

# SPRING into Fitness Schedule

Monday, February 27 – Friday, April 21, 2017

**\*Registered Programs — Monday, February 13th at 8:30 am**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fitness Room</b> 8:30 am - 5:00 pm <u>Closed 9:30—10:30</u> <u>Closed 5:30 – 6:30</u>	<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am - 4:00 pm	<b>Fitness Room</b> 8:30 am - 8:00 pm <u>Closed 5:30—6:30</u>	<b>Fitness Room</b> 8:30 am - 4:00 pm <u>Closed 9:30—10:30</u>
<b>9:30-10:30</b> <i>Yoga Fusion</i>	<b>9:00 – 10:00</b> <i>TBW Level 1</i> \$3.00 Drop-In	<b>9:00 a.m.</b> <i>Walking Club</i> \$1.50 Drop-In	<b>9:00 - 10:00</b> <i>TBW Level 2</i> \$3.00 Drop-In	<b>9:30-10:30</b> <i>Zumba Gold</i>
<b>10:30 – 11:15</b> <i>DRUMFit</i> *Registered Program		<b>9:30—10:30</b> <i>Barbell Muscle, Cardio &amp; Stretch</i>		<b>9:30—10:30</b> <i>Barbell Muscle, Cardio &amp; Stretch</i>
<b>10:00—11:30</b> <i>Taoist Tai Chi</i> *Registered Program	<b>10:30 –11:30</b> <i>Intermediate Gentle Yoga</i> *Registered Program	<b>10:30—11:30</b> <i>Intermediate Line Dancing</i>	<b>10:30-11:30</b> <i>Gentle Yoga</i> *Registered Program	<b>9:30 - 10:30</b> <i>OsteoFIT</i>
		<b>1:00-2:00</b> <i>Hydro Yoga Fit</i> VPCC <i>call for restart date</i>	<b>3:45—4:45</b> <i>Intermediate Clogging</i> *Registered Program	<b>11:00 –12:00</b> <i>Restorative Yoga</i> *Registered Program
<b>5:30— 6:30</b> <i>Barbell Muscle, Cardio &amp; Stretch</i>			<b>5:00 – 6:00</b> <i>Latin Line Dancing</i> *Registered Program	
<b>6:15 –7:00</b> <i>Beginners</i> <b>7:00—7:45</b> <i>Intermediate Line Dancing</i>			<b>5:30 -6:30</b> <i>Barbell Muscle</i> *Registered program	

# Drop-In Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am Open Woodshop Men's Billiards	9am Open Woodshop Ladies Billiards	9am Walking Club	9am Open Woodshop Men's Billiards	9am Woodcarving Ladies Billiards
	9:30am Time Travelling History Grow Club-9:30 to 11:00		9:30am Overtones Choir (call for practice times)	9am Canasta
10am Co-ed Darts	10am -11:30am Learn to Knit & Crochet	10am Cribbage		
		1:30pm Creative Doodling 1 <sup>st</sup> & 3 <sup>rd</sup> Wed.		12pm Ladies Billiards
1pm Bid Euchre	1pm Pepper Bridge *Travel Club 1 <sup>st</sup> of every Month*  "NEW" Indoor Lawn Bowling	1pm Ladies Billiards Art Club Bridge	1pm Pepper  "NEW" Indoor Lawn Bowling	1pm World Issues  Bridge Euchre Sp. Euchre
		1:30pm Bingo	1:30pm Maj Jong	
			2pm *Recipe Club 3 <sup>rd</sup> Thur. *Book Club 4 <sup>th</sup> Thur.	
6pm Billiards –open Woodcarving			6pm Woodcarving	
6:45 Bridge				
			7pm Pegs & Jokers  Pepper	