

# Mid-Sun Active Living Programs

## Fall 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning				Line Dance Intermediate 9:30 – 11:00am		Worth The Weight 9:30 - 10:30am	CLOSED
		50+ Yoga 10:15 - 11:15am			Drop-in Pickleball 10:30 - 1:30pm	Youth Art Workshops 10:00 - 12:00pm	
	Line Dance Beginner 10:30 – 11:30am		Total Body Workout 10:30 – 11:30am				
			Acrylic Painting 11:00 - 1:30pm	Pickleball Lessons 11:30 - 1:00pm	Pilates For You 11:00 - 12:00pm		
Lunch	Walking Club 12:00 – 1:00pm	Zumba Gold 12:00 – 1:00pm	Walking Club 11:45 – 12:45pm				
Afternoon	Line Dance Advancing Beginner 12:15 – 1:15pm		Drop-in Pickleball 1:00 - 2:45pm	Pickleball Lessons 1:15 - 2:45pm	Watercolour - Intermediate 1:00 - 3:00pm	Adult Art Workshops 1:00 - 4:00pm	
	50+ Gentle Seated Yoga 2:00 - 3:00pm			Social Seniors 1:30 - 3:30pm	50+ Strength 2:00 - 3:00pm		
		Youth Acrylic Painting 4:30 - 6:00pm	Youth Acrylic Painting 4:30 - 6:00pm				
Evening	Youth Basketball 5:30 - 6:30pm		Youth Badminton 5:00 - 6:00pm				
	Yoga at Your Level 6:15 – 7:15pm	Worth The Weight 6:30 - 7:30pm		Yoga at Your Level 6:00 - 7:00pm			
	Pilates For You 7:45 - 8:45pm		Worth The Weight: Getting Started 7:30 - 8:30pm		Chill-Out Workshops 7:30 - 9:00pm		

Gymnasium
Meeting Room
Midnapore Studio



For more information please visit our website at <https://www.midsun.org>  
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