



	MON	TUE	WED	THU	FRI
★ Acapella Singing Group		7:00-9:00 pm			
P Better Bones		9:15-10:15		9:15-10:15	
★ Bingo			12:30-3:00		
\$ Card Making	10:00-11:30				
P Cardio Fitness	9:30-10:30				
P Chair Yoga	9:30-10:30C	10:30-11:30	9:30-10:30C	10:30-11:30	
★ Coffee/Chat					10:30-11:00
★ Cribbage					1:00-4:00
★ Fiddling Class			10:30-12:00		
P Flex & Tone		9:30-10:30C			9:30-10:30
★ Floor Curling (starting January)			1:00-2:00		
★ Guitar Jam				9:00-11:30	9:00-11:30
\$ Guitar Level 1		9:00-10:15			
\$ Guitar Level 2		10:30-11:45			10:30-11:45
\$ Guitar Level 3	1:00-3:00				
★ Knitting Circle		1:00-3:00			
★ Ladies Bridge	1:00-3:00				
P Line Dancing			10:45-11:45		
P Mat Yoga	10:45-11:45	12:00-1:00		TBD	9:30-10:30C
P New Beginnings Fitness				1:00-2:00	
★ Senior's Bridge		1:00-4:00			1:00-4:00
P Step Aerobics			9:30-10:30		
P Tai Chi	Mixed 10:45-11:45		Beginner 10:45-11:45C		Advanced 10:45-11:45
P Zumba Gold		10:30-11:30		10:30-11-30	

★ Free for members

\$ Fee associated with program

P Punch pass required

Moncton Lions Community Centre

473 St. George St, Moncton, NB E1C 1Y2
Open Monday—Friday 8:00 am to 10:00 pm

JOINING & PARTICIPAT-

YEARLY MEMBERSHIP

\$25 / January to December

FITNESS PUNCH PASS OPTIONS

\$35/10 Classes

\$70/23 Classes

\$50 Monthly Unlimited

Treat your passes like money!

If lost they are non-refundable.



senior friendly
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MONCTON

GUIDE TO PROGRAMS

Fitness

Creative

Educational

Social

Crossman/Kay Arena C

CONTACT US

RECREATION COORDINATOR

LAURIE CHIASSON

seniorscoordinator@bellaliant.com

506-859-8611



CLOSURES

The Centre will be closed for all programs January 1st – January 6th and for Family Day on February 18th.

Programs are cancelled when Anglophone East Schools are closed due to weather. Call their information number to check: 506 856-SNOW

EXECUTIVE DIRECTOR

PAT LAYDEN

monctonlions@nb.aibn.com

506-382-8560

Try the first fitness class for free!
Bring your water bottle to all programs!

www.monctonlionscommunitycentre.ca

Call To Register 859-8611

Crossman Centre/ Kay Arena
99 Wynwood Dr, Moncton, NB E1A 2M4

Be Active, Be Well
Soyez actif, portez-vous bien