

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
4	5	6	7	8
Zumba 9:30-10:30 am Pilates 10:45-12:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-12:45 pm 55+ Skate 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
11	12	13	14	15
Zumba 9:30-10:30 am Pilates 10:45-12:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-12:45 pm 55+ Skate 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
18	19	20	21	22
Zumba 9:30-10:30 am Pilates 10:45-12:45 pm Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-12:45 pm 55+ Skate 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
25	26	27	28	29
Zumba 9:30-10:30 am Pilates 10:45-12:45 pm NO BOCCE OR PILATES	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-12:45 pm 55+ Skate 10:45 am NO BOCCE OR PILATES APRIL PASS SALES 10:45-11:45 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am NO BOCCE OR PILATES

Program support provided by Devi Sharma, City Councillor Old Kildonan