






# November 2022

## Fitness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>LEST WE Forget</b>		9:30 Higher Intensity Strength (Ch) <b>1</b> 10:15 Yoga (Ch) 11:00 Mixed Strength (Ch)	9:30 Sunshine Appointments (RS) <b>2</b> 10:00 Indoor Walking Group (SC-5)	9:30 Fitness for Your Aging Brain (1) (Ch) <b>3</b> 11:00 Fitness for Your Aging Brain (2) (Ch)	9:30 Fitness Centre 1:1 (FC) <b>4</b> 11:15 Gentle Strength Class (FC)	<b>5</b>
	<b>6</b> 9:30 Fitness Centre 1:1 (FC) <b>7</b> 11:15 Gentle Strength Class (FC)	9:30 Higher Intensity Strength (Ch) <b>8</b> 10:15 Yoga (Ch) 11:00 Mixed Strength (Ch)	9:30 Sunshine Appointments (RS) <b>9</b> 10:00 Indoor Walking Group (SC-5)	9:30 Fitness for Your Aging Brain (1) (Ch) <b>10</b> 11:00 Fitness for Your Aging Brain (2) (Ch)	<b>Remembrance Day 11</b> 9:30 Fitness Centre 1:1 (FC) <b>10:45 Remembrance Day Service (GH)</b>	<b>12</b>
	<b>13</b> 9:30 Fitness Centre 1:1 (FC) <b>14</b> 11:15 Gentle Strength Class (FC)	9:30 Higher Intensity Strength (Ch) <b>15</b> 10:15 Yoga (Ch) 11:00 Mixed Strength (Ch)	9:30 Sunshine Appointments (RS) <b>16</b> 10:00 Indoor Walking Group (SC-5)	9:30 Fitness for Your Aging Brain (1) (Ch) <b>17</b> 11:00 Fitness for Your Aging Brain (2) (Ch)	9:30 Fitness Centre 1:1 (FC) <b>18</b> 11:15 Gentle Strength Class (FC)	<b>19</b>
	<b>20</b> 9:30 Fitness Centre 1:1 (FC) <b>21</b> 11:15 Gentle Strength Class (FC)	9:30 Higher Intensity Strength (Ch) <b>22</b> 10:15 Yoga (Ch) 11:00 Mixed Strength (Ch)	9:30 Sunshine Appointments (RS) <b>23</b> 10:00 Indoor Walking Group (SC-5)	9:30 Fitness for Your Aging Brain (1) (Ch) <b>24</b> 11:00 Fitness for Your Aging Brain (2) (Ch)	9:30 Fitness Centre 1:1 (FC) <b>25</b> 11:15 Gentle Strength Class (FC)	<b>26</b>
	<b>27</b> 	<b>28</b> Falls Prevention and Fitness Assessment Week (FC) 	<b>29</b> Falls Prevention and Fitness Assessment Week (FC) 	<b>30</b> Falls Prevention and Fitness Assessment Week (FC)  10:00 Indoor Walking Group (SC-5)	<b>Locations Legend</b> Chapel (Ch)      Resident Suite (RS) Fitness Centre (FC)      Great Hall (GH) SC 5th Floor Hall (SC-5)	