

# Active Aging Week

October 3 to 7, 2022

! *Must register in advance to attend*

A week full of **FREE** programs and workshops celebrating active living at any age.

Mon, Oct 3	Tue, Oct 4	Wed, Oct 5	Thu, Oct 6	Fri, Oct 7
<b>Deep Aqua Fitness</b> 8 to 9 a.m. at MP	<b>Deep Aqua Fitness</b> 9 to 10 a.m. at MP	<b>Deep Aqua Fitness</b> 8 to 9 a.m. at MP	<b>Millennium Place Fitness Orientation</b> 9:30 a.m. at MP	<b>Aqua Fitness</b> 7:30 to 8:30 a.m. at KLC
<b>Glen Allan Recreation Complex Fitness Orientation</b> 9:30 a.m. at GARC	<b>Up and Active</b> 10:15 to 11:15 a.m. at MP	<b>Aging Backwards with Essentrics (Virtual on Zoom)</b> 10:30 to 11:15 a.m.	<b>Strong and Steady</b> 10:30 to 11:15 a.m. at GARC	<b>Pump and Walk</b> 9:15 to 10:15 a.m. at MP
<b>Aging Backwards with Essentrics (Virtual on Zoom)</b> 12:15 to 1:30 p.m.	<b>Cardio Salsa</b> 11:30 a.m. to 12:30 p.m. at MP	<b>Emerald Hills Leisure Centre Orientation</b> 11:15 a.m. at EH	<b>Stability Yoga (Virtual on Zoom)</b> 11:15 a.m. to 12:15 p.m.	<b>Stick Mobility</b> 10:30 to 11:15 a.m. at MP
	<b>Ardrossan Rec Complex Fitness Orientation</b> 1:30 p.m. at ARC	<b>Yoga 50 Y+</b> 1:30 to 2:15 p.m. at MP		
	<b>Shallow Aqua Fitness</b> 7:45 to 8:45 p.m. at EH		<b>Shallow Aqua Fitness</b> 7:15 to 8:15 p.m. at EH	

**MP** - Millennium Place    **GARC** - Glen Allan Recreation Complex    **KLC** - Kinsmen Leisure Centre

**EH** - Emerald Hills Leisure Centre    **ARC** - Ardrossan Recreation Complex

**Advanced registration required.**

To register for any of the above sessions, call 780-464-8262

[strathcona.ca/ActiveAging](http://strathcona.ca/ActiveAging)