

NOVEMBER

Program for Active Living



1

No PAL Programs

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|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>2</div> <div>No PAL Programs</div>                                                                | <div>3</div> <div>Fall Prevention Month</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Ready, Set, React! (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>4:00 Nordic Poles (T)</div>                                                 | <div>4</div> <div></div> <div>10:00 Sit and Be fit (F)</div> <div>11:00 Fit on Your Feet (F)</div> <div>2:30 Balance Bars (Sign Up)</div> <div>4:00 Strength and Conditioning (L)</div>                             | <div>5</div> <div>Fitness Center Open House</div> <div>10am - 1pm</div> <div>2:30 - Suite Safety Walkthrough (Williamsburg)</div>                                                                                             | <div>6</div> <div></div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Boxing Basics (NEW) (F)</div> <div>2:00 Hand Therapy (H)</div> <div>4:05 Yoga/Tai Chi (F)</div>                                                            | <div>7</div> <div></div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Fit on Your Feet (F)</div> <div>2:30 Suite Safety Walkthrough (Emmas/Egerton - East)</div> | <div>8</div> <div>Fall Prevention Month</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Power Laps (NEW) (F)</div> <div>3:00 Fall Prevention BINGO (F)</div>              |
| <div>9</div> <div>11:00 Stretch &amp; Restore (F)</div> <div>4:00 Strength and Conditioning (L)</div>  | <div>10</div> <div>Fall Prevention Month</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Chair Dancing (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>2:30 Suite Safety Walkthrough (Emmas/Egerton - West)</div>                      | <div>11</div> <div>Remembrance Day</div> <div>10:00 Sit and Be fit (F)</div> <div>4:00 Strength and Conditioning (L)</div>                                                                                          | <div>12</div> <div>Fitness Center Open House</div> <div>12pm - 2pm</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Standing Strong (F)</div>                                                                             | <div>13</div> <div></div> <div>4:00 Sit and Be Fit (L)</div>                                                                                                                                                                       | <div>14</div> <div></div> <div>No PAL Programs</div>                                                                                                               | <div>15</div> <div>Christmas Bazaar 10 - 3</div> <div>No PAL Programs</div>                                                                                                    |
| <div>16</div> <div>11:00 Stretch &amp; Restore (F)</div> <div>4:00 Strength and Conditioning (L)</div> | <div>17</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Standing Strong (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>2:30 NuStep Olympic Trials (Cafe)</div> <div>4:00 Core &amp; More (TRIAL) (F)</div> | <div>18</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be fit (F)</div> <div>11:00 Fit on Your Feet (F)</div> <div>2:30 Hockey Shoot Olympic Trials (F)</div> <div>4:00 Strength and Conditioning (L)</div>    | <div>19</div> <div>Fall Prevention Month</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Stretch &amp; Restore (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>2:30 Suite Safety Walkthrough (Becker/Alisa Craig)</div> | <div>20</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Fit on your Feet</div> <div>2:00 Hand Therapy (H)</div> <div>2:30 Figure Skating Olympic Trials (F)</div> <div>4:05 Yoga/Tai Chi (F)</div> | <div>21</div> <div></div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Fit on Your Feet (F)</div> <div>4:15 Standing Strong (F)</div>                            | <div>22</div> <div>Fall Prevention Month</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Power Laps (NEW) (F)</div> <div>3:00 Steps to Safety Education Series (TH)</div> |
| <div>23</div> <div>11:00 Stretch &amp; Restore (F)</div> <div>4:00 Strength and Conditioning (L)</div> | <div>24</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Chair Dancing (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>2:30 Target Shooting Olympic Trial (F)</div> <div>4:00 Nordic Poles (T)</div>         | <div>25</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be fit (F)</div> <div>11:00 Brain &amp; Body Boost (TRIAL) (F)</div> <div>2:30 Ski Jump Trial (LTC)</div> <div>4:00 Strength and Conditioning (L)</div> | <div>26</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Standing Strong (F)</div> <div>1:30 Emma’s-W Exercise</div> <div>2:30 Snowboarding Olympic Trial (F)</div>                            | <div>27</div> <div>Olympic Tryouts</div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Fit on your Feet</div> <div>2:00 Curling Olympic Trials (TH)</div> <div>4:05 Yoga/Tai Chi (F)</div>                                        | <div>28</div> <div></div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Line Dancing (TRIAL) (F)</div> <div>4:15 Standing Strong (F)</div>                        | <div>29</div> <div></div> <div>10:00 Sit and Be Fit (F)</div> <div>11:00 Power Laps (NEW) (F)</div>                                                                            |