

Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><i>September</i> 2018</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">Book Club Alumni Meeting Centre re-opens</p>	<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Open House, BBQ & Fitness Demonstrations!</p>	<p style="text-align: right;">7</p>
<p style="text-align: right;">10</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">Fall Registration! <i>Online & In Person starting at 10:00am</i></p> <p style="text-align: center;">Lunch of the Month 11:30am</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Peddlers Begins 10am Canasta 11:30am (SS)</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Hike the Harte Trail 9:30am Bridge 1pm (BS) Rummoli 1pm (SS)</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">17</p> <p>Classes & Clubs Begin</p> <p>Zumba 9:15am Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm (U) Book Club 2 1pm (L) Games Afternoon 1pm Barre (K) 2:30pm</p>	<p style="text-align: right;">18</p> <p>Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Circuit Training 12pm Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm</p>	<p style="text-align: right;">19</p> <p>No Total Body Fit. Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:30pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p>	<p style="text-align: right;">20</p> <p>Sit & Fit (J) 9:45am Barre-dio (K) 11:15am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm Barre (K) 7:30pm</p>	<p style="text-align: right;">21</p> <p>Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am (K) Matinee Movie 12pm (U) Centre Closes at 12:00pm</p>
<p style="text-align: right;">24</p> <p>Zumba 9:15am Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Book Club 1 1pm (L) Games Afternoon 1pm Barre (K) 2:30pm</p>	<p style="text-align: right;">25</p> <p>Barre (K) 9:30am (G) Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Circuit Training 12pm Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm</p>	<p style="text-align: right;">26</p> <p>1st Class: Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:30pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p>	<p style="text-align: right;">27</p> <p>Sit & Fit (J) 9:45am Ladies in Stitches 11am (SS) Barre-dio (K) 11:15am Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm Cardio Strength Infusion 2:30pm Barre (K) 7:30pm</p>	<p style="text-align: right;">28</p> <p>Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Yin-Yang Yoga (K) 11:30am Centre Closes at 12:00pm</p>
<p>Location Legend: (W)= Westdale CC (K)= class w/ Kirstin (J)= class w/ Jill (L)= New Library (U)= Upstairs Room (Cr)= Craft Room (SS)= Small side of upstairs (BS) Big side of upstairs</p>	<ul style="list-style-type: none"> Jill away October 8-12– No classes Quiz Nite TBA (Saturday at the end of October) 	<p>Peddlers Cycling Club Wednesdays 10am</p> <p>Hike the Harte Trail Thursdays at 9:30am</p>		

Mon	Tue	Wed	Thu	Fri
Tickets on sale for Thxgiving Raffle Zumba 9:15am Pickleball 9:30am (W) 1 Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Games Afternoon 1pm Barre (K) 2:30pm	Barre (K) 9:30am (G) 2 Meditation 9:15am (U) Casino 10am pickup @ Safeway Sit & Fit w/ Jill 10:45am Circuit Training 12pm Cribbage 1pm Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am 3 Jammers 10am (U) Barre (J) 11:00 am Flower Arrangement Class 11:30am Tai Chi 12:20/ 1:15pm Canasta 1:30pm (SS) Bridge Lessons 1:15pm (BS) Yin Yang Yoga 2:30 pm	Sit & Fit (J) 9:45am 4 Barre-dio (K) 11:15am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm Thanksgiving Raffle Draw! Barre 7:30pm	Pickleball 9:30am (W) 5 Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Centre Closes at 12:00pm
8 Thanksgiving No Classes Office Closed *Jill away Oct 8– 11, No classes	Barre (K) 9:30am (G) 9 WINNIPEG BUS TOUR 9:45am Meditation 9:15am-10am (U) Lunch of the Month 11:30am Circuit Training 12pm Cribbage 1pm (U) Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am Jammers 10am (U) 10 Walk Aerobics! 11am Communi-tea 11:30am (U) No Canasta Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	Barre-dio (K) 11:15am 11 Restorative Yoga (K) 12:15pm Bridge 1pm (BS) Rummoli 1pm (SS) Badminton 1:15pm Cardio Strength Infusion 2:30pm Barre 7:30pm	Pickleball 9:30am (W) 12 Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Centre Closes at 12:00pm
Zumba 9:15am 15 Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Mystery Book Club 1pm (U) Book Club 2 1pm (L) Games Afternoon 1pm	Barre (K) 9:30am (G) 16 Meditation 9:15am (U) Art Class 10am-12pm (U) Sit & Fit w/ Jill 10:45am Circuit Training 12pm Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am Jammers 10am (U) 17 Barre (J) 11:00 am Downsizing Presentation 11:30am Tai Chi 12:20/ 1:15pm Canasta 1:30pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	Sit & Fit (J) 9:45am 18 Barre-dio (K) 11:15am Restorative Yoga (K) 12:15pm Bridge 1pm Badminton 1:15pm Cardio Strength Infusion 2:30pm Barre 7:30pm	Pickleball 9:30am (W) 19 Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Matinee Movie 12pm (U) Centre Closes at 12:00pm
Zumba 9:15am 22 Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Book Club 2 1pm (L) Games Afternoon 1pm Barre (K) 2:30pm	Barre (K) 9:30am (G) 23 Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Circuit Training 12pm Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am 24 Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:30pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	Sit & Fit (J) 9:45am 25 Ladies in Stitches 11am (SS) Barre-dio (K) 11:15am Restorative Yoga (K) 12:15pm Bridge 1pm (BS)/Rummoli 1pm (SS) Badminton 1:15pm Cardio Strength Infusion 2:30pm Barre 7:30pm	Pickleball 9:30am (W) 26 Bocce 10am Circuit Training 10:30am Marathon Bridge Start-up 11:30am Yin-Yang Yoga 11:30am Centre Closes at 12:00pm
Zumba 9:15am 29 Pickleball 9:30am (W) Carpet Bowling 10am Brain & Body Blast 10:15am Gentle Yoga (J) 11:20/1:00pm Games Afternoon 1pm Barre (K) 2:30pm	Barre (K) 9:30am (G) 30 Meditation 9:15am (U) Sit & Fit w/ Jill 10:45am Hand & Foot Begins 12pm Cribbage 1pm (U) Pilates 1:15pm Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am 31 Jammers 10am (U) Barre (J) 11:00 am Lunch Fundraiser 11:30am Tai Chi 12:20/ 1:15pm Canasta 11:30 (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	<h1>October</h1> <h2>2018</h2>	