

Zumba with Katherine Croft & Kelsey Muise

AT REC CENTRE

WEDNESDAYS 7:30pm

This is a drop in program open to all ages, bodies and abilities. No experience required. Zumba is a dance-inspired fitness class that feels like a party! You are sure to sweat and get a good work-out of all muscles. **MONETARY DONATION AT THE DOOR**

Adults on the Move

AT REC CENTRE

Mondays, Wednesdays and Fridays 10-11am

A low to moderate impact exercise program, for adults of all ages. No experience required. This program covers all areas of the body by incorporating aerobic, chair, mats, balls, bands and wall exercises. It is a great program for maintaining balance, and keeping your muscles moving. Your first visit is FREE! Come to 10 classes, get 11th free **\$3.50/CLASS**

Walk n' Talk

AT REC CENTRE

TUESDAYS and THURSDAYS 9:30am-11:30am

The Rec Centre is opened to anyone who would like to take a walk around our gym, instead of outside. It is a drop-in program. We will have music playing. Baby wearing caregivers and children in strollers are more than welcome. **FREE**

Creative Crafts Adult Special Event

AT REC CENTRE

TAKING PLACE: Monday, March 23rd, 7-10pm

(Pre-register by March 17th)

Craft to be made will be posted on our Facebook page. No skill required, however, the craft will be a moderate level (assistance will be provided if needed). **\$35/PERSON**