

# Seniors' Programs

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:30am Pickleball Gym A	9:30-11:30am Pickleball Gym A	9:30-11:30am Pickleball Gym A	9:30-11:30am Table Tennis Gym A	9:30-11:30am Pickleball Gym A
2:00-4:00pm Pickleball Gym A		2:00-4:00pm Pickleball Gym A	2:00-4:00pm Pickleball Gym A	2:00-4:00pm Table Tennis Gym A

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:30am Friendship Group Multi Purpose Room	8:00-9:00am Yoga* Multi Purpose Room	9:00-9:45am Fun & Fit Gym B	9:00-9:45am Group Training* Gym B	9:00-9:45am Smart Fit Gym B
10:30-11:15am Active Bodies Gym B	10:00-10:45am Body Tone Gym B	10:30-11:15am Cardio Mash Up Gym B	10:30-11:15am Core & Stretch Multi Purpose Room	9:30-10:30a Tai Chi Multi Purpose Room
12:00-12:45pm Core & Stretch Multi Purpose Room		11:00am-12:00pm Yoga* Multi Purpose Room	12:30-1:30pm Yoga Level 2* Multi Purpose Room	10:30-11:15am Cardio Mix Gym B

Gym Program Participants enter from WEST doors.

Multi Purpose Room Program Participants enter from EAST doors.

You must book your space for these programs, schedules are posted for booking on Mondays starting at 9am, one week prior.

\*Programs require registration for 6 week program, additional fees apply.

This schedule is active as of November 23rd, 2020.

## COBOURG COMMUNITY CENTRE

ccc.cobourg.ca 905-372-7371