



November Schedule 2016

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

See below for program locations



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 pm Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
7	8	9	10	11
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 pm Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
14	15	16	17	18
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 pm Gymnasium	Walking Group 10- 11am	Circuits 6- 7pm Community Room B	Zumba Fitness 10- 11am Community Room B	Walking Group 10- 11am
21/28	22/29	23/30	24	25
DVD Led Tai Chi 1- 2pm Community Room B Pick Up Basketball 6:30- 7:30 pm 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 Red take place at
 the Wayne Gretzky Centre
 Indoor Walking Track

To register for the walking pole presentation or for more information:



519.754.0777 ext 253



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www.grandriverchc.ca