

August Activities

The 55 Activity Centre 1201 Village Green Way 604-848-6898

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	BUS TRIPS
20/20/20 9-10 am Knitting Together SELF-LED DROP-IN 10 am-12 pm Reduced Mobility Movements 10:10-11:10 am Shoulder/Hand Recovery 11:15 am-12:15 pm Hip and/or Knee Recovery 12:30-1:30 pm No programs August 3 due to Statutory Holiday facility closure.	Strength & Balance 9-10 am Men on the Move 10:10-11:10 am Tai Chi-inspired – Seated 11:15 am-12:15 pm Chair Fit 12:30-1:30 pm Tai Chi-inspired – Flow 1:45-2:45 pm  Viewable online August 18 Registration August 25, 8 a.m.	Strong Body 9-10 am Paint and Sketch SELF-LED DROP-IN 9 am-12 pm Dance Fitness 10:10-11 am	20/20/20 9-10 am Men on the Move 10:10-11:10 am Healthy Bones & Joints 11:15 am-12:15 pm Chair Fit 12:30-1:30 pm Ukulele SELF-LED DROP-IN 12-2 pm Tai Chi-inspired – Flow 1:45-2:45 pm	Sewing/Quilting SELF-LED DROP-IN 10 am-2 pm SUMMER HOURS <i>Effective June 22</i> Monday - Friday 9 am-4 pm Saturday - Sunday Closed UPCOMING CLOSURES August 3: B.C. Day September 7: Labour Day September 9: Annual Pool Closure	 Thursday, August 6 Harmony Arts Festival Sunday, August 16 Bard on the Beach Wednesday, August 19 Sechelt Tuesday, August 25 PNE <i>Reserve your seat quickly:</i> squamish.ca/rec Legend All classes offer drop-In in the summer. Self-Led activity.

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Pre-payment is required for all programs taking place at the Westwinds.	Neuro-Fit <i>Mondays & Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm Re-Fit <i>Mondays & Wednesdays</i> 1-2 pm	Circuit Training 101 10-11 am Seniors Open Gym 11:15 am-12:30 pm	Neuro-Fit <i>Mondays & Wednesdays</i> 9-10 am 10:15-11:15 am 11:30 am-12:30 pm Re-Fit <i>Mondays & Wednesdays</i> 1-2 pm	Weight Training & Mobility 11 am-12 pm	
		PLEASE NOTE Seniors Open Gym Westwinds does not have a payment counter, so pre-payment for drop-ins is required. You can prepay at The 55 Activity Centre, Brennan Park Recreation Centre, or online at squamish.ca/rec.			



Healing Fitness

at The 55 Activity Centre



**Class Sizes
Adjusted**

Drop-in
Available

Fall Classes

Featuring reduced class sizes for tailored coaching and targeted resistance routines to isolate specific muscle groups.

To help maintain reduced class sizes and targeted lesson content we will be making a small adjustment to our pricing in fall.