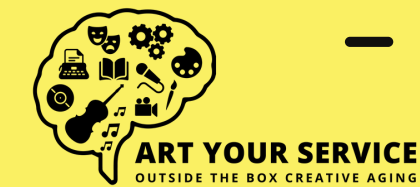


Virtual Classes & Socials for 60+
January 6 to January 10



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.15	Guided Meditation 25 mins		Taijifit Mindful Balance 45 mins	Morning Moves with Miriam 45 mins	Guided Meditation 25 mins
10.30	Balls and Bands Resistance Training 45 mins	Walk and Weights Cardio & Strength 45 mins	Get Up and Move with Lauren Cardio & Weights 45 mins	Pilates Resistance & Mobility 45 mins	Fitness with Jill Cardio & Weights 45 mins
11.00					
12.00					
1pm	Spanish with Alli 1hr	Virtual Hike Get Your Steps Quebec City Part 1 30 mins	Ukulele Jam 45 mins	Virtual Hike Get Your Steps Quebec City Part 2 30 mins	
2pm		Art Class Funky Fungi (Acrylics)	Sharing Squares "What Gave Me Joy in 2024" 1hr	Wiser Minds: How to Thrive in 2025 with Actionable Steps	
4pm					AYS Trivia & Social 1 hr
7pm				Yoga Nidra Deep Relaxation	