



March Schedule 2017

Please join us for any of our **FREE** activities

See below for program locations



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
6	7	8	9	10
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
13	14	15	16	17
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
20	21	22	23	24
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
27	28	29	30	31
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am

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

For more information about any of our programs, contact us:



519.754.0777 ext 253



pace@grchc.ca



www.grandriverchc.ca