15am - 10:15am

Wood Carving
Seniors Room
9:30am - 12pm

Yoga 55+
Multipurpose
10:30am - 11:30am

Carpet Bowling
Multipurpose
1pm - 3:30pm

Quilting
HTM Room
9am - 3pm

Fun & Fit
Gym A
9:30am - 10:15am

Ladies Friendship Group
Seniors' Room
9:30am - 11am

Let's Get Physical
Gym B
10:30am - 11:15am

Yoga 55+
Multipurpose
10:30am - 11:30am

Pickleball
Gym A/B
1pm - 3pm

Scrabble
Seniors' Room
1pm - 4pm

Partner Bridge
Market Building
1pm - 4pm

Walk 'n Weights
Outside*
9:30am - 10:15am

Table Tennis
Gym A
9:30am - 11:30am

Rug Hooking
Seniors Room
9:30am - 12pm

Pilates 55+
Multipurpose
10:30am - 11:15am

Zumba 55+
Gym B
10:30am - 11:15am

Pickleball - Int/Adv
Gym A
1pm - 3pm

Carpet Bowling
Multipurpose
1pm - 3:30pm

Smart Fit I
Gym B
9am - 9:45am

Table Tennis
Gym A
9:30am - 11:30am

Cardio Mix
Gym B
9:45am - 10:30am

Euchre
Market Building
1pm - 4pm

SIGN UP TODAY! SIX-WEEK PROGRAMS

YOGA 55+

July 4 - Aug. 8

OR July 5 - Aug. 9

10:30am • \$35+ HST

MEN'S YOGA 55+

July 4 - Aug. 8

9:15am • \$35+ HST

After these programs, we will offer drop-in for \$7/class • August 16, 23 and 30

PILATES 55+

July 6 - Aug. 10 | 10:30am • \$35+ HST



*Weather Permitting

COBOURG



SENIORS' ACTIVITY CENTRE

CCC • 750 D'Arcy St, Cobourg

Market Building • 201 Second St, Cobourg

CANCELLATIONS

Please note that our instructors will be taking a few days off this summer.

There will be no classes running on the following days:

Active Bodies • July 3, August 28

Smart Fit II • August 7, 14, 21, 28

Body Tone • August 8, 15, 22, 29

Let's Get Physical • July 3, August 28

Smart Fit I • August 11, 18, 25

Cardio Mix • August 11, 18, 25

CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:
June 30, July 1, August 7