



Mon	Tue	Wed	Thu	Fri
September 2020	1 Annual General Meeting Registration begins	2	3	4
7  happy Labour Day!	8	9	10	11
14 Registration for Monday classes & activities opens @10am online & by phone	15 Registration for Tuesday classes & activities opens @10am online & by phone	16 Registration for Wednesday classes & activities opens @10am online & by phone AGM @ 1:30pm in the parking lot off Harstone. Must pre-register	17 Registration for Thursday classes & activities opens @10am online & by phone AGM RAIN DATE Same time & place	18 Registration for Friday classes & activities opens @10am online & by phone
GYM 21 Zumba (Rhiz) 9:15am Brain & Body Blast (Jill) 10:45am Gentle yoga (Jill) 12:15 pm Gentle Yoga (Jill) 1:35pm Sit & Fit Pilates (Jill) 2:55pm UPSTAIRS Mystery Book Club 1pm	GYM 22 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11am Total Body Condition (Andrew)12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm	GYM 23 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Board Meeting 9:30am Tai Chi (Jill) 12:15pm	GYM 24 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Restorative Yoga (Kirstin) 1:45pm	GYM 25 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am
GYM 28 Zumba (Rhiz) 9:15am Brain & Body Blast (Jill) 10:45am Gentle yoga (Jill) 12:15 pm Gentle Yoga (Jill) 1:35pm Sit & Fit Pilates (Jill) 2:55pm UPSTAIRS Book Club 1—1pm	GYM 29 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11am Total Body Condition (Andrew)12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm	GYM 30 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Jammers 10am Tai Chi (Jill) 12:15pm		

Mon	Tue	Wed	Thu	Fri
	<h1>October</h1> <h1>2020</h1>		GYM 1 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Preventing Dementia session 10am Restorative Yoga (Kirstin) 1:45pm	GYM 2 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am
GYM 5 Zumba (Rhiz) 9:15am Brain & Body Blast (Jill) 10:45am Gentle yoga (Jill) 12:15 pm Gentle Yoga (Jill) 1:35pm Sit & Fit Pilates (Jill) 2:55pm UPSTAIRS Book Club 2—1pm (in lieu of Oct. 12)	GYM 6 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11:00am Total Body Condition (Andrew)12:15pm 12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm UPSTAIRS Creative Writing 10am	GYM 7 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Jammers 10am Tai Chi (Jill) 12:15pm	GYM 8 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Watercolours 10am Restorative Yoga (Kirstin) 1:45pm	GYM 9 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am
	GYM 13 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11:00am Total Body Condition (Andrew)12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm UPSTAIRS Creative Writing 10am Fundraising Committee 2:15pm	GYM 14 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Jammers 10am Tai Chi (Jill) 12:15pm	GYM 15 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Watercolours 10am Restorative Yoga (Kirstin) 1:45pm	GYM 16 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am
GYM 19 Zumba (Rhiz) 9:15am Brain & Body Blast (Jill) 10:45am Gentle yoga (Jill) 12:15 pm Gentle Yoga (Jill) 1:35pm Sit & Fit Pilates (Jill) 2:55pm UPSTAIRS Paint Party 10am Mystery Book Club 1pm	GYM 20 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11:00am Total Body Condition (Andrew)12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm UPSTAIRS Creative Writing 10am	GYM 21 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Board meeting 9:30am Tai Chi (Jill)12:15pm	GYM 22 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Watercolours 10am Restorative Yoga (Kirstin) 1:45pm	GYM 23 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am
GYM 26 Zumba (Rhiz) 9:15am Brain & Body Blast (Jill) 10:45am Gentle yoga (Jill) 12:15 pm Gentle Yoga (Jill) 1:35pm Sit & Fit Pilates (Jill) 2:55pm UPSTAIRS Book Club 1—1pm	GYM 27 Barre Fitness (Kirstin) 9:30am Sit & Fit Pilates (Jill) 11:00am Total Body Condition (Andrew)12:15pm Pilates (Jill) 1:45pm Chair yoga (kirstin) 3:15pm UPSTAIRS Creative Writing 10am Preventing Dementia session 2:15pm	GYM 28 Total Body Fitness (Eleanor) 9:30am Barre Fitness (Jill) 11am Tai Chi (Jill) 1:15pm Hatha Yoga (Cathy) 2:45pm UPSTAIRS Jammers 10am Tai Chi (Jill) 12:15pm	GYM 29 Sit & Fit Pilates (Jill) 9:30am Barre Fitness (Jill) 10:45am Barre -Dio (Kirstin) 12:30pm Functional Fitness (Andrew) 2:30pm UPSTAIRS Historical Society 10:30am Restorative Yoga (Kirstin) 1:45pm	GYM 30 Weight Training (Raul) 9:15am Barre Fitness (Kirstin) 10:45am Barre Fitness (Kirstin) 12:15pm Yin Yoga (Cathy) 1:45pm UPSTAIRS IAM Fitness (Raul) 10:20am