

Quinte Sports and Wellness Centre Calendar



Generated April 19, 2024

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Mix It Up (Zoom Class) 5:00 Hatha Flow Yoga (Zoom Class) 5:15 Cuts & Curves (Zoom Class)	2 9:00 Strong Seniors (50+) - Zoom 10:00 Stretch and Balance Fit (Zoom Class) 11:00 Chair Yoga (Zoom Class) 1:30 Fun On The Phone! 2:30 Therapy Fit (COPD, Stroke and Cardiac (Zoom Class) 5:00 Yoga Fit (Zoom Class)	3 10:30 Stretch and Strengthen (Zoom Class) 5:15 Zumba (Zoom Class)	4 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class)	5
6	7 8:30 Summer Activities in the Park Registration (City Taxpayers) 9:15 Strong Seniors (50+) - Zoom 5:15 Yoga Fit (Zoom Class)	8 9:30 Mix It Up (Zoom Class) 1:00 Sit 'n Fit (50+) - Zoom 4:00 Youth Pop-Up Workshop - Bird Mobile (Zoom) 5:00 Hatha Flow Yoga (Zoom Class) 5:15 Cuts & Curves (Zoom Class)	9 9:00 Strong Seniors (50+) - Zoom 10:00 Stretch and Balance Fit (Zoom Class) 11:00 Chair Yoga (Zoom Class) 1:30 Fun On The Phone! 2:30 Therapy Fit (COPD, Stroke and Cardiac (Zoom Class) 5:00 Yoga Fit (Zoom Class)	10 8:30 Summer Activities in the Park Registration (Non-City Taxpayers) 10:30 Stretch and Strengthen (Zoom Class) 1:00 Learn & Create Series - Create Your Own Designer Tile Coasters (Zoom) 5:15 Zumba (Zoom Class)	11 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class)	12
13	14 9:15 Strong Seniors (50+) - Zoom 5:15 Yoga Fit (Zoom Class)	15 9:30 Mix It Up (Zoom Class) 4:00 Youth Pop-Up Workshop - Hot Air Balloon (Zoom) 5:00 Hatha Flow Yoga (Zoom Class)	16 9:00 Strong Seniors (50+) - Zoom 10:00 Stretch and Balance Fit (Zoom Class) 11:00 Chair Yoga (Zoom Class)	17 10:30 Stretch and Strengthen (Zoom Class) 1:00 Learn & Create Series - Ink and Watercolour Card (Zoom)	18 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class) 11:30 Armchair Travel - River Cruising with Marlin	19

		5:15 Cuts & Curves (Zoom Class)	1:30 Fun On The Phone! 2:30 Therapy Fit (COPD, Stroke and Cardiac (Zoom Class)) 5:00 Yoga Fit (Zoom Class)	4:00 Kids in the Kitchen - Cooking with Chef Jesse (Zoom) 5:15 Zumba (Zoom Class)	Travel	
20	21 9:15 Strong Seniors (50+) - Zoom 11:30 Speaker Series (50+) - Genealogy 101 (Zoom) 5:15 Yoga Fit (Zoom Class)	22 9:30 Mix It Up (Zoom Class) 5:00 Hatha Flow Yoga (Zoom Class) 5:15 Cuts & Curves (Zoom Class)	23 9:00 Strong Seniors (50+) - Zoom 10:00 Stretch and Balance Fit (Zoom Class) 11:00 Chair Yoga (Zoom Class) 1:30 Fun On The Phone! 2:30 Therapy Fit (COPD, Stroke and Cardiac (Zoom Class)) 5:00 Yoga Fit (Zoom Class)	24 10:30 Stretch and Strengthen (Zoom Class) 1:00 Learn & Create Series - Cooking with Chef Jesse (Zoom) 5:15 Zumba (Zoom Class)	25 9:30 Older Adult Yoga (Zoom Class) 10:15 Mix It Up (Zoom Class) 11:00 Relax with Joanne (Zoom)	26
27	28	29 1:00 Sit 'n Fit (50+) - Zoom	30			

<https://calendar.quintesportsandwellnesscentre.ca>