


# PAL Exercise December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Balance	2 <b>10:00 Sign-ups (MHR)</b> <b>10:30 Stronger-U Drum-Fit</b> 3:30 Level 1	3 <b>10:30 Jingle Ball Fitness</b> 1:30 Wheelchair/Walker Repair (FSL) <b>2:30 Holiday Themed Walk</b> 3:30 Level 1	4 <b>10:30 Seated Christmas Dancing Workout</b> <b>2:30 Snowball Toss</b> 3:30 Level 1	5 <b>10:30 Mystery Christmas Workout</b> <b>2:30 Functional Balance</b> 3:30 Level 1	6 <b>2:00 Balance Obstacle Course</b> 3:30 Level 1	7
8	9 <b>10:15 Swim Fit (sign-up)</b> 2:30 Stretch/Strength 3:30 Level 1	10 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:30 Chair Yoga 3:30 Level 1	11 2:30 Level 2 3:30 Level 1	12 <b>10:30 Hand Therapy (SH)</b> 2:00 Balance 3:30 Level 1	13 10:30 Men's Strength Training 3:30 Level 1	14 11:00 Level 2
15 2:30 Balance	16 <b>10:15 Swim Fit (sign-up)</b> 2:30 Stretch/Strength 3:30 Level 1	17 1:30 Wheelchair/Walker Repair (FSL) 3:30 Level 1	18 2:30 Level 2 3:30 Level 1	19 <b>10:30 Hand Therapy (SH)</b> 2:00 Balance 3:30 Level 1	20 10:30 Men's Strength Training 3:30 Level 1	21 10:00 Level 2
22 2:30 Balance	23 2:30 Stretch/Strength 3:30 Level 1	24 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:30 Chair Yoga 3:30 Level 1	25 <i>Merry Christmas!</i> 	26 <b>10:30 Hand Therapy (SH)</b> 2:00 Balance	27 10:30 Men's Strength Training 3:30 Level 1	28
29 2:30 Stretch/Strength 3:30 Level 1	30 2:30 Stretch/Strength 3:30 Level 1	31 10:30 Women's Fitness 1:30 Wheelchair/Walker Repair (FSL) 2:30 Chair Yoga 3:30 Level 1	<p><b>*5 DAYS OF FIT-MAS DEC 2<sup>nd</sup>-DEC 6<sup>th</sup>* - Holiday Themed Exercise Classes + check out our advent calendar in front of Seniors' Centre</b></p> <p>All programs are located in the Seniors' Centre, unless indicated.</p> <p><b>Questions – Call <u>8017</u> to reach Melissa and Amelie</b></p>			