

# FEBRUARY 2020

Community Physical Activity programs

FEEL FREE TO SUGGEST ANY ACTIVITIES OR EVENTS YOU WOULD LIKE TO SEE/PARTICIPATE IN! ANY QUESTIONS ABOUT PROGRAMS GIVE ME A CALL (705) 692-365 EXT.238

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>TO REGISTER FOR PROGRAMS EXCEPT WEIGHT ROOM PLEASE CONTACT DARLENE GEAVUREAU AT 705-692-3651</b></p>						<p><b>1</b> QUINCY MAKING 1:00PM</p>
<p><b>2</b> WOMEN'S SELF-DEFENSE 1:00-2:00PM</p>	<p><b>3</b> WEIGHT ROOM 5:00-7:00PM</p>	<p><b>4</b> OPEN GYM 5:00-6:00PM</p>	<p><b>5</b> TRANSPORTATION TO ARC 6:00-8:00PM</p>	<p><b>6</b> WEIGHT ROOM 5:00-7:00PM</p>	<p><b>7</b> ADULT SPORTS NIGHT 4:30-6:00PM</p>	
<p><b>9</b></p>	<p><b>10</b> WEIGHT ROOM 5:00-7:00PM</p>	<p><b>11</b> SNOWSHOEING 5:00-7:00PM</p>	<p><b>12</b> WEIGHT ROOM 6:00-8:00 <b>POUND</b> 6:30-8PM</p>	<p><b>13</b></p>	<p><b>14</b> <b>VALENTINES DAY</b></p>	<p><b>15</b></p>
<p><b>16</b></p>	<p><b>17</b> WEIGHT ROOM 5:00-7:00PM</p>	<p><b>18</b> HIIT CIRCUITS 5:00-6:00PM</p>	<p><b>19</b> WEIGHT ROOM 6:00-8:00 <b>POUND</b> 6:30-8PM</p>	<p><b>20</b> SNOWSHOEING 5:00-6:00PM</p>	<p><b>21</b> ADULT SPORTS NIGHT 4:30-6:00PM</p>	<p><b>22</b> <b>WINTER CARNIVAL</b> FISHING LURE CRAFT</p>
<p><b>23</b></p>	<p><b>24</b> WEIGHT ROOM 5:00-7:00PM</p>	<p><b>25</b> TRANSPORTATION TO ARC CLIMBING 6:00-8:00PM</p>	<p><b>26</b> WEIGHT ROOM 6:00-8:00 <b>POUND</b> 6:30-8PM</p>	<p><b>27</b> OPEN GYM 5:00-7:00PM</p>	<p><b>28</b></p>	<p><b>29</b></p>

