

Fall 2020 Active Living Programs

Starting October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Experienced Line Dance 9:30 – 10:45am			Pickleball Lessons 10:30 - 12:00pm	Worth the Weight 9:30 – 10:30am	CLOSED
		50+ Yoga 10:00 - 11:00am		50+ Yoga 10:00 - 11:00am	Pilates for You 10:45 - 11:45am	Art Workshops 10:00 - 1:00pm	
	50+ Fit and Fab 10:30 – 11:30am		50+ Fit and Fab 10:30 – 11:30am	Beginner Watercolour 10:30 - 12:30pm	Advanced Watercolour 10:30 - 1:00pm		
			Acrylic Painting 11:00 - 1:30pm	Meditation Techniques 11:00 - 12:00pm			
Lunch	Beginner Line Dance 12:00 – 1:00pm	Zumba Gold 12:00 – 1:00pm			Pickleball Lessons 12:15 - 1:45pm		
Afternoon	Power Walking Hour 12:00 – 1:00pm		Pilates for You 12:30 - 1:30pm				
	50+ Gentle Chair Workout 2:00 - 3:00pm		50+ Gentle Seated Yoga 2:00 - 3:00pm		50+ Seated Strength 2:00 - 3:00pm		
			Youth Painting 4:30 - 6:00pm				
Evening			Yoga at Your Level 6:15 - 7:15pm				
		Worth The Weight 6:30 - 7:30pm					
	Yoga at Your Level 7:30 – 8:30pm		Worth The Weight Getting Started 7:30 - 8:30pm	Intermediate Watercolour 7:30 - 9:30pm	Chill-Out Workshops 7:30 - 9:00pm		
		Relax and Recharge Yoga 8:00 – 9:00pm					



For more information or to register, please visit <https://www.midsun.org/online-registration/>
call 403 254 8058 or email programs@midsun.org