

January PAL Exercise 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join our New Year, New Me Challenge and collect 16 stickers before end of January to win a prize!</p> <p>Stickers will be provided at <u>SELECT</u> exercise classes. <u>Pick up sheet in front of Seniors' Centre</u></p> <p>All programs are located in the Seniors' Centre, unless indicated.</p> <p>Questions – Call <u>8017</u> to reach Amelie or Melissa</p>			<p>¹ <i>Happy New Year's Day!</i> 2:00 Level 2</p>	<p>² 10:30 Hand Therapy (SH) 2:00 Balance 3:30 Level 1</p>	<p>³ 10:30 Men's Strength Training 3:30 Level 1</p>	<p>⁴ 10:00 Level 2</p>
<p>⁵ 2:30 Balance</p>	<p>⁶ 3:00 Stretch/Strength 3:30 Level 1</p>	<p>⁷ 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>⁸ 10:30 Drum-Fit 2:30 Level 2 3:30 Level 1 4:30-7 Cleaning Clinic for walkers/wheelchairs</p>	<p>⁹ 10:30 Hand Therapy (SH) 2/2:30 Walking Balance (sign-up) 3:30 Level 1</p>	<p>¹⁰ 10:30 Men's Strength Training 3:30 Level 1</p>	<p>¹¹ 10:00 Level 2</p>
<p>¹² 2:30 Balance</p>	<p>¹³ 10:15 Swim Fit (sign-up) 2:00 Stretch/Strength 3:30 Level 1</p>	<p>¹⁴ 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>¹⁵ 10:30 Drum-Fit 2:00 Level 2 3:30 Level 1</p>	<p>¹⁶ 10:30 Hand Therapy (SH) 2:00 Balance 3:30 Level 1</p>	<p>¹⁷ 10:30 Men's Strength Training 3:30 Level 1</p>	<p>¹⁸</p>
<p>¹⁹</p>	<p>²⁰ 10:30 Exercise Circuit 3:00 Stretch/Strength 3:30 Level 1</p>	<p>²¹ 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga 3:30 Level 1</p>	<p>²² 2:30 Level 2 3:30 Level 1</p>	<p>²³ 10:30 Hand Therapy (SH) 2:00 Balance 3:30 Level 1</p>	<p>²⁴ 10:30 Men's Strength Training 3:30 Level 1</p>	<p>²⁵ 10:00 Level 2</p>
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