

STEPS TO HEALTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>YMCA – 79 James St. South</p> <p>Taylor Apt. – 100 Locke St. South</p> <p>Emmaus – 35 Aikman</p> <p>MHRC – 20 Jackson St. West</p>	<p>1</p> <p>Breakfast Club - 9:30 am Taylor Apt. / 100 Locke St. South ***New Day and time***</p> <p>Seated Exercises 2-3 pm Emmaus – 35 Aikman</p>	<p>2</p> <p>YMCA - 11-12 am (Meet in Studio) Must Have Membership</p>	<p>3</p> <p>YMCA – 10:00 am / With Dave</p> <p>Cooking – Everyone Welcome 10-12 pm Taylor Apt. – 100 Locke St. S.</p> <p>Circuit Training – 1-2 pm / 35 Aikman</p> <p>Breathe Easier 2-3 pm Emmaus – 35 Aikman 6th floor</p>	<p>4</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Floorball – 1 pm Jamesville Community Centre 209 MacNab St. North</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Mail Walk 9-10 am / Jackson Square</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Yoga 1-2 pm / Emmaus – 35 Aikman</p> <p>Weight Loss Group – 2:30 pm Taylor Apt. 100 Locke St. South</p>	<p>8</p> <p>Breakfast Club - 9:30 am Taylor Apt. / 100 Locke St. South ***New Day and time***</p> <p>YMCA with Josh - 11-12 am Must Have Membership</p> <p>Seated Exercises 2-3 pm Emmaus – 35 Aikman</p>	<p>9</p> <p>Tour of the YMCA facility and overview of classes – 10:30 am</p> <p>YMCA - 11-12 am (Meet in Studio) Must Have Membership</p> <p>Lunch and Program Plan Meeting 1 pm – Emmaus – 35 Aikman</p>	<p>10</p> <p>YMCA – 10:00 am / With Dave</p> <p>Cooking – Everyone Welcome 10-12 pm Taylor Apt. – 100 Locke St. S.</p> <p>Circuit Training – 1-2 pm / 35 Aikman</p> <p>Breathe Easier 2-3 pm Emmaus – 35 Aikman 6th floor</p>	<p>11</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Ice Skating – Outdoor Ice rink at Bayfront @ 1:00 pm Hot drinks to follow Everyone Welcome!</p> 	<p>12</p>
<p>13</p>	<p>14</p> <p>Mail Walk 9-10 am / Jackson Square</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Yoga 1-2 pm / Emmaus – 35 Aikman</p> <p>Weight Loss Group – 2:30 pm Taylor Apt. 100 Locke St. South</p>	<p>15</p> <p>Breakfast Club - 9:30 am Taylor Apt. / 100 Locke St. South ***New Day and time***</p> <p>YMCA with Josh - 11-12 am Must Have Membership</p> <p>Seated Exercises 2-3 pm Emmaus – 35 Aikman</p>	<p>16</p> <p>YMCA - 11-12 am (Meet in Studio) Must Have Membership</p>	<p>17</p> <p>YMCA – 10:00 am / With Dave</p> <p>Cooking – Everyone Welcome 10-12 pm Taylor Apt. – 100 Locke St. S.</p> <p>Circuit Training – 1-2 pm / 35 Aikman</p> <p>Breathe Easier 2-3 pm Emmaus – 35 Aikman 6th floor</p>	<p>18</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Wii athon at MHRC – 1:00 pm 20 Jackson St. West</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>Mail Walk 9-10 am / Jackson Square</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Yoga 1-2 pm / Emmaus – 35 Aikman</p> <p>Weight Loss Group – 2:30 pm Taylor Apt. 100 Locke St. South</p>	<p>22</p> <p>Breakfast Club - 9:30 am Taylor Apt. / 100 Locke St. South ***New Day and time***</p> <p>YMCA with Josh - 11-12 am Must Have Membership</p> <p>Seated Exercises 2-3 pm Emmaus – 35 Aikman</p>	<p>23</p> <p>YMCA - 11-12 am (Meet in Studio) Must Have Membership</p>	<p>24</p> <p>YMCA – 10:00 am / With Dave</p> <p>Cooking – Everyone Welcome 10-12 pm Taylor Apt. – 100 Locke St. S.</p> <p>Circuit Training – 1-2 pm / 35 Aikman</p> <p>Breathe Easier 2-3 pm Emmaus – 35 Aikman 6th floor</p>	<p>25</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Indoor Rock Climbing @ Gravity -12:30 pm Sign up with Michelle</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>Mail Walk 9-10 am / Jackson Square</p> <p>AquaFit or Workout 10-10:45 am At YMCA</p> <p>Yoga 1-2 pm / Emmaus – 35 Aikman</p> <p>Weight Loss Group – 2:30 pm Taylor Apt. 100 Locke St. South</p>	<p>29</p> <p>Breakfast Club - 9:30 am Taylor Apt. / 100 Locke St. South ***New Day and time***</p> <p>YMCA with Josh - 11-12 am Must Have Membership</p> <p>Seated Exercises 2-3 pm Emmaus – 35 Aikman</p>	<p>30</p> <p>YMCA - 11-12 am (Meet in Studio) Must Have Membership</p>	<p>31</p> <p>YMCA – 10:00 am / With Dave</p> <p>Cooking – Everyone Welcome 10-12 pm Taylor Apt. – 100 Locke St. S.</p> <p>Circuit Training – 1-2 pm / 35 Aikman</p> <p>Breathe Easier 2-3 pm Emmaus – 35 Aikman 6th floor</p>		