

Kingston clinic events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No exercise</p>	<p>3</p> <p>No exercise</p>	<p>4</p> <p>No exercise</p>	<p>5</p> <p>No exercise</p> <p>Crochet club 11 a.m. - 12 p.m.</p> <p>Open game day 1 - 2 p.m.</p>	<p>6</p> <p>No exercise</p>
<p>9</p> <p>Cardio strength circuit 9 - 9:30 a.m.</p> <p>Chair yoga II 9:45 - 10:15 a.m.</p> <p>Cardio strength circuit 10:45 - 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. - 12 p.m.</p> <p>No exercise after 12pm</p>	<p>10</p> <p>NEW! Walking group Meet at clinic 10 - 10:45 a.m.</p> <p>Bingo!! 1:30 - 2:30 p.m.</p>	<p>11</p> <p>Whacky Wednesday workout 9 - 9:30 a.m.</p> <p>Cardio strength circuit 10:45 - 11:15 a.m.</p> <p>Chair yoga I 11:30 a.m. - 12 p.m.</p> <p>Whacky Wednesday workout 3 - 3:30 p.m.</p>	<p>12</p> <p>NEW! Walking group Meet at clinic 10 - 10:45 a.m.</p> <p>Pistachio sunflower canvas 11 a.m. - 12 p.m.</p> <p>Pistachio sunflower canvas 1:30 - 2:30 p.m.</p>	<p>13</p> <p>Cardio strength circuit 9 - 9:30 a.m.</p> <p>Chair yoga II 9:45 - 10:15 a.m.</p> <p>Cardio strength circuit 10:45 - 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. - 12 p.m.</p>

<p>16</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga II 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. – 12 p.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p>17</p> <p>National Senior Citizens Day @ Kirby park! 10 a.m</p>	<p>18</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga I 11:30 a.m. – 12 p.m.</p> <p>Whacky Wednesday workout 3 – 3:30 p.m.</p>	<p>19</p> <p>NEW! Walking group Meet at clinic 10 – 10:45 a.m.</p> <p>Crochet club 11 a.m. – 12 p.m.</p> <p>Potatoes with Pam 2 – 3 p.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p>20</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga II 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. – 12 p.m.</p>
<p>23</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga II 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. – 12 p.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p>24</p> <p>NEW! Walking group Meet at clinic 10 – 10:45 a.m.</p> <p>Sunflower potholder door hangers 11 a.m. – 12:00 p.m.</p> <p>1:30 – 2:30 p.m.</p>	<p>25</p> <p>Whacky Wednesday workout 9 – 9:30 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga I 11:30 a.m. – 12 p.m.</p> <p>Whacky Wednesday workout 3 – 3:30 p.m.</p>	<p>26</p> <p>NEW! Walking group Meet at clinic 10 – 10:45 a.m.</p> <p>Uno 11 a.m. – 12 p.m.</p> <p>Bring smiles to seniors – card making 1:30 – 2:30 p.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p>27</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga II 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. – 12 p.m.</p>
<p>30</p> <p>Cardio strength circuit 9 – 9:30 a.m.</p> <p>Chair yoga II 9:45 – 10:15 a.m.</p> <p>Cardio strength circuit 10:45 – 11:15 a.m.</p> <p>Chair yoga II 11:30 a.m. – 12 p.m.</p> <p>Strength and stretch 3 – 3:45 p.m.</p>	<p>31</p> <p>NEW! Walking group Meet at clinic 10 – 10:45 a.m.</p> <p>Scrabble 11 a.m. – 12 p.m.</p> <p>Craft make up day 2 – 3 p.m.</p>			

Event information

What you need to know: