

PACE Program Schedule

May and June 2017

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10-11am Honky-Tonk Zumba Fitness Community Room B	10-11am Walking Group	6-7pm Circuits Community Room B	10-11am Zumba Fitness Community Room B	10-11am Walking Group Outdoors
1-2pm DVD Led Tai Chi Community Room B				
6-7pm Circuits Gymnasium				

NOTE: NO PROGRAMS ARE SCHEDULED ON MONDAY MAY 22ND, THE CENTRE IS CLOSED FOR VICTORIA DAY

Activities in blue take place at
Grand River CHC
 363 Colborne St

Activities in green take place at
T.B Costain- SC Johnson
 Community Centre
 16 Morrell St

Activities in orange take place
 at the **Wayne Gretzky Centre**
 Indoor Walking Track

All programs are free and everyone is welcome, no registration is required.

For more information call (519)754-0777 ext 253 or email pace@grchc.ca