

# PROGRAM SCHEDULE

Schedule runs July 2 - August 31, 2018

Registration necessary

Programs at Market Building | \$1 drop-in

Programs at the CCC | \$1 drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Smart Fit II</b> Gym B 9am - 9:45am	<b>Pickleball - Int./Adv.</b> Gym A/B 9am - 11am	<b>Quilting</b> HTM Room 9am - 3pm	<b>Men's Yogafit 55+</b> Multipurpose 9am - 10am	<b>Tai Chi - Int/Adv</b> Market Building 9am - 10am
<b>Yoga Flow</b> Multipurpose 10am - 11am	<b>Wood Carving</b> Seniors Room 9:30am - 12pm	<b>Yoga 55+ Level II</b> Multipurpose 9:15am - 10:15am	<b>Walking Intervals</b> Walking Track 9:30am - 10:15am	<b>Smart Fit I</b> Gym B 9am - 9:45am
<b>Cardio Combo</b> Gym B 10:30am - 11:15am	<b>Body Tone</b> Gym B 11:15am - 12pm	<b>Fun &amp; Fit</b> Gym B 9:30am - 10:15am	<b>Table Tennis</b> Gym A 9:30am - 11:30am	<b>Table Tennis</b> Gym A 9:30am - 11:30am
<b>Active Bodies</b> Gym B 11:30am - 12:15pm	<b>Carpet Bowling</b> Multipurpose 1pm - 3:30pm	<b>Ladies Friendship Group</b> Seniors' Room 9:30am - 11am	<b>Rug Hooking</b> Seniors Room 9:30am - 12pm	<b>Cardio Mix</b> Gym B 9:45am - 10:30am
<b>Table Tennis</b> Gym A 1pm - 3pm	<b>Pickleball</b> Gym A/B 6pm - 8pm	<b>Let's Get Physical</b> Gym B 10:30am - 11:15pm	<b>Pilates 55+</b> Multipurpose 10:30am - 11:15am	<b>Euchre</b> Market Building 1pm - 4pm
<b>Social Painting</b> Seniors' Room 1pm - 3pm		<b>Yoga 55+</b> Multipurpose 10:30am - 11:30am	<b>Zumba 55+</b> Gym B 10:30-11:15am	
<b>Bridge</b> Market Building 1pm - 4pm		<b>Core + Stretch</b> Gym B 11:30am - 12:15pm	<b>Pickleball - Adv.</b> Gym A 1pm - 3pm	
		<b>Pickleball - All levels</b> Gym A/B 1pm - 3pm	<b>Carpet Bowling</b> Multipurpose 1pm - 3:30pm	
		<b>Scrabble</b> Seniors' Room 2pm - 4pm		
		<b>Partner Bridge</b> Market Building 1pm - 4pm		

## CENTRE CLOSURES

The Cobourg Seniors' Activity Centre will be closed:  
Canada Day, July 1 + 2  
Labour Day, September 3  
Civic Holiday, August 6

## REMINDER

Please make sure you have proper running shoes when participating in these programs as sandals, dress shoes, boots are not acceptable and you will not be permitted to take part in the program.

## REGISTERED PROGRAMS

MINIMUM AND MAXIMUM NUMBERS HAVE BEEN SET.

**YOGA 55+** One of our most popular programs, yoga is a form of exercise that adapts to your needs and abilities that it can be done by persons of all ages. Yoga makes your body fitter, the mind calmer and more relaxed. This is for all fitness levels and is taught by a certified teacher.

*Wednesday mornings 10:30- 11:30am July 4 - August 29* COST \$50 +HST 9wk session

**YOGA 55+ LEVEL II** Taking our Yoga 55+ to the next level those that feel they need a little extra are encouraged to try this program.

*Wednesday mornings 9:15-10:15am July 4 - August 29* COST \$50 +HST 9wk session

**FLOW YOGA** A Level 2 upbeat yoga class where one posture flows into the next. Build your strength and stamina, increase cardiovascular strength while improving your balance and flexibility. We will start slowly and progress over 12 weeks. Recommended for students that are comfortable getting up and down from the floor.

*Monday mornings 10 -11am July 9 - August 27 \*No class August 6* COST \$40 +HST 7wk session

**PILATES 55+** Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. This class is taught by a certified teacher.

*Thursday mornings 10:30 -11:15am July 5 - August 30* COST \$50 +HST 9wk session

**MEN'S YOGAFIT 55+** Improve balance, flexibility, core and muscle strength. Manage chronic pain and stress with relaxation techniques to help you cope with the daily stresses and demands of your life. No previous yoga experience required all fitness levels welcome.

*Thursday mornings 9-10am July 5 - August 30* COST \$50+ HST 9wk session

**55+ GROUP TRAINING** This program is for anyone that is searching for a semi-private forum to learn proper weight lifting techniques. The format of the class varies from week to week, but it will get your heart pumping, your muscles engaged, and leave you feeling fantastic! This class will be limited to 6 participants per session.

*Thursday mornings 11:30am - 12:15pm*

*July 26-August 30 \*No class August 9* COST \$50+ HST for a **five** week session

## UPCOMING EVENTS

June 22 • 12-2pm

### STRAWBERRY SOCIAL

Join us for an afternoon of strawberries and friends! A LIGHT lunch will be served as well as coffee, tea and seasonal juice. Tickets will be on sale May 7th for \$7 at the main reception desk or the seniors' reception desk. There will only be a limited amount of tickets so make sure to pick yours up early!

August 22 • 12-2pm

### MEMBERSHIP CORN

**ROAST** Our biggest event of the year! Join us for a FREE lunch with your membership or renewal of your membership.

### ANNUAL MEMBERSHIP

**\$25 + HST**

(\$28.25)

### SENIORS' PROGRAM COORDINATOR

Krista Williams  
kwilliams@cobourg.ca  
905-372-7371

### OFFICE HOURS

Monday - Friday  
8am-4pm