

PAL Exercise Calendar September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All exercises classes are located in the Seniors' Centre, unless indicated. Questions – Call <u>8017</u> to reach Amelie and Melissa <u>*Note: Level 1 times have changed*</u></p>					1	2
3	4 <i>Labour Day!</i>	5 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL)	6 9:00 Level 1 10:30 Imagery and Relaxation (3 rd Floor South Tower) 2:00 Level 2 Fitness	7 9:30 Walk to Cullen Park (sign-up) 10:30 Women's Fitness 11:00 Level 1 2:00 Balance	8 9:00 Level 1 10:00 Men's Strength Training 2:00 Drum-Fitness	9 10:00 Level 2
10 2:00 Balance	11 10:30 Hand Therapy (SH) 11:00 Level 1 1:15 Chair Zumba 2:30 Stretch/Strengthen	12 10:00 Swim Fit (sign-up) 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	13 9:00 Level 1 10:30 Imagery and Relaxation (3 rd Floor South Tower) 2:00 Exercise Circuit	14 10:30 Women's Fitness 11:00 Level 1 2:00 Walking Balance (sign-up) 2:30 Walking Balance (sign-up)	15 9:00 Level 1 10:00 Men's Strength Training 2:00 Drum-Fitness	16 10:00 Level 2
17 2:00 Balance	18 10:30 Hand Therapy (SH) 11:00 Level 1 2:00 Terry Fox Walk & Flower Fundraiser	19 10:00 Swim Fit (sign-up) 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	20 9:00 Level 1	21 10:30 Women's Fitness 11:00 Level 1 2:00 Balance	22 9:00 Level 1 10:00 Men's Strength Training	23
24	25 9:30 Walk to Thickson Point (sign-up) 11:00 Level 1 1:15 Chair Zumba 2:30 Stretch/Strengthen	26 10:00 Swim Fit (sign-up) 11:00 Level 1 1:30 Wheelchair/Walker Repair (FSL) 2:00 Chair Yoga	27 9:00 Level 1 10:30 Imagery and Relaxation (3 rd Floor South Tower) 2:00 Taunton's Got Talent (MS)	28 <i>Fall Festival!</i> 10:30 Women's Fitness 11:00 Level 1	29 9:00 Level 1	30 10:00 Level 2

