

# PACE Program Fall/ Winter Schedule

## September- December 2017

### PACE Program Schedule

**Mondays**

**Tuesdays**

**Wednesdays**

**Thursdays**

**Fridays**

**10-11am**  
Honky Tonk  
Zumba Fitness  
Community Rm B

**6- 7om**  
Circuits  
Community Rm B

**10-11am**  
Zumba Fitness  
Community Rm B

**1-2pm**  
DVD-led Tai Chi  
Community Rm B

NOTE: FALL ZUMBA PROGRAMS WILL BEGIN ON MONDAY SEPTEMBER 11TH

PROGRAMS WILL NOT RUN ON MONDAY OCTOBER 9TH,  
THE CENTRE WILL BE CLOSED FOR THANKSGIVING

**5:45- 6:45pm**  
Circuits  
Gymnasium

ZUMBA AND TAI CHI PROGRAMS WILL NOT RUN ON NOV 6TH AND NOV 9TH

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

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

For more information call (519)754-0777 ext 254 or  
email [pace@grchc.ca](mailto:pace@grchc.ca)