

# Fall 2020 Active Living Programs

## Starting October 2020

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