

DECEMBER



Program Schedule:

Healthy Aging Fitness Class

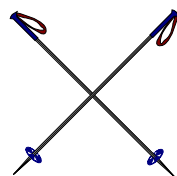
Tuesdays: 10am-11am &
11:15am-12:15pm
Thursdays: 11:15am-12:15pm
Location: Magnetawan
Community Centre

***Only 9 participants per class**



Nordic Pole Walking

Mondays & Fridays: 10am-11am
Location: meet at the
Magnetawan Lions Pavilion



***COVID-19 protocols will be in place**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Healthy Aging Fitness Class	2	3 Healthy Aging Fitness Class	4 Nordic Pole Walking	5
6	7 Nordic Pole Walking	8 Healthy Aging Fitness Class	9	10 Healthy Aging Fitness Class	11 Nordic Pole Walking	12
13	14 Nordic Pole Walking	15 Healthy Aging Fitness Class	16	17 Healthy Aging Fitness Class	18 Nordic Pole Walking	19
20	21 Nordic Pole Walking	22 Healthy Aging Fitness Class	23	24	25	26
27	28	29	30	31		

JANUARY



Program Schedule:

Healthy Aging Fitness Class

Tuesdays: 10am-11am &

11:15am-12:15pm

Thursdays: 11:15am-12:15pm

Location: Magnetawan

Community Centre

***Only 9 participants per class**

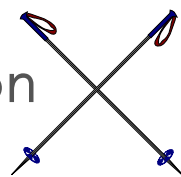


Nordic Pole Walking

Mondays & Fridays: 10am-11am

Location: meet at the

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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Nordic Pole Walking	5 Healthy Aging Fitness Class	6	7 Healthy Aging Fitness Class	8 Nordic Pole Walking	9
10	11 Nordic Pole Walking	12 Healthy Aging Fitness Class	13	14 Healthy Aging Fitness Class	15 Nordic Pole Walking	16
17	18 Nordic Pole Walking	19 Healthy Aging Fitness Class	20	21 Healthy Aging Fitness Class	22 Nordic Pole Walking	23
24 31	25 Nordic Pole Walking	26 Healthy Aging Fitness Class	27	28 Healthy Aging Fitness Class	29 Nordic Pole Walking	30