

March LSCO Weekly Schedule

Schedule may change without notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	LSCO Administration 8:00 am-4:30 pm LSCO Diner 8:00 am-3:00 pm Billiards 8:30 am-3:00 pm Carpentry/Woodworking 8:30 am-3:00 pm Boutique 10:00 am-3:00 pm	
8:00	Cardio Strength 8:00 am-8:50 am @ Gym 2 Yovascia 8:30 am-9:30 am @ Room A/B Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Pilates for Beginners 8:45 am-9:45 am @ Room A/B	Cardio to the Core 8:00 am-8:50 am @ Gym 2 Introductory Yang Style Tai Chi 8:45 am-9:45 am @ Room A/B Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	Intermediate Yang Style Tai Chi 8:45 am-9:45 am @ Room A/B	Cycle For All Levels 8:00 am-8:45 am @ Gym 2 Tai Chi Practice Group 8:15 am-9:15 am @ Stage Area	
9:00	Tabata 9:00 am-9:55 am @ Gym 1 Zumba (R) 9:00 am- 9:55 am @ Gym 2	Fit Ball 9:00 am-9:50 am @ Gym 1 Cycle Combo 9:00 am-9:55 am @ Gym 2	Amateur Radio 9:00 am-11:00 am @ Radio Room Bike & More 9:00 am-9:55 am @ Gym 2 Fitness/Power Walking 9:00 am-9:55 am @ Gym 1 Core & Stretch 9:10 am-10:00 am @ APR	Fit Ball 9:00 am-9:50 am @ Gym 1 TRX Combo 9:00 am-9:55 am @ Gym 2 Chair Exercises 9:30-10:15 am @ Stage Area	Tabata 9:00 am-9:55 am @ Gym 1 Active Yoga 9:00 am-10:05 am @ APR Paper Toile & Creative Arts 9:00 am-3:00 pm @ Art & Craft Room Digital Photography 9:00 am @ Computer Lab	
10:00	Abs & Core 10:10 am-11:00 am @ APR Gentle Exercise 10:15 am-11:00 am @ Gym 1 Seniors Who Lift 10:15 am-11:10 am @ Gym 2	Gentle Yoga 10:00 am-11:00 am @ APR Spring Forest Qigong 10:00am-11:15am @ Stage 30/30 Zumba Gold/Toning(R) 11:15 am-12:15 pm @ APR	Chair Yoga 10:00-10:45 am @ Stage Area Genealogy 10:00 am-3:00 pm @ Board Room Lapidary 10:00 am-3:00 pm @Lapidary Gentle Exercise 10:15 am-11:00 am @ Gym 1 Advanced Yang Tai Chi 10:15 am-11:15 am @ Gym 2 Yin Yoga 10:15 am-11:30 am @ Room A/B	Gentle Yoga 10:00 am-11:00 am @ APR Pilates 10:15 am-11:30 am @ Room A/B Strength Circuit 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	Flow Yoga 10:00-11:15 am @ Room A/B Fitness Centre 9:00am - 12:00pm
Lunch	Low Impact Barre 11:00 am-11:45am @ Room A/B Pilates 11:15 am-12:30 pm @ APR Functional Fitness 11:30 am-12:15 pm @ Stage Badminton 11:15 am-12:45 pm @ Gym 1	Essentrics 11:30 pm-12:15 pm @ Gym 2 Quilting 12:00 pm-3:00 pm @ Stage	POUND 11:00 am - 11:45 am @ Room A/B Badminton 11:15 am-12:45 pm @ Gym 1 Line Dancing - Experienced 11:30 am-12:30 pm @ Gym 2 Line Dancing - Beginner 12:45 pm-1:45 pm @ Gym 2		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 Beginner Woodworking 2:00 pm-4:30 pm @ Wood-shop	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 Drop In Crib 1:00-3:00 pm @ Card Area Strength & Mobility 1:30 pm-2:30 pm @ Fitness Centre Intermediate Woodworking 2:00 pm-4:30 pm @ Wood-shop	Computer Club 1:00 pm-4:00 pm @ Computer Lab	
Evening		Flow Yoga 5:00 pm-6:00 pm @ Room A/B		Moving to Heal 4:00 pm-5:00 pm @ Room A/B Classic Nia 5:15 pm-6:15 pm @ Gym 2		

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.