

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;"><b>Open House, BBQ &amp; Fitness Demonstrations!</b></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;"><b>Fall Registration!</b> <i>Online &amp; 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 1:00pm (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><b>Classes &amp; Clubs Begin</b></p> <p>Pickleball 9:30am (W) Carpet Bowling 10am Brain &amp; 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 &amp; 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 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p>	<p style="text-align: right;">20</p> <p>Sit &amp; 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) <b>Matinee Movie 12pm (U)</b> Centre Closes at 12:00pm</p>
<p style="text-align: right;">24</p> <p>Pickleball 9:30am (W) Carpet Bowling 10am Brain &amp; 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 &amp; 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><b>1st Class:</b> Total Body Fitness 9:30am Jammers 10am (U) Barre (J) 11:00 am Tai Chi 12:20/ 1:15pm Canasta 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm</p>	<p style="text-align: right;">27</p> <p>Sit &amp; 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><b>Location Legend:</b> (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"> <li>Jill away October 8-12– No classes</li> <li>Quiz Nite TBA (Saturday at the end of October)</li> </ul>	<p>Peddlers Cycling Club Wednesdays 10am</p> <p>Hike the Harte Trail Thursdays at 9:30am</p>		

Mon	Tue	Wed	Thu	Fri
<b>Tickets on sale</b> for Thxgiving Raffle Pickleball 9:30am (W) Carpet Bowling 10am 1 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) <b>Casino 10am pickup @ Safeway</b> 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 <b>Flower Arrangement Class 11:30am</b> Tai Chi 12:20/ 1:15pm Canasta 1:00pm (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 <b>Thanksgiving Raffle Draw!</b> 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  <b>Thanksgiving            No Classes            Office Closed</b>  <b>*Jill away Oct 8– 11, No classes</b>	Barre (K) 9:30am (G) 9 <b>WINNIPEG BUS TOUR 9:45am</b> Meditation 9:15am-10am (U) <b>Lunch of the Month 11:30am</b> Circuit Training 12pm Cribbage 1pm (U) Functional Fitness 2:30pm Barre (K) 5:30pm	Total Body Fitness 9:30am Jammers 10am (U) 10 <b>Walk Aerobics! 11am</b> <b>Communi-tea 11:30am (U)</b> <b>No Canasta</b> 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	12  Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am Centre Closes at 12:00pm
Pickleball 9:30am (W) 15 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 2:30pm	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 <b>Downsizing Presentation 11:30am</b> Tai Chi 12:20/ 1:15pm Canasta 1:00pm (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	19  Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am Yin-Yang Yoga 11:30am <b>Matinee Movie 12pm (U)</b> Centre Closes at 12:00pm
Pickleball 9:30am (W) 22 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 1:00pm (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	Sit & Fit (J) 9:45am 25 <b>Ladies in Stitches 11am (SS)</b> 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	26  Pickleball 9:30am (W) Bocce 10am Circuit Training 10:30am <b>Marathon Bridge Start-up 11:30am</b> Yin-Yang Yoga 11:30am Centre Closes at 12:00pm
Pickleball 9:30am (W) 29 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 <b>Hand &amp; Foot Begins 12pm</b> 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 <b>Lunch Fundraiser 11:30am</b> Tai Chi 12:20/ 1:15pm Canasta 11:00 (SS) Bridge Lessons 1:15pm (BS) Yin-Yang Yoga (K) 2:30pm	<h1>October</h1> <h2>2018</h2>	