

AURORA SENIORS' CENTRE

# TRY IT WEEK

90 John West Way, Aurora  
[aurora.ca/ActiveSeniors](http://aurora.ca/ActiveSeniors)

**SEPTEMBER  
8-12**

**FREE ADMISSION**

**SPACE IS LIMITED!**

Starting on Monday, August 11  
sign-up at reception or email  
[seniorscentre@aurora.ca](mailto:seniorscentre@aurora.ca)

## TRY SOMETHING NEW FOR FREE AT THE ASC!

### Monday, September 8

Ladies Billiards ..... 9 a.m.  
Men's Fit..... 9:30 a.m.  
Hatha Yoga ..... 12:15 p.m.  
Pickleball ..... 1:30 p.m.  
QiGong & Yoga Blend ..... 2 p.m.

### Tuesday, September 9

Zumba Gold Toning ..... 9 a.m.  
Circl Mobility ..... 10 a.m.  
Colour & Chat..... 10 a.m.  
Zumba Gold..... 11 a.m.  
Get Strong ..... 1:45 p.m.  
Chair Fitness ..... 3 p.m.

### Wednesday, September 10

Let's Get Acquainted..... 11 a.m.  
Walk Fit..... 12:15 p.m.  
Let's Create ..... 1 p.m.  
Walking Soccer Learn to Play. . 1 p.m.  
Walking Soccer Scrimmage... 2 p.m.  
Laughter Yoga ..... 2 p.m.  
Ballroom & Latin Dance ... 7:30 p.m.

### Thursday, September 11

Pickleball ..... 9 a.m.  
Chair Energetic Pilates..... 1 p.m.  
Pilates..... 2 p.m.  
Chair Fitness ..... 3 p.m.

### Friday, September 12

Pickleball ..... 9 a.m.  
Men's Shed..... 10 a.m.  
Get Strong ..... 11 a.m.  
Fun Night ..... 7 p.m.

