

# Olde Forge Recreation Virtual Programming September 1 - December 18 2020

**\$20 monthly fee for unlimited programs, \$5 drop in fee**

**Check our website for programming updates [www.oldeforge.ca](http://www.oldeforge.ca)**

**Contact the recreation manager to sign up; [a.temple@oldeforge.ca](mailto:a.temple@oldeforge.ca) or 613-829-9777 ext. 228**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Limited In Person Classes will begin on Mondays. Call recreation manager for details Space is limited</b>	<b>9:30AM CHAIR YOGA</b>	<b>9:30AM TAI CHI</b>	<b>9:30AM IRRESISTIBLE</b>	10AM CONVERSATION CAFE In person programming Sign up required Topics to be announced
	<b>10:30AM AEROBICS</b>	<b>10:30AM LINE DANCING</b>	<b>10:30AM ZUMBA GOLD</b>	
	<b>11:30AM FIT MINDS</b>	<b>11:30AM FUSION</b>	<b>11:30AM CHAIR EXERCISE</b>	



### PROGRAM DESCRIPTION

<b>Aerobics</b>	Cardiovascular exercise & some light weights
<b>Chair Yoga</b>	Stretching, breathing and quiet meditation exercise
<b>Chair exercise</b>	Moderate cardiovascular exercise with weights
<b>Conversation Cafe</b>	Guest Speakers present on various topics
<b>Fusion</b>	Mix of Pilates, barre, strength training & stretching
<b>Fit Minds</b>	Mental stimulation, word puzzles, math skills, trivia
<b>Irresistible</b>	Tone & strengthen with weights & resistance band
<b>Line Dancing</b>	Low impact cardiovascular, dance style exercise
<b>Tai Chi</b>	Balance, Improved Circulation & Deep Breathing
<b>Zumba Gold</b>	Cardiovascular workout with Latin dance vibe

**Our fitness instructors are all certified trained fitness leaders**

ChairFit is a certified Heartwise program



### CONVERSATION CAFÉ TOPICS

Date	Topic	Location
Sept 18 10AM	Reading Crystals with Cathy Henley	Woodroffe United Church
Sept 25th 10AM	Decoding Nutrition Labels	Woodroffe United Church





