

55+ HOLIDAY FITNESS SCHEDULE

MON

TUE

WED

THU

FRI

December 23rd

Smart Fit II 9:00am Gym B
Pickleball 9:00am Gym A
Active Bodies
10:00am Gym B
Table Tennis 11:00am Gym A

December 24th

**BUILDING
CLOSED**

December 25th

**BUILDING
CLOSED**

December 26th

**BUILDING
CLOSED**

December 27th

Smart Fit I 9:00am Cameco
Yoga 10:00am Cameco

December 30th

Active Bodies
10:30am Cameco

December 31st

**BUILDING
CLOSED**

January 1st

**BUILDING
CLOSED**

January 2nd

Walking Intervals
9:30am Track
Yoga 10:45am Cameco

January 3rd

Smart Fit I 9:00am Cameco
Cardio Mix 9:45am Track

January 6th

Chair Yoga 10:00am Bea's Place
Cardio Circuit
10:30am Track
Active Bodies
11:30am Cameco

January 7th

Line Dancing
9:30am Cameco
Body Tone 11:15am Cameco
Carpet Bowling 1:00 Cameco

January 8th

Fun + Fit 10:45am Cameco
Core + Stretch
11:45am Cameco

January 9th

Walking Intervals
9:30am Track
Zumba 10:30am Cameco

January 10th

Smart Fit I 9:00am Cameco
Cardio Mix 9:45am Track