

June LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm Lapidary 10:00 am-3:00 pm Lapidary Room	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am-4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Fitness Centre 8:00 am- 4:30 pm Library 8:00 am-4:00 pm Billiards 8:30 am-3:00 pm Pool Room Carpentry/Woodworking 8:30 am-3:00 pm Carpentry Shop Boutique 10:00 am-3:00 pm Paper Toile & Creative Arts 9:00 am-3:00 pm Art & Craft Room
8:00	Cardio/Strength 8:00 am-8:50 am Gym 2 Advanced Tai Chi 8:15 am-9:15 am Stage Area		Cardio to the Core 8:00 am-8:50 am Gym 2 Advanced Tai Chi 8:15 am-9:15 am Stage Area		Advanced Tai Chi 8:15 am-9:15 am Stage Area
9:00	Tabata 9:00 am-9:55 am Gym 1 Seniors Who Lift 9:00 am- 9:55 am Gym 2	Cycle Combo 9:00 am-10:00 am Gym 2 Fit Ball 9:00 am-9:50 am Gym 1	Amateur Radio 9:00 am-11:00 am Radio Room Bike & More 9:00 am-10:00 am Gym 2 Fitness/Power Walking 9:00 am-9:55 am Gym 1	Fitball 9:00-9:50 am Gym 1 TRX Combo 9:00-10:00 am Gym 2 Chair Exercises 9:30-10:15 am Stage Area	Tabata 9:00 am- 9:55 am Gym 1
10:00	Cycle Combo 10:15 am-11:15 am Gym 2 Gentle Exercise 10:15 am-11:00 am Gym 1	Gentle Yoga 10:00 am-11:00 am APR	Chair Yoga 10:00-10:45 am Stage Area Gentle Exercise 10:15 am-11:00 am Gym 1 Abs, Core, Stretch 10:15 am-11:15 am APR	Gentle Yoga 10:00 am-11:00 am APR Watercolours 10:00 am-12:00 pm Art & Craft Room Pilates 10:15 am-11:30 am Room A/B Weights for Beginners 10:15 am-11:15 am Fitness Centre Badminton 10:15 am-12:00 pm Gym 1	Yoga For Seniors 10:15 am-11:15 am Room A/B Gentle Exercise 10:15 am-11:00 am Gym 1 Table Tennis 10:30 am-12:00 pm Room C/D
Lunch	Pilates 11:15 am-12:30 pm APR Badminton 11:15 am-12:45 pm Gym 1 Functional Fitness 11:30 am-12:15 pm Stage Area	Zumba Gold 11:15 am-12:00 pm APR Quilting 12:00 pm-3:00 pm Stage Area	Badminton 11:15 am-12:45 pm Gym 1 Line Dancing EXP 11:30 am-12:30 pm Gym 2 Beginner Line Dancing 12:45 pm-1:45 pm Gym 2	Zumba Gold & Toning 11:15 am-12:00 pm APR	Badminton 11:15 am-12:45 pm Gym 1
Afternoon	Computer Club 1:00 pm-4:00 pm Computer Lab Yoga For Seniors 1:00 pm-2:00 pm Room A/B Table Tennis 2:30 pm-4:00 pm Room C/D	Karaoke 1:00 pm-3:30 pm Board Room Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-4:00 pm Computer Lab Watercolour Group 1:00 pm-3:00 pm Art & Craft Room Table Tennis 2:30 pm-4:00 pm Room C/D	Knitting, Crochet & More 1:00 pm-4:00 pm Dining Room Crib 1:00-3:00 pm Card Area Strength & Mobility 1:30 pm-2:30 pm Fitness Centre	Computer Club 1:00 pm-4:00 pm Computer Lab
Evening		Yoga 5:00 pm-6:00 pm Room A/B			

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are Full. Ask about Drop In Classes

For information about LSCO programs go to www.lethseniors.com and register online.