

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	2 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
5 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	6 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	7 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:00 pm Bocce Ball 1:00 – 3:00 pm	8 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	9 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
12 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	13 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	14 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm Pass Sales 11:15am-11:30am	15 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	16 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
19 CLOSED	20 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	21 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	22 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	23 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
26 55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	27 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	28 Latin Line Dancing 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:00 pm Bocce Ball 1:00 – 3:00 pm	29 Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:30– 3:30 pm	1 55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm

Program support provided by



Devi SHARMA
 CITY COUNCILLOR Old Kildonan