

OLDER ADULTS FITNESS OPTIONS (MIRAMICHI AREA)

CLASS	WHEN	LOCATION	CONTACT PERSON
Power Toning	TUESDAY & THURSDAY 9:15 - 10:00 am	Tyra's Infinity	Tobi Desveaux 625-2175 RayTobi@Rogers.com
Mid-morning Hatha	MONDAY & FRIDAY 9:30 am	Yoga Block	Vanessa McEvoy 773-9642 (YOGA) Facebook and Instagram TheYogaBlockMiramichi@gmail.com For more options: www.TheYogaBlockMiramichi.com
Lunchtime Yoga	MONDAY TO FRIDAY 12:15 pm		
Gentle Yin Yoga	TUESDAY & THURSDAY 9:30 am		
Deep Stretch Chair Yoga	MONDAY 10 am	Douglastown Community Church	Matthea Schumpelt YogaMagnificat@gmail.com www.YogaMagnificat.com 836-2131 EVENING CLASSES ALSO AVAILABLE
Energizing Chair Yoga	TUESDAY & THURSDAY 10 am		
Seniors' Gentle Yoga	FRIDAY 10 am		
Beginner Yoga	THURSDAY 7 pm	Nelson Schoolhouse	Shannon Daley www.YogaFuzionMiramichi.com Facebook: Yoga Fuzion
Beginner Yoga	SUNDAY 1 pm	Golden Hawk	
Ageless Grace Brain Health Functional Fitness	WEDNESDAY 10:00 - 11:00 am	Golden Hawk	Trudy Walsh (773-8908) ForwardMove.2@gmail.com
Tai-Chi & Qi Gong	MONDAY, TUESDAY & WEDNESDAY 9:30 - 11:00 am	Golden Hawk	David Bucklow (622-7124) DBucklow@MSN.com
Badminton For Seniors	MONDAY, WEDNESDAY & FRIDAY 1:00 - 3:00 pm	Golden Hawk	Donna Kervin DonnaKervin@yahoo.ca
Zumba Gold	TUESDAY 11:00 am - 12:00 pm	Golden Hawk	Patty Gallant Patty.Gallant@hotmail.com
Bowling	Mixed: MONDAY & TUESDAY night Ladies: TUESDAY am Open: THURSDAY pm	Golden Hawk	Marjorie McPhee (773-6618) MarjMac@Rogers.com
Use It or Lose It	FRIDAY 9:00 am - 12:00 pm	Golden Hawk	City of Miramichi Community Wellness & Recreation Holly Allison 623-2314 MiramichiRecreation@Miramichi.Org www.Miramichi.Org
Sr. Activities & Walking Central	MONDAY TO FRIDAY 9:00 am - 12:00 pm	Golden Hawk	
Senior Swim	MONDAY TO FRIDAY 10:30 am - 12:00 pm	Golden Hawk	
Aqua Yoga	MONDAY 8:30 - 9:30 am	Golden Hawk	
Aqua Zumba	MONDAY 9:30 - 10:30 am TUESDAY 7:30 - 8:30 pm	Golden Hawk	
Aqua Fitness	WEDNESDAY 9:30 - 10:30 am THURSDAY 7:30 - 8:30 pm	Golden Hawk	
Deep Water Exercises	MONDAY & WEDNESDAY 8:00 - 9:00 pm	MVHS Pool	
Carpet Bowling	TUESDAY 1:00 - 3:00 pm	Lindon Rec Centre	
Senior Skating	MONDAY- 1:30 - 2:30 pm TUESDAY - 10:50 - 11:50 am WEDNESDAY - 12:00 - 1:00 pm THURSDAY - 1:10 - 2:35 pm	Miramichi Civic Centre	
Senior Skating	MONDAY, TUESDAY, WEDNESDAY & FRIDAY 1:00 - 2:30 pm	Lord Beaverbrook Arena	
Senior Bowling League	FRIDAY - 1 pm	Castle Bowling Center	
Aerobics	MONDAY, WEDNESDAY & FRIDAY 10:00 am	Saint-Samuel Church	
Young at Heart Functional Fitness	TUESDAY & THURSDAY 11:15 am	Peak Performance Gym	
Cross Country Ski	EVERY DAY 10:00 am - 9:00 pm	Cross Country Ski Club	
Learn to Curl	WEDNESDAY 6:45 pm	Miramichi Curling Club	
Senior Curling	TUESDAY & THURSDAY 1:00 - 3:00 pm	Miramichi Curling Club	

PLEASE NOTE THAT CLASS TIMES MAY VARY. CONSULT CONTACT PERSON PRIOR TO ATTENDING.