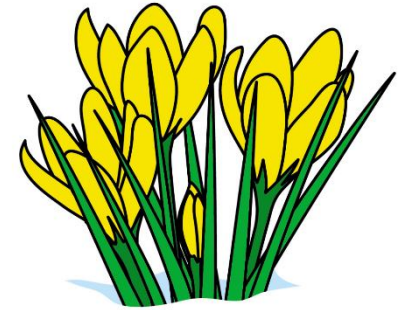




Retirement PAL Team CONTACT INFO:

Andrew Soumbos (PAL Coordinator, R.Kin) = 1887

Olivia Thompson (PAL Coordinator, R.Kin) = 1887



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">EXERCISE LOCATIONS</p> <p>F = Florence Meares Senior Centre B = Basement Fitness Center C = Café HS = Hobby Shop</p>			<p align="center">1</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Fit for Life (bands) w/ Andrew (B) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Balance Class w/ Olivia (F)</p>	<p align="center">2</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Strength Training w/ Olivia (B)</p>	<p align="center">3</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Olivia (F)</p> <p align="center"><i>Andrew off</i></p>	<p align="center">4</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Fit for Life w/ Olivia (B)</p> <p align="center"><i>Andrew off</i></p>
<p align="center">5</p> <p>11 AM – Strength Training w/ Olivia (B) 4 PM – Drum Fit w/ Olivia (F)</p> <p align="center"><i>Andrew off</i></p>	<p align="center">6</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B) 4 PM – Osteopathy Information Session 2 w/ Andrew (F) <i>Olivia off</i></p>	<p align="center">7</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4 PM – Afternoon Stretching w/ Olivia (F)</p>	<p align="center">8</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Fit for Life (bands) w/ Andrew (B) 11 AM – Sit & Be Fit w/ Olivia (F) 3:30 PM – Train the Trainer (C)</p>	<p align="center">9</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Olivia (F) 3 PM – Smoothie Social (HS) 4 PM – Strength Training w/ Olivia (B)</p>	<p align="center">10</p> <p align="center"><i>Happy Birthday Olivia!</i></p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Olivia (F)</p> <p align="center"><i>Andrew off</i></p>	<p align="center">11</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p> <p align="center"><i>Olivia off</i></p>
<p align="center">12</p> <p align="center"><i>NO PAL PROGRAMS TODAY.</i></p> <p align="center"><i>Olivia off</i></p>	<p align="center">13</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">14</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4 PM – Afternoon Stretching w/ Olivia (F)</p>	<p align="center">15</p> <p align="center"><i>Happy Birthday Andrew!</i></p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Fit for Life (bands) w/ Andrew (B) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Balance Class w/ Olivia (F)</p>	<p align="center">16</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Strength Training w/ Olivia (B)</p>	<p align="center">17</p> <p align="center">ST. PATRICKS DAY</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Olivia (F)</p> <p align="center"><i>Andrew off</i></p>	<p align="center">18</p> <p align="center"><i>NO PAL PROGRAMS TODAY.</i></p> <p align="center"><i>Andrew & Olivia off</i></p>
<p align="center">19</p> <p align="center"><i>NO PAL PROGRAMS TODAY.</i></p> <p align="center"><i>Andrew & Olivia off</i></p>	<p align="center">20</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">21</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">22</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life (bands) w/ Andrew (B) 4 PM – Balance Class w/ Andrew (F)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">23</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Andrew (F)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">24</p> <p align="center"><i>NO PAL PROGRAMS TODAY.</i></p> <p align="center"><i>Andrew & Olivia off</i></p>	<p align="center">25</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p> <p align="center"><i>Olivia off</i></p>
<p align="center">26</p> <p align="center"><i>NO PAL PROGRAMS TODAY.</i></p> <p align="center"><i>Olivia off</i></p>	<p align="center">27</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Fit for Life w/ Andrew (B)</p> <p align="center"><i>Olivia off</i></p>	<p align="center">28</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Andrew (F) 4 PM – Afternoon Stretching w/ Olivia (F)</p>	<p align="center">29</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Fit for Life (bands) w/ Andrew (B) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Balance Class w/ Olivia (F)</p>	<p align="center">30</p> <p>10 AM – Sit & Be Fit w/ Andrew (F) 11 AM – Sit & Be Fit w/ Olivia (F) 4 PM – Strength Training w/ Olivia (B)</p>	<p align="center">31</p> <p>10 AM – Sit & Be Fit w/ Olivia (F) 11 AM – Sit & Be Fit w/ Olivia (F)</p> <p align="center"><i>Andrew off</i></p>	<p>As a reminder, <i>please always check the daily poster boards</i> on Main Street for any changes to the schedule/room location.</p> <p align="center"><i>Sign-up is not required to attend any PAL programs.</i></p>