





Mon	Tue	Wed	Thu	Fri
<p>To register or for program information call Rebecca Everaert (519)786-4545 Ext. 279 All programming is FREE!! Remember appropriate shoes for exercise. If school Buses in Zone 1 are cancelled due to snow, program will be cancelled.</p> <p>Need a ride? Call our Transportation Co-ordinator (519)786-4545 Ext. 293</p>				1
4	5 Wellness Presentation @ NLCHC Crozier Rm 1:30-3:00pm	6	7 Low Impact Dance Exercise @ The Shores 1:30pm-2:30pm	8
11	12	13  Garden Fresh 3-4:30pm	14 Balls, Bands & Resistance @ NLCHC Crozier Rm 1:30pm-2:30pm <i>Happy Valentine's Day</i>	15
18  Family Day	19 Art & Conversation @ NLCHC Crozier Rm 1:30-3:30pm (Register required)	20	21 Fitness Testing @ The Shores 1:30pm-2:30pm	22
25 	26 Cooking Class @ NLCHC Civic Rm 1:30pm-3:30pm (Register required)	27	28 Balls, Bands & Resistance @ NLCHC Crozier Rm 1:30pm-2:30pm	

The Shores Recreation Centre (TSRC): 7883 Amtelecom Pkwy. Forest
NLCHC: 3-59 King St. W Forest