

OCTOBER



Program Schedule:

Healthy Aging Fitness Class

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

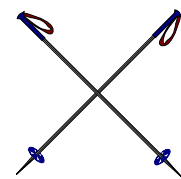


***Only 9 participants per class**



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

NOVEMBER



Program Schedule:

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11:15am-12:15pm

Thursdays: 11:15am-12:15pm

Location: Magnetawan
Community Centre

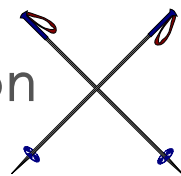
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1	2 Nordic Pole Walking	3 Healthy Aging Fitness Class	4	5 Healthy Aging Fitness Class	6 Nordic Pole Walking	7
8	9 Nordic Pole Walking	10 Healthy Aging Fitness Class	11	12 Healthy Aging Fitness Class	13 Nordic Pole Walking	14
15	16 Nordic Pole Walking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